

## BMS 128 - Human Nutrition Course Syllabus

Instructor: Samin Moham  
Email: [smoham@pipeline.sbcc.edu](mailto:smoham@pipeline.sbcc.edu)

Course Info: CRN: 42974 - Monday/Wednesday 6-7:20 pm  
Please refer to *Canvas* via pipeline for all class info/updates to course outline, reminders, announcements, etc.

Office Hours: After all class sessions, and as needed one-on-one (either in person or by zoom appointment)

Skills Advisory: No prerequisites; Eligibility for English 110

Required Text: Wardlaw's *Contemporary Nutrition, 12<sup>th</sup> Edition*  
by Smith/Collene. ISBN 9781260695489  
McGraw-Hill Publishers

Ebook link will be posted on Canvas  
(choose either paper copy or e-book version – up to you)



Course Objectives: At the completion of this course, the student will be able to:

1. Summarize a basic overview of the study of human nutrition
2. Describe the essential nutrients, their function, chemistry and sources
3. Describe how the body uses the basic nutrients to grow and support health
4. Describe the problems associated with inadequacies
5. Describe the problems associated with excess nutrients
6. Critically evaluate current topics in nutrition
7. Discern credibility with respect to controversies in the science of nutrition, i.e., distinguish fact from fallacy
8. Describe the relationship between heredity, nutrition, and health
9. Assess personal dietary intake

### Student Learning

#### Outcomes:

1. BMS 128 SLO1 -- Describe the human digestive system from a nutritional perspective.
2. BMS 128 SLO2 -- Discuss the chemistry, sources, and functions of essential inorganic and organic nutrients.
3. BMS 128 SLO3 -- Analyze problems associated with individual nutritional deficiencies and excesses, as well as genetic, clinical, sociocultural, and global nutrition-related public health issues.

4. BMS 128 SLO4 -- Appraise nutritional requirements at various stages of the human life history.

Grades and Points Distribution:

|                              |                      |              |              |
|------------------------------|----------------------|--------------|--------------|
| Midterm Exams                | ~200 pts (~100 each) |              |              |
| Final Exam                   | ~150 pts             | <u>%</u>     | <u>Grade</u> |
| In class/home quizzes        | ~40 pts              | 90-100       | A            |
| Discussions                  | ~20 pts              | 80-89        | B            |
| Assignments                  | ~30 pts              | 65-79        | C            |
| <u>Diet Analysis Project</u> | <u>60 pts</u>        | 56-64        | D            |
| Total Possible:              | ~500 pts             | 55 and below | F            |

The percentage for each letter grade may be lowered but it will never be raised. The total points for the class may be adjusted based on less/more quizzes/assignments given for the semester. Borderline grades at the end of the term may be bumped up based on participation, attendance, and overall improvement throughout the semester. If you take this class for Credit/No Credit you must earn a score of 65% or above to receive Credit for the course. You may be withdrawn from the course (W during the semester or FW at the end) if you stop participating in discussions/assignments/exams for more than ~2 weeks without communication with the instructor.

Please be aware that violations of the College's Academic Integrity Policy are reported to the Dean of Student Affairs. Reference: [Administrative Procedure for the Academic Integrity Violation \(AP 5550\)](#).

Late projects/assignments:

Late assignments will receive a deduction in points (depending on the assignment) and are generally accepted only 24 hrs late. You can always turn in your assignments earlier than the due date but not later. Please aim to turn in assignments the day before they're due to avoid unforeseen tech/connectivity issues.

Exams and Quizzes:

The exams are closed book and will be taken in person. However, *if* there is a need to take exams remotely this term, we will utilize the *Proctorio* software which requires you to have a webcam and recorded monitoring as you take exams/quizzes. There will be information about *Proctorio* posted on Canvas should we need to use it. We will try to avoid this as much as possible. If we do need to have remote exams, it is expected that you will take exams (proctored on webcam) by yourself in a quiet room with no music/background noise and without interruption by other humans.

Exams will consist of multiple choice, true/false, matching, and a few short answer questions. There will be no make-up exams and quizzes.

Extra Credit:

**There are NO extra credit assignments in this course.** Please put your best effort toward the material presented in the class.

### Student Responsibilities/ Attendance and Participation points:

You are responsible for **attending class**, studying the powerpoint slides, reviewing announcements/ other resources on **Canvas**, and reading material assigned from the textbook.

You are also expected to read and adhere to the college policy on Student Responsibilities. Some of the issues it covers are academic dishonesty and student conduct. You can access it via the course website.

There are also **unannounced 5 point participation** points for information covered during that class session. These are announced at the end of in person sessions, so if you leave early, you would miss out on the 5 points. **Any previous engagement you have on Mon/Wed from 6-7:20pm is your own choice and whatever class information/points you miss because of it is not excused.**

### Communication:

If at any time you feel you are struggling in the class, please email me as soon as possible or come talk to me in person. I am here to help you be successful in this course and it is best to tackle any issues early in the semester.

If you contact me via email during the week, expect a response within 24 hours. I work elsewhere during the day and don't have access to my email usually. On weekends and holidays, I will most likely get back to you on the same day or next working day.

### Accommodations for Students with Disabilities:

Disability Services and Programs for Students (DSPS) coordinates all academic accommodations for students with documented disabilities at Santa Barbara City College. If you have or think you might have a disability that impacts your educational experience in this class, contact DSPS to determine your eligibility for accommodations.

DSPS is located in the Student Services (SS) Building, Room 160. Their phone number is [805-730-4164](tel:805-730-4164). If you have already registered with DSPS, please submit your accommodation requests via the **'DSPS Online Services Student Portal'** as soon as possible. This needs to be done each semester. *If you have any questions or concerns about your accommodations, please make an appointment with a DSPS Counselor.*

Complete this process in a timely manner to allow adequate time to provide accommodations.

### Sexual Harassment/Misconduct/Title IX:

Sexual Harassment, Sexual Misconduct and gender discrimination is not tolerated at SBCC. Title IX is the law that prohibits this kind of behavior. Please contact our Title IX Coordinator, Linda Esparza Dozer, if you have questions, or concerns about an incident, our reporting procedures, resources available to survivors, or if you just want to talk. Contact Linda at [imesparza@pipeline.sbcc.edu](mailto:imesparza@pipeline.sbcc.edu), 805.730.4303, or in A122, More information is also available by looking at one of the Sexual Misconduct/Title IX posters that have been posted campus wide.

For Course Timeline and schedule of course topics/content covered: Please see separate excel document on Canvas.