

Biol 210-02: Nutrition Syllabus

Course Information:

Fall 2025

Monday & Wednesday 2:00pm-3:15pm

Classroom for the course is Newton 209



Contact Information:

Instructor: Dr. Sam Newberry

Office: ISC 353



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Office hours: Mon. 11:00am – 1:00pm; Tues. 12:30pm – 1:30pm
Other times by appointment

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Course Description and Objectives

The biology and chemistry of nutrients are discussed with special emphasis on their role in human physiology. Normal nutrition throughout the life cycle, nutrition in sports, weight management, and diseases resulting from improper nutrition are also considered.

Very important note: This course can count for the Biology minor but not for the Biology major. Credits: 3

Course Learning Objectives:

Students who are active participants and complete course requirements will be able to:

1. Demonstrate familiarity with nutrients, their food sources, their functions, and signs and symptoms of deficiency or excess.
2. Demonstrate familiarity with biological, psychological, social and cultural factors that influence human diet and nutrition.
3. Describe and explain in class discussion and on exams the relationship between diet and health, particularly for selected public health issues.
4. Demonstrate familiarity with nutritional guidelines used in the United States, and the challenges of establishing such guidelines.
5. Apply critical thinking skills in the interpretation of nutritional information and health claims, and evaluation of health policy.

Required Materials:

Materials for this course are accessible through **Brightspace**. It is a requirement of the course that you access Brightspace regularly. Additionally, the following text is recommended, but OPTIONAL:

1. Nutrition for a Changing World: Dietary Guidelines for Americans 2020-2025 & Digital Update (Looseleaf) ISBN 9781319491550
Nutrition for a Changing World 2nd ed By Pope, Jamie
Price: \$165.71 (Used 124.28)

Lecture notes

I will endeavor to post the lecture notes on Brightspace 1-day prior to class. You are welcome and even encouraged to download these and bring them to class. There will also be 1-page printouts for some topics; I will have these printed for you for class.

Grading (Important)

Assessment Categories

- **Class Project 15%**
- **Quizzes 40%**
- **Group Work 25%**
- **Brightspace Assignments 5%**
- **Final Exam 15%**

Class Project

- There is a Class Project that makes up 15% of the class grade.
- The project is divided into four project assignments, each attributing a different percentage of the total project grade:
 - Project Assignment #1 – Project Plan Proposal Submission (10%)
 - Project Assignment #2 – First Infographic Submission (30%)
 - Project Assignment #3 – Infographic Portfolio Submission (50%)
 - Project Assignment #4 – Project Reflection (10%)
- Due dates for each of the project assignments can be found on the class schedule found at the end of the syllabus.

Quizzes

- Quizzes make up 40% of the class grade.
- There are 6 throughout the semester.
- Only the 5 highest quiz grades will be counted
 - The grades from the 1 lowest/missed quiz will be dropped
 - Absence from class on quiz days will result in a “zero” for the missing quiz. There may be modification to this policy, such as in the cases of extenuating circumstances, such illness or family emergency; however, this is at the discretion of the instructor.
- Most quizzes will be completed in class
 - These quizzes are somewhat cumulative, requiring knowledge from previous chapters.
 - Each quiz is comprised of 25 – 30 multiple choice questions.

Review Assignments

- Assignments make up 5% of the class grade.
- There is a total of 15 Review Assignments.
- Each week’s Brightspace module will contain a Review Assignment that you will complete. Note: there are zero assignments for week 11 and two for week 15.
- Please use these assignments as practice/review. You’ll have an unlimited number of attempts to complete an assignment; the best attempt submitted by the assignment’s due date (the date of the associated quiz) will be recorded.

Group Work

- Group Work makes up 25% of the class grade and is typically done in class.

Final Exam

- There is a cumulative final exam that makes up 15% of the class grade.
- The final exam cannot be dropped.
- The exam consists of a variety of questions formats including short answer, multiple-choice questions. There will be scenario-based questions on the final exam, some of which may be available in advance.

Extra Credit

- There will be opportunities to earn extra credit throughout the semester such as:
 - Attending specified college seminars or events and submitting reflections

Additional Grading Information

- Letter grades will be assigned by ROUNDING UP your grade to the nearest whole point. For example, a 72.1% average rounds UP to a 73 and you receive a C, not a C-. The higher number in the scale is the CEILING of the range.
- Grades will be assigned according to the following scale:

Percentage Range	Quality Points	Final Grade
92.5 to 100	4.00	A
89.5 to 92.49	3.67	A-
86.5 to 89.49	3.33	B+
82.5 to 86.49	3.00	B
79.5 to 82.49	2.67	B-
76.5 to 79.49	2.33	C+
73.5 to 76.49	2.00	C
69.5 to 72.49	1.67	C-
66.5 to 69.49	1.33	D+
59.5 to 66.49	1.00	D
0 to 59.49	0.00	F

Grade Appeals on Exams

Requests for recalculation of exam scores or reevaluation of a question or your exam grade must be made in writing and accompanied by the exam item in question.

Recalculation of a grade is simple – show me my math error and it will be corrected immediately. To request a re-evaluation of my scoring on a question, submit a typed explanation of how your original submission fully and cogently addresses the question asked. All grade appeals must be submitted to me in person no later than 1 week after the exam has been reviewed.

Academic Honesty

I take plagiarism and other forms of academic dishonesty seriously. At its most basic, that means you are responsible for doing your own work. You may not reuse work from other classes, use the work of another person, plagiarize, or use artificial intelligence to help with or generate assignments.

I enforce Geneseo's plagiarism policy. You can find more information about the policy here: [Geneseo's Academic Dishonesty Policy](#).

Unintentional plagiarism. While the first thing most people think of when they hear the word plagiarism is cheating, you can plagiarize without intending to. Some students plagiarize because they have trouble with paraphrasing or fail to give credit to their

sources of information, especially when they search online instead of utilizing assigned material. I believe this class will help you develop and/ or strengthen the skills you need to avoid unintentional plagiarism. I am happy to help you if you have questions or are struggling with this. Come talk to me during office hours or by appointment if you have questions or want help. *Ultimately, you are responsible for avoiding plagiarism, but there are many resources and ways to get help.*

AI, like Chat-GPT. You must do your own work, which means that you should not utilize tools like Chat-GPT for any aspect of our course work. Such use is a form of academic dishonesty. Use of such tools is not only cheating, it will also cheat you of the opportunity to learn and develop your own skills. While AI will undoubtedly play important roles in our future society, you will be better able to utilize AI if you have developed your own critical thinking, writing, and analytical skills by doing your own work. If you have any questions about this, please ask.

Show your work. Upon request, I expect you to be able to show your work or process for completing assignments. This means, you should keep notes, brainstorming sheets, drafts, outlines, and any other work that you created in the process of writing a paper or completing an assignment.

(Adapted from a statement written by Dr. Emilye Crosby, Professor of History.)

Class Etiquette

We all face multiple demands our time and attention. During our 75 minutes, two days a week, I ask for you to be fully present during the time we spend together in class. Our class etiquette policy helps us ensure that everyone gets the most out of the time we are in the same room. Please be mindful and respectful to others to allow everyone an opportunity to learn. Specifics of our policy is listed below:

Computers

If you choose to bring your computer to class, ensure it is for the purpose of following along in class and/or taking notes. Avoid activities that may lead to the distraction of people around you. If you do have pressing matters you wish to attend to (checking email/playing games and/or surfing the web) during the time class is scheduled, please do not come to class. In respect of everyone's right to an environment with minimal distraction, I reserve the right to dismiss individuals who use computers for unrelated class activities.

Cell Phones

It is understandable that some might be using cell phones during class to answer questions, however, PLEASE turn your ringers off during class. If there is a reason you need to have your phone's ringer on (such as awaiting an emergency call from parents or child) please let me know before class begins. Your cooperation with this policy is appreciated and makes a better learning environment for all in the class.

Questions

Questions during class time are encouraged. Please raise your hand to indicate you have a question. While I prefer to answer questions related to the content during class because it often helps with others' learning, I will be available after class or during my office hours. I am also available through email. Typically, during regular business hours, I will be able to answer the same day, but it may take me up to 48 hours to reply to email. Regular business hours are (9am–5pm M–F).

As per college policy, all academic communications *must* be done via your Geneseo email account OR the college learning management systems.

Accommodations

SUNY Geneseo is dedicated to providing an equitable and inclusive educational experience for all students. The Office of Accessibility will coordinate reasonable accommodations for persons with disabilities to ensure equal access to academic programs, activities, and services at Geneseo. Requests for accommodation including letters or review of existing accommodations should be directed to Dr. Amy Fisk in the Office of Accessibility Services in Erwin Hall 22 or access@geneseo.edu or (585) 245-5112. Once the accommodation is processed by the Office of Accessibility, faculty members will receive notification of a student's accommodations. Students will also need to discuss their needs with their faculty member as soon as possible. Please contact the Office of Accessibility Services for questions related to access and the process for requesting academic accommodations:

- Student responsibility: Please submit your letter of accommodation to the Office of Accessibility at the beginning of the semester. Then, make an appointment with the faculty member to discuss arrangements.
- Faculty member responsibility: We are committed to working with you to figure out how to create a just learning environment while meeting the learning outcomes of the course. Unless you communicate otherwise, we will keep all accommodations confidential.

Diversity and Inclusion

Nutrition is about people as well as about biochemistry or disease, and the use of inclusive language contributes to creating an environment conducive to learning for everyone. This will encompass the use of individuals' preferred names and pronouns, use of group descriptors preferred by members of that group, and using language that is people-centered and non-discriminatory. Especially critical in this context is the use of language around weight and body form. Inclusive language is dynamic and socially constructed and requires communication and living with tension as individuals learn from each other.

Safeguarding your mental health

Diminished mental health, including significant stress, mood changes, excessive worry, or problems with eating and/or sleeping can interfere with optimal academic performance. The source of symptoms might be strictly related to your course work; if so, please speak with us. However, problems with relationships, family worries, loss, or a personal struggle or crisis can also contribute to decreased academic performance.

SUNY Geneseo provides mental health services to support the academic success of students. Counseling Services, a part of the Lauderdale Center for Student Health & Counseling, offers free, confidential psychological services to help you manage personal challenges that may threaten your well-being.

In the event we suspect you need additional support, we will express our concerns and the reasons for them, and remind you of resources (e.g., Counseling Services, Career Services, Dean of Students, etc.) that might be helpful to you. It is not our intention to know the details of what might be bothering you, but simply to let you know we are concerned and that help, if needed, is available. Getting help is a smart and courageous thing to do, for yourself and for those who care about you.

Contact email for Dean of Students: deanstu@geneseo.edu

Important Dates to Keep in Mind

Date	Events and Assessments
September 1	Labor Day (no class)
September 10	Quiz 1: Chapter 1 and 2, first part of Ch 13 (Review Assignments 1-3)
September 17	Project Assignment #1 – Project Plan Proposal Submission
September 24	Quiz 2: Chapter 3 and Chapter 14 (Review Assignments 4 & 5)
October 1	Project Assignment #2 – First Infographic Submission
October 6	Quiz 3: Chapter 4 and Spotlight A (Review Assignments 6 & 7)
October 13	Fall Break (no class)
October 27	Quiz 4: Chapter 6, Chapter 7 and Spotlight C (Review Assignments 8-10)
November 10	Quiz 5: Chapter 8, Spotlight E and F (Review Assignments 11-13)
November 24	Quiz 6: Chapter 9 and 10 and Spotlight G (Review Assignments 11-13)
November 26	Thanksgiving Break (no class)
December 1	Project Assignment #3 - Infographic Portfolio Submission
December 8	Project Assignment #4 - Project Reflection
December 12	Final Exam: Newton 209 at 12:00pm (important) (Review Assignments 14 & 15)

Please see the following Page for the full course outline.

FALL 2025 Course Outline – BIOL210 – Nutrition

Week	Date	Topic
1	August 25	Introductions; Ch 1 – The Science and Scope of Nutrition
1	August 27	Ch 1; <i>Unequal Nutrition</i>
Break	September 1	Labor Day (no class)
2	September 3	Ch 2 – Healthy Diets; <i>Build a Nutrient Dense Meal</i> ; <i>Infographic Review</i>
3	September 8	Ch 2 – Healthy Diets; Ch 13 – Nutrition During the College Years (part 1)
3	September 10	Review and Quiz 1 ; (Review Assignments 1-3 Due)
4	September 15	Ch 14 – Global Nutrition – Food Security and Sustainability
4	September 17	<i>Mila's Meal</i> ; Project Assignment #1 – Project Plan Proposal Submission; Ch 3 – Digestion
5	September 22	Sherry Larson Rhodes in class today 40 minutes to talk about research skills for infographic final project (2:00-2:40 pm); Ch 3 – Digestion
5	September 24	Review and Quiz 2 ; (Review Assignments 4 & 5 Due)
6	September 29	Ch 4 – Carbohydrates
6	October 1	<i>Spotlight A</i> ; Project Assignment #2 – First Infographic Submission
7	October 6	Review and Quiz 3 ; (Review Assignments 6 & 7 Due)
7	October 8	Ch 5 – The Lipids; <i>Spotlight B</i>
Break	October 13	Fall Break (no class)
8	October 15	Ch 6 – Protein; plant-based diets
9	October 20	Ch 7 – Fat-soluble Vitamins
9	October 22	Ch 7; <i>Spotlight C</i>
10	October 27	Review and Quiz 4 ; (Review Assignments 8-10 Due)
10	October 29	Ch 8 – Water-soluble Vitamins
11	November 3	Childhood Nutrition and <i>Spotlight F (Summary Questions)</i>
11	November 5	Ch 8 Review; <i>Spotlight E</i>
12	November 10	Review and Quiz 5 ; (Review Assignments 11-13 Due)
12	November 12	Ch 9 – Major Minerals and Water
13	November 17	Ch 9 – Major Minerals and Water; Ch 10 – Trace Minerals
13	November 19	Ch 10 – Trace Minerals; Aging; <i>Spotlight G</i>
14	November 24	Review and Quiz 6 ; (Review Assignments 11-13 Due)
Break	November 26	Thanksgiving Break (no class) – Project Assignment #3 - Infographic Portfolio Submission due December 1
15	December 1	Ch 13 – Nutrition During the College Years (part 2); alcohol; Ch 12 – Nutrition and Fitness; eating disorders; Food Safety
15	December 3	Ch 12 – Nutrition and Fitness; Food Safety; <i>Spotlight H</i>
15.5	December 8	Ch 11 – Energy Balance and Obesity; Supplements; Project Assignment #4 - Project Reflection; Final Exam Review
Final	December 12	Friday - Final Exam (Newton 209 at 12:00pm) (Review Assignments 14 & 15 due)

(Portions of this syllabus were adapted from a syllabus written by Dr. Heather Carrera, Nutrition and Wellness Manager.)