

HECO 1322
Personal Nutrition
Fall 2022
M 5:30-6:45pm

Instructor: Allison Childress PhD, RDN, CSSD, LD
Office: Virtual
Office Hours: by appointment only, before/after class
E-mail: achildress@southplainscollege.edu***

***Preferred method of contacting the instructor (*Please include HECO 1322 in the subject line. Every attempt will be made to answer any inquiries in a timely manner. Emails will be replied within the first 24 hours Monday through Friday, and within 48 hours Saturdays and Sundays.*)

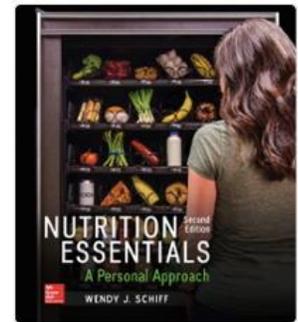
Required Materials:

1. **Textbook:** Nutrition Essentials: A Personal Approach, 2nd or 3rd Edition

Course Purpose: The purpose of this course is to introduce students to nutrients, their content in food, energy utilization, and their role in health and disease. Particular attention is focused on obesity, diabetes, cardiovascular disease and cancer, and how certain nutrients play a role in the development of these diseases.

Course Objectives:

- Identify the components of a healthy diet.
- Discuss the various nutrients, their food sources, and functions in the body, deficiencies and toxicities.
- Distinguish sound nutritional principles from faddism and quackery
- Explain the association between nutrition and chronic diseases
- Discuss the different nutrient requirements during the life cycle



Expectations, Requirements and Evaluation:

1. **Attendance** is **highly recommended** for the successful completion of the course. Attendance may be taken randomly; you must be physically in class from beginning to end to be considered present. Students are responsible for all assignments and information/announcements covered in the classroom and materials distributed during class sessions whether they are present or not.
2. **Class participation** promotes a learning environment, and is therefore **encouraged** and **expected**. Participation includes responding to questions, asking questions (for clarification or better understanding), discussing current or controversial issues in nutrition, exploring applications of ideas or concepts, problem solving, and other exchanges of ideas. It is the **student's** responsibility to read the chapters described in the class schedule **prior** to the class period.
3. **Course Organization and Homework:** This course is organized into units, which coincide with your textbook. The textbook is required. For each unit, you may have multiple assignments due including any or all of the following: watching videos and/or completing an

assignment. It is imperative that you allow plenty of time to complete your assignments as the time needed to complete each unit varies. Homework is online and due via Blackboard. Each assignment is worth 5% of your overall grade. All assignments, with the exception of the syllabus quiz and the Assessment, are due by 11:59pm the day **OF** class. Therefore, it is crucial that the student is responsible for checking the due dates on Blackboard and on the tentative schedule at the end of this syllabus. **There will be no make-ups for missed homework assignments.**

4. **Syllabus Quiz:** This will be your first assignment of the semester. This quiz will allow you the opportunity to review the syllabus and note important elements of the syllabus and of our course. Additionally, this quiz will help you to familiarize with the format of the quizzes. The syllabus quiz will consist of 15 questions. You will have 20 minutes to complete it and the quiz will auto-submit for grading when this time is up. You are allowed to take this quiz one time. **THERE WILL BE NO MAKE UPS FOR MISSED SYLLABUS QUIZ.**

5. **Examinations:**

- Three (3) regular exams and a **comprehensive final** for a total of four (4) exams.
- Test content will include material from the textbook and class discussions.
- **Make-up exams will NOT be given.**
- Exams will be taken on Blackboard with a proctoring service.
- If the student is tardy on a day that an exam is being administered, the student will be allowed the remainder of the allotted time period to take the exam.

6. **Posting of grades and other materials:**

- All grades will be posted on to Blackboard <https://southplainscollege.blackboard.com/>.
- Sign in with your SPC user name and password.
- It is highly recommended that you download the syllabus and any other material that your instructor has posted for your reading.
- **A grade average column is provided on BB that will allow you to keep track of your course average in real time.**

7. **Grades** will be based on the following percentages:

Regular Exams (3) (15% each)	45%
Final (comprehensive)	15%
Homework (7) (~6% each)	<u>40%</u>
TOTAL	100%

Assigned grade will be based on the distribution:

89.5-100	A
79.5-89.4	B
69.5-79.4	C
59.5-69.4	D
<59.4	F

*****All communication regarding a grade dispute MUST be done in person and not by phone or email.*****

8. No Extra Credit work will be given. **Do NOT ask for extra credit work.**

9. For the **withdrawal procedure** consult the college catalog.

4.1.1.1. Diversity Statement

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

4.1.1.2. Disabilities Statement

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

4.1.1.3. Non-Discrimination Statement

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

4.1.1.4 Title IX Pregnancy Accommodations Statement

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Crystal Gilster, Director of Health and Wellness at 806-716-2362 or email cgilster@southplainscollege.edu for assistance.

Illness:

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is

required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation.

HECO 1322: Personal Nutrition Tentative Class Schedule**

Month	Date	Day	Class Schedule	Homework due
August	29	M	Course Requirements & Introduction to Nutrition Chapter 1: Food is More Than Something to Eat	Syllabus Quiz: Aug 29 @ 11:59pm Knowledge Assessment: Aug 29 @ 11:59pm
September	5	M	No Class: Labor Day Holiday	
September	12	M	Chapter 1: Food is More Than Something to Eat Chapter 2: Nutrition Information: Fact or Fiction?	Assignment 1: Identifying Red Flags Sept 12 @ 11:59pm
September	19	M	Chapter 3: Making More Nutritious Choices	Assignment 2: MyPlate Food Groups Sept 19 @ 11:59pm
September	26	M	Chapter 4: How Food Becomes You Review for Exam	
October	3	M	Exam #1 (Chapters 1-4)	
October	10	M	Chapter 5: Carbohydrates	Assignment 3: Diabetes Assessment Oct 10 @ 11:59pm
October	17	M	Chapter 6: Lipids	Assignment 4: CVD Assessment Oct 17 @ 11:59pm
October	24	M	Chapter 7: Proteins Review for Exam	Assignment 5: Calculating Macronutrients Oct 24 @ 11:59pm
October	31	M	Exam #2 (Chapters 5-7)	
November	7	M	Chapter 8: Vitamins	
November	14	M	Chapter 9: Key Minerals, Water and Alcohol	Assignment 6: Hypertension Assessment Nov 14 @ 11:59pm
November	21	M	Exam #3 (Chapters 8 & 9)	

November	28	M	Chapter 10: Nutrition for a Healthy Weight and Fit Body	Assignment 7: Obesity and Body Composition Assessment Nov 28 @ 11:59 pm
December	5	M	Chapter 11: Nutrition for Your Life, Environment & World	Knowledge Assessment: Dec 5 @ 11:59pm
December	12	M	COMPREHENSIVE FINAL EXAM Chapters 1-11 5:30pm-6:45pm	

****The above class schedule, including exam dates and assignments, is subject to change by the instructor in order to more appropriately address the academic needs of the class as a whole. Changes to the class schedule will be announced as far in advance as possible. Regular class attendance will guarantee your knowledge about any changes to the class schedule.**