

**HECO 1322**  
**Personal Nutrition**  
Spring 2023  
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

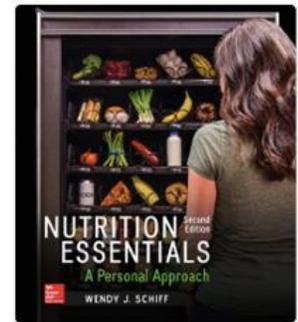
**TexBook Program:** *This course is in the SPC TexBook program, so you do not need to purchase a textbook or access code for this course.*

- **What is TexBook?** The required textbook/digital content for this course is available to you in Blackboard from the first day of class. The charge for the textbook/digital content is the lowest price available from the publisher and bookstore and is included in your tuition.
- **How do I access my TexBook?** Your course material is in your Blackboard course from the first day of class. Access to your course material is provided either by VitalSource or other links inside your Blackboard course. VitalSource (and many publisher's) eBook features include the ability to hear the text read aloud, highlight, take notes, create flash cards, see word definitions, build study guides, print select pages, and download 100% of the book for offline access.
- **Help with TexBook issues and support:** check with your professor or visit: <https://support.vitalsource.com/hc/en-us/requests/new> (available 24/7 via chat, email, phone, and text)
- **Opting out of TexBook:** Participating in TexBook is not mandatory, and you can choose to opt out. However, by opting out you will lose access to the course textbook/digital content and competitive pricing, and you will need to purchase the required course material on your own. If you drop the class or opt-out before the opt-out deadline, the TexBook fee will be automatically refunded to your SPC account. The opt-out deadline for Fall and Spring is the twelfth class day. The opt-out deadline for shorter terms varies between the second and third class day.

*\*Please consult with your professor before deciding to opt-out.* If you still feel that you should purchase the course textbook/materials on your own, send an **opt-out email** to [pwells@texasbook.com](mailto:pwells@texasbook.com). Include your first name, last name, student ID number, and the course you are opting out of. Once you have been opted-out, you will receive a confirmation email. If you need assistance with the process, contact the SPC Bookstore:

**Email:** [pwells@texasbook.com](mailto:pwells@texasbook.com) / **Phone:** 806-716-2097

**Email:** [agamble@texasbook.com](mailto:agamble@texasbook.com) / **Phone:** 806-716-4610



**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>
<b>TOTAL</b>	<b>100%</b>

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, Lubbock Centers (located at the Lubbock Downtown Center) 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 Health and Wellness Center. 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 the Health and Wellness Center at 806-716-2529 or [email dburleson@southplainscollege.edu](mailto:dburleson@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](mailto: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](mailto: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
January	23	M	Course Requirements & Introduction to Nutrition	Syllabus Quiz:

			Chapter 1: Food is More Than Something to Eat	Jan 23 @ 11:59pm
January	30	M	Chapter 1: Food is More Than Something to Eat Chapter 2: Nutrition Information: Fact or Fiction?	Assignment 1: Identifying Red Flags Jan 30 @ 11:59pm
February	6	M	Chapter 3: Making More Nutritious Choices	Assignment 2: MyPlate Food Groups Feb 6 @ 11:59pm
February	13	M	Chapter 4: How Food Becomes You Review for Exam	
February	20	M	<b>Exam #1 (Chapters 1-4)</b>	
February	27	M	Chapter 5: Carbohydrates	Assignment 3: Diabetes Assessment Feb 27 @ 11:59pm
March	6	M	Chapter 6: Lipids	Assignment 4: CVD Assessment Mar 6 @ 11:59pm
March	13	M	<b>No Class: Spring Break</b>	
March	20	M	Chapter 7: Proteins Review for Exam	Assignment 5: Calculating Macronutrients Mar 20 @ 11:59pm
March	27	M	<b>Exam #2 (Chapters 5-7)</b>	
April	3	M	Chapter 8: Vitamins	
April	10	M	Chapter 9: Key Minerals, Water and Alcohol	Assignment 6: Hypertension Assessment April 10 @ 11:59pm
April	17	M	<b>Exam #3 (Chapters 8 &amp; 9)</b>	
April	24	M	Chapter 10: Nutrition for a Healthy Weight and Fit Body	Assignment 7: Obesity and Body Composition Assessment April 24 @ 11:59 pm
May	1	M	Chapter 11: Nutrition for Your Life, Environment & World	
May	8	M	<b>COMPREHENSIVE FINAL EXAM Chapters 1-11 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.**