This syllabus is provided as a general informational guide. Some of the information may vary depending on the specific course section and instructor. Different sections of the same course may require different textbooks. Verify the section specific textbook information in the CUNY’s Academic Course Schedule Web Page. Modifications of the grading system presented here will be communicated by the instructors of the sections when they meet the class.

BOROUGH OF MANHATTAN COMMUNITY COLLEGE
City University of New York

Department of Science

Title of Course NUTRITION
SCI 150  Section __________

Class hours 3

Instructor Information
Name:
Office:
Phone:
Email:

Credits 3

Course Description
An introduction to the fundamental principles of human nutrition. The nutrient composition of various foods is examined as well as the manner in which the nutrients are metabolized and used by the human body.

Prerequisites/Co-requisites
One year of Science

Student Learning Outcomes
1. Students will be able to understand the normal physiological roles of nutrients.
2. Students will be able to understand the pathology caused by deficiency and excess of specific nutrients.
3. Students will be able to learn the food sources of specific nutrients.
4. Students will be able to understand the role of government and groups concerned with public health in nutrition.
5. Students will be able to learn the role of nutrition in the treatment of specific diseases.

Required Text & Readings

Evaluation & Requirements of Students
Examination and Quizzes = 100%

Weeks/Topics.
1. Nutrition and Nutrients.
4. Human Digestion Absorption and Excretion.
5. Carbohydrates.
6. Lipids
7. Proteins
8. Alcohol
9. Water soluble vitamins
10. Fat soluble vitamins
11. Water
12. Minerals
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BMCC Mask Mandate Policy for In-Person Classes
CUNY has put in place a temporary mask mandate policy that requires the wearing of masks indoors in all campus buildings. See: https://www.cuny.edu/coronavirus/university-updates/clarity-new-mask/

Face masks help prevent the spread of COVID-19. As it is possible to have or carry the coronavirus without having or showing symptoms, it is necessary for every person in our community to wear a mask even if you are fully vaccinated and/or have tested negative for COVID19, or think you are completely healthy. For appropriate/acceptable masks and guidelines on use, see CDC guidelines at: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

While the mask mandate is in effect, the following will apply to all in-person classes (including in-person classes associated with hybrid courses):

- In a classroom, if a fully vaccinated instructor is teaching a class and can maintain social distance from all others in the classroom, he/she may choose not to wear a mask (subject to any additional Department guidelines regarding the use of face shields or other layers of protection).
- Students who attempt to enter a classroom without wearing masks will be asked by the instructor to put on their masks before entering. Students who remove their masks during a class session will be asked by the instructor to put on their masks. Masks will be available for distribution for those who need one.
- Students may remove their masks momentarily during class (to drink something quickly), in classrooms other than labs, but must replace their masks immediately after that. The consumption of food is not permitted in any classroom or lab.
- Students who are not fully vaccinated are also required to maintain social distancing between themselves and all others in a classroom.

LABORATORY PROCEDURES (IN-PERSON LABS)

1. No food or drinks of any kind are permitted in the laboratory.
2. All dissection “cuttings and rinsings” must be discarded in appropriate garbage cans.
3. All dissecting tools must be washed and returned to their proper trays.
4. Prepared slides must be removed from microscopes, cleaned and returned to their proper trays.
5. Microscopes must have their cords properly wound and tied, and scopes should be on their correct shelves with their numbers facing outwards.
6. Models must be left with all parts attached properly for incoming classes.
7. All tables, sinks, counters and floors should be left spotless.
8. Adhere to all dress code and other instructions outlined in the Laboratory Safety and Protocol document.
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FREE BMCC STUDENT SUPPORT SERVICES BMCC is committed to the health and well-being of all students. It is common for everyone to seek assistance at some point in their life, and there are free and confidential services on campus that can help.

Advocacy and Resource Center https://www.bmcc.cuny.edu/student-affairs/arc/, room S230, 212-220-8195. If you are having problems with food or housing insecurity, finances, health insurance or anything else that might get in the way of your studies at BMCC, come by the Single Stop Office for advice and assistance. Assistance is also available through the Office of Student Affairs, S350, 212-220-8130.

Counseling Center www.bmcc.cuny.edu/counseling, room S343, 212-220-8140. Counselors assist students in addressing psychological and adjustment issues (i.e., depression, anxiety, and relationships) and can help with stress, time management and more. Counselors are available for walk-in visits.

Office of Compliance and Diversity www.bmcc.cuny.edu/aac, room S701, 212-220-1236. BMCC is committed to promoting a diverse and inclusive learning environment free of unlawful discrimination/harassment, including sexual harassment, where all students are treated fairly. For information about BMCC’s policies and resources, or to request additional assistance in this area, please visit or call the office, or email olevy@bmcc.cuny.edu, or twade@bmcc.cuny.edu. If you need immediate assistance, please contact BMCC Public safety at 212-220-8080.

Office of Accessibility www.bmcc.cuny.edu/accessibility, room N360 (accessible entrance: 77 Harrison Street), 212-220-8180. This office collaborates with students who have documented disabilities, to coordinate support services, reasonable accommodations, and programs that enable equal access to education and college life. To request an accommodation due to a documented disability, please visit or call the office.

Class Participation Participation in the academic activity of each course is a significant component of the learning process and plays a major role in determining overall student academic achievement. Academic activities may include, but are not limited to, attending class, submitting assignments, engaging in in-class or online activities, taking exams, and/or participating in group work. Each instructor has the right to establish their own class participation policy, and it is each student’s responsibility to be familiar with and follow the participation policies for each course.

BMCC Policy on Plagiarism and Academic Integrity Statement Plagiarism is the presentation of someone else’s ideas, words or artistic, scientific, or technical work as one’s own creation. Using the idea or work of another is permissible only when the original author is identified. Paraphrasing and summarizing, as well as direct quotations, require citations to the original source. Plagiarism may be intentional or unintentional. Lack of dishonest intent does not necessarily absolve a student of responsibility for plagiarism. Students who are unsure how and when to provide documentation are advised to consult with their instructors. The library has guides designed to help students to appropriately identify a cited work. The full policy
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can be found on BMCC’s Web site, www.bmcc.cuny.edu. For further information on integrity and behavior, please consult the college bulletin (also available online