

**HECO 1322**  
**Personal Nutrition**  
Spring 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](mailto: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.*)

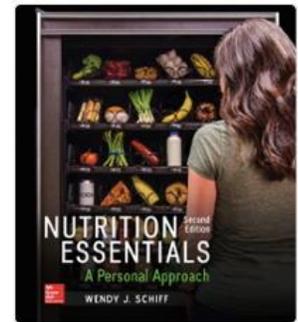
**Required Materials:**

1. **Textbook:** Nutrition Essentials: A Personal Approach, 2<sup>nd</sup> or 3<sup>rd</sup> 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. The syllabus quiz will be due August 27<sup>th</sup> at 11:59pm on Blackboard. **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](mailto: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 get tested 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

Consistent with the latest CDC recommendations, we have revised our guidance for students, faculty, and staff who have a known exposure or have tested positive. Anyone with a known exposure should wear a mask for 10 days and should seek a COVID-19 test on day five after exposure. If you test positive or develop symptoms, you should immediately self-isolate and seek a COVID-19 test. Please immediately notify your instructor, supervisor, and DeEtte Edens, Associate Director of Health and Wellness, any time you test positive for COVID-19. Anyone who tests positive is required to self-isolate for five days. Following the five-day isolation period, if you are asymptomatic or your symptoms are resolving, you may return to work or class but should wear a mask for five additional days. If you are still symptomatic, please contact DeEtte Edens at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-716-2376 prior to your return date.

**HECO 1322: Personal Nutrition**  
***Tentative Class Schedule\*\****

Month	Date	Day	Class Schedule	Homework due
January	24	M	Course Requirements & Introduction to Nutrition Chapter 1: Food is More Than Something to Eat	Syllabus Quiz: Jan 24 @ 11:59pm Knowledge Assessment: Jan 24 @ 11:59pm
January	31	M	Chapter 1: Food is More Than Something to Eat Chapter 2: Nutrition Information: Fact or Fiction?	Assignment 1: Identifying Red Flags Jan 31 @ 11:59pm
February	7	M	Chapter 3: Making More Nutritious Choices	Assignment 2: MyPlate Food Groups Feb 7 @ 11:59pm
February	14	M	Chapter 4: How Food Becomes You Review for Exam	
February	21	M	<b>Exam #1 (Chapters 1-4)</b>	
February	28	M	Chapter 5: Carbohydrates	Assignment 3: Diabetes Assessment Feb 28 @ 11:59pm
March	7	M	Chapter 6: Lipids	Assignment 4: CVD Assessment Mar 7 @ 11:59pm
March	14	M	<b>No Class: Spring Break</b>	
March	21	M	Chapter 7: Proteins Review for Exam	Assignment 5: Calculating Macronutrients Mar 21 @ 11:59pm
March	28	M	<b>Exam #2 (Chapters 5-7)</b>	
April	4	M	Chapter 8: Vitamins	
April	11	M	Chapter 9: Key Minerals, Water and Alcohol	Assignment 6: Hypertension Assessment April 11 @ 11:59pm
April	18	M	<b>Exam #3 (Chapters 8 &amp; 9)</b>	

<b>April</b>	<b>25</b>	<b>M</b>	Chapter 10: Nutrition for a Healthy Weight and Fit Body	Assignment 7: Obesity and Body Composition Assessment April 25 @ 11:59 pm
<b>May</b>	<b>2</b>	<b>M</b>	Chapter 11: Nutrition for Your Life, Environment & World	Knowledge Assessment: May 2 @ 11:59pm
<b>May</b>	<b>9</b>	<b>M</b>	<b>COMPREHENSIVE FINAL EXAM</b> <b>Chapters 1-11</b> <b>5:30pm-7:30pm</b>	

**\*\*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.**