



North Central State College

MASTER SYLLABUS

2025-2026

- A. Academic Division: Health Sciences
- B. Discipline: Science
- C. Course Number and Title: BIOL1101 Nutrition
- D. Assistant Dean: Heidi Kreglow, PT
- E. Credit Hours: 2
- F. Prerequisites: None
- G. Last Course/Curriculum Revision Date: Fall 2024 Origin date: 03/10/2011
- H. Textbook(s) Title:

Open Education Resource (available for download or view)

Introduction to Nutrition

- Authors: Anonymous author (but based on the Zimmerman & Snow text)
- Copyright Year: 2025
- Edition: 1st
- ISBN:
- OER Link:

[https://med.libretexts.org/Bookshelves/Nutrition/An_Introduction_to_Nutrition_\(Zimmerman\)](https://med.libretexts.org/Bookshelves/Nutrition/An_Introduction_to_Nutrition_(Zimmerman))

- I. Workbook(s) and/or Lab Manual: None
- J. Course Description: This is an introductory course to the principles of nutrition and its relationship to health. Included are practical applications in daily life as well as nutritional assessments of individuals. Emphasis is on essential nutrients, their supply and function, as related to an individual's well-being. Health promotion and chronic disease are explored in relation to today's society. (TAG # OHL016)
- K. College-Wide Learning Outcomes

College-Wide Learning Outcomes	Assessments - - How it is met & When it is met
Communication – Written	
Communication – Speech	
Intercultural Knowledge and Competence	
Critical Thinking	
Information Literacy	
Quantitative Literacy	

L. Course Outcomes and Assessment Methods:

Upon successful completion of this course, the student shall:

Outcomes	Assessments – How it is met & When it is met
1. Explain the importance of nutrition in maintaining a state of wellness throughout the life cycle.	Class Assignments & Discussion (*), Exam Questions (*) Midterm
2. Identify the basic physiology, dietary requirements and food sources of carbohydrates, proteins, fats, vitamins and minerals. Also identify functions of water.	Class Assignments & Discussion (*), Oral Presentations, Exam Questions (*) Midterm
3. Explain how food intake has a significant relationship to health and the role of diet in health promotion, chronic diseases and disease prevention.	Class Assignments, Projects & Discussion (*), Exam Questions (*) End of term
4. Evaluate diet patterns and health risks associated with an excess or deficiency of nutrients.	Class Assignments, Projects & Discussion (*), Exam Questions (*) End of term
5. Discuss the influence of social, cultural, religious and psychological factors on food intake.	Class Assignments & Discussion (*), Exam Questions (*) End of term

M. Recommended Grading Scale:

NUMERIC	GRADE	POINTS	DEFINITION
93–100	A	4.00	Superior
90–92	A-	3.67	Superior
87–89	B+	3.33	Above Average
83–86	B	3.00	Above Average
80–82	B-	2.67	Above Average
77–79	C+	2.33	Average
73–76	C	2.00	Average
70–72	C-	1.67	Below Average
67–69	D+	1.33	Below Average
63–66	D	1.00	Below Average
60–62	D-	0.67	Poor
00–59	F	0.00	Failure

N. College Procedures/Policies:

North Central State College believes that every student is a valued and equal member of the community.* Every student brings different experiences to the College, and all are important in enriching academic life and developing greater understanding and appreciation of one another. Therefore, NC State College creates an inclusive culture in which students feel comfortable sharing their experiences. Discrimination and prejudice have no place on the campus, and the College takes any complaint in this regard seriously. Students encountering aspects of the instruction that result in barriers to their sense of being included and respected should contact the instructor, assistant dean, or dean without fear of reprisal.

- Inclusive of race, color, religion, gender, gender identity or expression, national origin (ancestry), military status (past, present or future), disability, age (40 years or older), status as a parent during pregnancy and immediately after the birth of a child, status as a parent of a young child, status as a foster parent, genetic information, or sexual orientation*

Important information regarding College Procedures and Policies can be found on the syllabus supplement located at

<https://ncstatecollege.edu/documents/President/PoliciesProcedures/PolicyManual/Final%20PDFs/14-081b.pdf>



North Central State College
SYLLABUS ADDENDUM

Academic Division:	Health Sciences	Discipline:	Science
Course Coordinator:	Dr. Janet Boeckman		
Course Number:	BIOL 1101 922	Course Title:	Nutrition
Semester / Session:	Fall B 2025	Start / End Date:	10/13/2025 – 12/12/2025

Instructor Information

Name:	Dr. Janet Boeckman	Phone Number:	419-565-1568
		E-Mail Address:	jboeckman@ncstatecollege.edu
Office Location:	Off campus	Office Hours:	N/A

I. Topical Timeline (Subject to Change):

Weeks	Topics
1	Introduction to class, Nutrition and Health
2	Food Selection and Food Safety; Nutrition and Public Health
3	Digestion, Absorption and Metabolism of Food
4	Carbohydrates, Lipids, Proteins, Vitamins, Minerals and Water
5	Nutrition Over the Lifespan: Childhood, Pregnancy, Adult Years
6	Practical and Economic Approaches to Shopping and Food Preparation.
7	The Complexity of Obesity, Genetically Modified Foods (GMO)
8	Fad Diets

II. Course Assignments:

1. Quizzes –(5) 10%
2. Tests – (2) Midterm 10 % and final 10%
3. Assignments (2) Interview, Back Pack 50 %
4. Discussion Boards – (8) 20 %

III. Grading and Testing Guidelines:

BIOL 1101 is a graded course and uses the recommended grading scale (see section O)

The components of the course grade are weighted as indicated in Section II

Exams—refer to Section IV

Grades are posted in Canvas.

IV. Examination Policy:

1. The reasons for which a student will be excused from taking an examination:
 - a. Hospitalization (with documented verification)
 - b. Death in the immediate family (with documented verification)
 - c. Personal illness or illness in immediate family - (doctor's excuse required).
2. A student who misses an examination for any reason is responsible for contacting the instructor within 2 days of the missed exam or receive a zero grade.

Course Number: _____
Semester / Session: _____

Course Title: _____
Start / End Date: _____

3. Examinations are given as listed on the course calendar. The examinations will be posted on Canvas and are due by 11:59 PM on the due date listed on the Tentative Course Calendar. **There is no grace period for submission of late exams.**
4. Students are expected to engage in academic honesty during the examination. The exams are to be completed independently without notes, textbooks or other materials. Please refer the “Academic Misconduct” in the Syllabus Supplement.
5. The exams will have a time limit. Extended time will be given for students who present documentation of such a need from the Coordinator of Disability Services.

V. **Class Attendance and Homework Make-Up Policy:**

This is a fully on-line course. There are no mandatory class meetings. All course outcomes are met through a combination of learning and formative assessments including guided reading assignments, textbook activities, Internet and text-related videos, and Discussion Boards.

Assessment (evaluation) of the course outcomes is demonstrated through topic quizzes, midterm & final exams and an Interview paper and Back Pack Assignment.

The instructor will monitor student activity in the course Canvas site including logging into the course site, completion of assignments and quizzes, and contributing to the discussion board.

Homework Assignments & Topic Quizzes—refer to Tentative Class Schedule for assignments

- Assignment and quizzes will be posted within the Topic Modules on Canvas. The student is responsible for requesting clarification of assignments.
- Assignments are submitted on Canvas and are due by 11:59 PM on the published due date.
- Assignments are available on Canvas, so there is no need to make-up homework

Interview Paper and Back Pack Assignment—the assignment guidelines and grading criteria are provided in the assignment tab.

Late Assignment Policy

Late assignments will be handled as follows:

- 10% of the possible points will be deducted from assignments submitted within 24 hours of due date (by 11:59 PM the day following the due date). **No points awarded after the 24-hour period unless special arrangements have been made with the instructor.**
- Failure to complete assignments & quizzes will adversely affect your grade in the course.
- If you find yourself in a circumstance where you cannot meet the deadlines, early notification may warrant an extension. Extensions may be given on a case-by-case basis.

NOTE: Technical malfunctions will not be accepted as an automatic excuse for late work. Part of success online and as a professional is to be prepared.

General Turn Around Time for Work Being Graded?

- Grades and feedback (when warranted) will be posted within 7 days of the due date.
- If there will be a deviation from the 7-day period, an announcement will be posted on Canvas.

Course Number: _____
Semester / Session: _____

Course Title: _____
Start / End Date: _____

VI. Classroom Expectations:

This is an on-line course, so the Canvas environment is our classroom. Students are expected to complete the learning activities including reading assignments, textbook activities, homework assignments, topic quizzes, discussion board activities and exams.

Discussion of some ethical topics lead to a variety of opinions. Please be open-minded and tolerant of the opinions of others. Discourteous and disrespectful treatment of others in discussion board posts will not be tolerated. The Discussion Board postings are to be written in correct grammar and spelling with full sentences.

Refer to the Canvas Page, “Professional Conduct Expectations & Consequences“ for more detailed information.