

HECO 1322 Personal Nutrition / Online Sections

Institution: South Plains College

Division: Arts and Sciences

Department: Science

Discipline: Nutrition

Course Number: HECO 1322 **Course Title:** Personal Nutrition **Credit:** 3

Semester: Spring 2023

Prerequisites: None

Instructor: Keila Ketchersid, MS, RD, LD Associate Professor in Nutrition

Office: Science Building, Office 68 - Levelland Campus

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Office Hours: Tuesday – 9:30 AM - 12 PM 1 PM - 2:30 PM

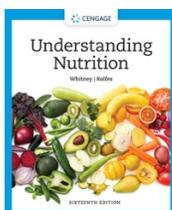
Thursday – 9:30 AM - 12 PM

Friday - 10: 00 AM– 11:30 AM

Will schedule virtual office hours upon student request for an appointment.

Course Materials:

- **Textbook Info/Inclusive Access:** The textbook and resources for this course are available in digital form through the Inclusive Access textbook program at South Plains College. That means the e-book edition of the textbook and/or all required resources are provided in the Blackboard portion of the course from the first day of class. The fee for the e-book/resources is included in the student tuition/fee payment, so there is no textbook or access code to purchase for this course.
- **E-book features:** 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 up to 20% of the book for offline access.
- **Physical textbook:** Students who would also like a printed textbook can purchase through various online locations with the ISBN listed below. **Note you cannot opt of the eBook inclusive access due to the fact that this is where your assignments are located.**



ISBN: 9780357709962

Minimum Computer Requirements:

1. Personal computer with Pentium processor with at least 32 MB of memory, a minimum 2 GB hard drive, running Windows 8 or later.
2. Web Browser: Google Chrome is most compatible with MindTap.
3. A high-speed internet connection.
4. Microsoft Office and Microsoft PowerPoint and Word software (a recent version, preferably 2016 or higher).
5. Windows Media Player (the latest version).
6. Soundcard and functioning speakers.
7. Knowledge of how to navigate Google Chrome web pages and how to deal with pop-up blockers and other devices and warnings on Google Chrome.
8. Knowledge of how to download files from the Google Chrome and find them on your computer once they are downloaded.
9. Knowledge of basic operations of Microsoft Word and Microsoft PowerPoint.
10. Knowledge of how to view and adjust videos with Windows Media Player.

Course Description: Study of the chemical, physical, and sensory properties of food; nutritional quality; and food use and diet applications.

Course Purpose: The purpose of the course is to introduce students to the six classes of nutrients, carbohydrate, lipids, protein, vitamins, minerals, and water. Students will discover food sources of the nutrients, digestion, absorption, and metabolism of the nutrients, as well as their relationships to chronic disease. Over-consumption and toxicities are also addressed where they are appropriate

Course Specific Instructions: This course is completely online. Please expect to spend approximately 4-6 hours per week reading, completing assignments, and exams weekly. You must be very self-disciplined to complete an online course. All assignments, worksheets, and exams etc. must be completed and submitted by their specific deadlines.

BlackBoard: The lecture portion of this course is completely online and is conducted through Blackboard. BlackBoard may be accessed at <http://southplainscollege.edu.blackboard.com>. For help concerning the use and features of BlackBoard you can access the help menu at the top of each BlackBoard page that you visit. For technical issues concerning BlackBoard, contact SPC BlackBoard Student Support at the Instructional Student Support at the Instructional Technology department at blackboard@southplainscollege.edu or 806 716-2180. Only contact them if you need assistance with login or a browser related questions. DO NOT contact them if your computer crashes, your internet connection fails, you have instructional questions for your instructor, etc. Please include your full names, course registered for with instructor and section noted, and the preferred way for them to contact you.

Cengage: Problems with your Cengage Access, Contact:

Online www.cengage.com/support

Phone 1.800.354.9706

Copyright Notice: All material presented by the instructor in the course is copyright protected. The material presented by the instructor may not be modified or altered in any way. You have permission to print out one copy of any material presented by the instructor in this course (ex. Class information sheet, course orientation, and chapter module PowerPoint presentations). The one copy must only be used for your personal educational use during this semester. The material may not be altered or modified in any way. The material may not be distributed in any way. You have permission to download the same material to your computer hard drive or other medium in order to print out the material. Any material downloaded material may not be altered or modified in any way. The downloaded material may not be distributed in any way.

E-Mail: When you have questions, problems, or comments, you can e-mail through BlackBoard messages or at

kketchersid@southplainscollege.edu. I will respond to your message within 48 hours if I receive your e-mail between 8:00 AM Monday and 3:30 PM Thursday (excluding holidays). E-mails received during the time period lasting from 3:30 PM Thursday to 8:00 AM Monday of the following week will receive a response within 48 hours of that Monday.

Expectations when Corresponding: Please be polite, courteous, and respectful when using BlackBoard messages, e-mail discussion forums, and chat rooms. Do not use profanity under any circumstances. Do not write disrespectful, insulting, mean, rude, profane, insensitive, or any other hurtful messages or comments under any circumstances. Failure to abide by this policy will result in the appropriate disciplinary actions. Students are expected to maintain a pleasant learning environment for themselves as well for their classmates. Therefore, if, in the view of the instructor, a student is disrupting the class the appropriate disciplinary action will be taken.

Online Disclaimer: This is to notify you that materials you may be accessing in chat rooms, messages, discussion forums or unofficial web pages are not officially sponsored by the instructor of South Plains College. The United States Constitution rights of free speech apply to all members of our community regardless of the medium used. The instructor and South Plains College disclaim all liability for data, information, or opinions expressed in these forums.

Computer Problems or BlackBoard Server Problems: If a student's internet connection goes down, or a student's computer crashes or otherwise becomes inoperable for BlackBoard, it is the responsibility of the student to have their internet connection and/or computer repaired as soon as possible in order to avoid getting behind in the class. While the computer and/or internet connection is being repaired, the student should seek an alternate computer. There are computer labs on both the Levelland and Reese campuses. Internet problems and/or the crash or inoperability of a computer will not be an acceptable excuse for being late with assignments or exams. It is the responsibility of the student to have a backup plan in place. If the BlackBoard server goes down, the appropriate time extensions will be determined and announced by the instructor.

Logging into the Course: You are not allowed to give you user ID and or/password to anyone. You will be dropped and given an F for your final grade if someone besides you is caught logging into this course under your user ID and/or password.

Outcomes Inventory: A pre and post-test may be used to determine the extent of improvement the class has gained during the semester; given at the discretion of the instructor.

Lecture Quizzes/Exams: There will be 13-15 lecture quizzes covering the material for each chapter. The dates for the exams are outlined in the schedule portion of this class information sheet. No outside material is to be used on the lecture exams. You may only reference what is provided to you on the lecture exams. A message will be sent to you, giving complete instructions for when the exam is available, time allotted to complete it, and the due date. A missed exam will result in a grade of a 0. Deadline Extensions and resets will not be given.

The material for each lecture exam is subject to change. Changes will be announced if necessary.

Articles, Case Studies, Video Assignments, Discussion Forums: All of these assignments may be assigned from the textbook and from Cengage MindTap Coursemate. The deadlines for all of these assignments are outlined in the appropriate chapter on your syllabus and will appear in the same order on your Mindtap page. Deadline extensions will not be given.

Diet and Wellness Activities – This will include your Three-Day Food Record, the Diet and Wellness Report, and the 5 Nutrient reports that use the Diet and Wellness Report. **If you do not complete and turn in the Three-Day Food Record and Diet and Wellness report you will not be allowed to turn in the other Nutrient reports as they use these reports.** There will not be any deadline extensions for these activities and they are heavily weighted in your final grade. See Grade Percentage Breakdown.

FINAL EXAM: The final exam will be comprehensive covering all chapters. Please keep your notes throughout the entire semester to use for the final exam. Deadline extensions will not be given and the final exam will not be reset.

VIDEOS: There may be links to videos in the PowerPoint presentations and within Mindtap activities that must be viewed in their entirety. You will need the latest version of Windows Media Player and a high-speed internet connection to view these videos.

ATTENDANCE: It is vitally important that you access this course at least four times a week. If you are unable to finish this course, complete a withdrawal slip at the registrar's office. **Students will be dropped from the course if they have failed to login and participate in the online course for 7 or more days.**

ACADEMIC INTEGRITY: Cheating (as defined in the SPC General Catalog) will not be tolerated. If a student is caught cheating a grade of zero will be given and the instructor has the right to drop the student from the course.

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 (updated 6/2019)

Any students who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make and necessary arrangements. Students must present appropriate verification from the SPC Disability Service Office during the instructor's office hours. Please note that instructors are not allowed to provide classroom accommodations until appropriate verification from the SPC Disability Service Office has been provided. For more information, you may contact the Disability Services Office (located in the Health & Wellness Center) at 806-716-2529 or visit <http://www.southplainscollege.edu/health/disabilityservices.php>.

4.1.1.3. Equal Opportunity, Harassment, and Non-Discrimination Statement (updated 6/2019)

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.

South Plains College is dedicated to providing a safe and equitable learning environment for all students. Discrimination, sexual assault, and harassment are not tolerated by the college. The Health and Wellness Center offers confidential support (806-716-2529) and Voice of Hope has a 24-hour hotline (806-763-7273). You are encouraged to report any incidents online at <http://www.southplainscollege.edu/about/campusafety/complaints.php>.

4.1.1.4 Title IX Pregnancy Accommodations Statement (updated 6/2019)

If you are pregnant, or have given birth been within six months, under Title IX you have a right to reasonable accommodations to help continue your education. Students who wish to request accommodations must contact the Health and Wellness Center at 806-716-2529 to initiate the process.

COVID-19

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 or 806-716-2376 prior to your return date.

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

Expected Course Learning Outcomes:

1. Identify the components of a healthy diet.
2. Discuss the six classes of nutrients, their food sources, functions in the body, deficiencies, and toxicities.
3. Distinguish the sound nutrition information from faddism and quackery.
4. Describe the principles of digestion and absorption of the nutrients.
5. Explain the association between nutrition and chronic disease.
6. Explain the role of nutrition and physical activity in promoting wellness.
7. Evaluate personal dietary intake for nutritional adequacy.

Core Objectives to be integrated into HECO 1322 as required by the THECB (Texas Higher Education Coordinating Board):

Teamwork / Communication / Empirical and Quantitative Skills / Critical Thinking

Grade Itemization

1 Introduction Forum	30 points
15 Quizzes (15 pts/each)	225 points
1 Three Day Food Record	50 points
1 Diet and Wellness Average Report	50 points
5 Nutrient Diet and Wellness Reports (25 points/each)	125 points
15 Debunk the Junks	87 points
13 A Closer Looks	97 points
15 Case Studies (8 points/each)	120 points
9 Video Quizzes	27 points
Final Exam	100 points

Grade Percentage Breakdown

1 Introduction Forum	(5% of Final Grade)
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15 Quizzes	(25% of Final Grade)
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1 Three Day Food Record	(25% of Final Grade)
1 Diet and Wellness Average Report	
5 Diet and Wellness Reports	

15 Debunk the Junks	(35% of Final Grade)
15 Case Studies	
15 A Closer Looks	
9 Video Quizzes	

Final Exam	(10% of Final Grade)
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Assignments and Exams are subject to change due to instructor discretion.

COURSE SCHEDULE: The following table contains the tentative course schedule. All material is subject to change at the instructor's discretion. Changes will be announced.

Chapter Release Dates Assignments, Tests and Forums Due Dates

<p>Week 1 (January 17th - January 22nd)</p>	<p><u>Chapter 1 An Overview of Nutrition</u></p> <p>Due by Sunday, January 22nd at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Syllabus and watch Intro and Navigation videos. <input type="checkbox"/> Put all Chapter deadlines in your phone calendar or physical calendar. <input type="checkbox"/> Sign Up for Remind 101 <input type="checkbox"/> Introduce Yourself Discussion Forum <input type="checkbox"/> Read Chapter 1 <input type="checkbox"/> Chapter 1 Quiz <input type="checkbox"/> Ch 1 A Closer Look: The Food Environment and Choices <input type="checkbox"/> Ch 1 Debunk the Junk – CLAIM Method <input type="checkbox"/> Ch 1 Case Study: Reducing Disease Risk
<p>Week 2 (January 23rd – January 29th)</p>	<p><u>Chapter 2 Planning a Healthy Diet</u></p> <p>Due by January 29th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Three Day Food Record (NEEDS TO BE STARTED ON TUES, WED, OR THURS) <input type="checkbox"/> Read Chapter 2 <input type="checkbox"/> Chapter 2 Quiz <input type="checkbox"/> Ch 2 Video Quiz: Reading a Food Label <input type="checkbox"/> Ch 2 A Closer Look: Differences Among the Nutrition Standards and When to Use Them <input type="checkbox"/> Ch 2 Debunk the Junk: Food Labels <input type="checkbox"/> Ch 2 Case Study: Making the Time
<p>Week 3 (January 30th – February 5th)</p>	<p><u>Chapter 3 Digestion, Absorption, and Transport</u></p> <p>Due by February 5th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diet and Wellness Report (use your Three-Day Food Record) <input type="checkbox"/> Read Chapter 3 <input type="checkbox"/> Ch 3 Quiz <input type="checkbox"/> Ch 3 Video Quiz: Overview of the GI Tract <input type="checkbox"/> Ch 3 A Closer Look: Physiology of Human Digestion and Absorption <input type="checkbox"/> Ch 3 Debunk the Junk: Weight Loss Supplements <input type="checkbox"/> Ch 3 Case Study: Managing GI Discomfort

<p>Week 4 (February 6th – February 12th)</p>	<p><u>Chapter 4 Carbohydrates: Sugar, Starch, and Fiber</u></p> <p>Due by February 12th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Carbohydrate and Fiber Diet and Wellness Report <input type="checkbox"/> Read Chapter 4 <input type="checkbox"/> Ch 4 Quiz <input type="checkbox"/> Ch 4 Video Quiz: Carbohydrates Overview <input type="checkbox"/> Ch 4 A Closer Look: Hormones and Glucose Levels <input type="checkbox"/> Ch 4 Debunk the Junk: The Potato Hack <input type="checkbox"/> Ch 4 Case Study: Added Sugars and Lactose Intolerance
<p>Week 5 (February 13th - February 19th)</p>	<p><u>Chapter 5 The Lipids: Triglycerides, Phospholipids, and Sterols</u></p> <p>Due by February 19th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fat and Cholesterol Diet and Wellness Report <input type="checkbox"/> Read Chapter 5 <input type="checkbox"/> Ch 5 Quiz <input type="checkbox"/> Ch 5 Video Quiz: Lipoproteins <input type="checkbox"/> Ch 5 A Closer Look: Types and Functions of Lipids <input type="checkbox"/> Ch 5 Debunk the Junk: Boost Metabolism <input type="checkbox"/> Ch 5 Case Study: Heart Healthy Sandwich Choices
<p>Week 6 (February 20th – February 26th)</p>	<p><u>Chapter 6 The Proteins: Amino Acids</u></p> <p>Due by February 26th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Protein Diet and Wellness Report <input type="checkbox"/> Read Chapter 6 <input type="checkbox"/> Ch 6 Quiz <input type="checkbox"/> Ch 6 Video Quiz: Proteins Overview <input type="checkbox"/> Ch 6 A Closer Look: Types of Amino Acids and the Importance of Proteins <input type="checkbox"/> Ch 6 Debunk the Junk: Amino Acids Supplements <input type="checkbox"/> Ch 6 Case Study: Protein Adequacy
<p>Week 7 (February 27th – March 5th)</p>	<p><u>Chapter 7 Energy Metabolism</u></p> <p>Due by March 5th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 7 <input type="checkbox"/> Ch 7 Quiz <input type="checkbox"/> Ch 7 Video Quiz: Metabolism Overview Part 1. <input type="checkbox"/> Ch 7 A Closer Look: Energy Metabolism Pathways <input type="checkbox"/> Ch 7 Debunk the Junk – Intermittent Fasting <input type="checkbox"/> Ch 7 Case Study: Excessive Alcohol Use
<p>Week 8 (March 6th – March 12th)</p>	<p><u>Chapter 8 Energy Balance and Body Composition</u></p> <p>Due by March 12th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 8 <input type="checkbox"/> Ch 8 Quiz <input type="checkbox"/> Ch 8 A Closer Look: Health Consequences of Excess Body Fat <input type="checkbox"/> Ch 8 Debunk the Junk: Control Hunger? <input type="checkbox"/> Ch 8 – Case Study: Improving Body Composition
<p>March 13th - March 18th Spring Break – No assignments</p>	

<p>Week 9 (March 20th – March 26th)</p>	<p><u>Chapter 9 Weight Management: Overweight, Obesity, and Underweight</u></p> <p>Due by March 26th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 9 <input type="checkbox"/> Ch 9 Quiz <input type="checkbox"/> Ch 9 A Closer Look: Understanding Fat Formation and Metabolism <input type="checkbox"/> Ch 9 Debunk the Junk: Popular Diets <input type="checkbox"/> Ch 9 Case Study: Lifestyle Changers for Weight Loss
<p>Week 10 (March 27th – April 2nd)</p>	<p><u>Chapter 10 The Water-Soluble Vitamins: B Vitamins and Vitamin C</u></p> <p>Due by April 2nd at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 10 <input type="checkbox"/> Ch 10 Quiz <input type="checkbox"/> A Closer Look: Comparing and Contrasting Water-Soluble vs Fat-Soluble Vitamins <input type="checkbox"/> Ch 10 Debunk the Junk: Critique the Source <input type="checkbox"/> Ch 10 – Case Study: Lifestyle Changes for Weight Loss
<p>Week 11 (April 3rd – April 9th)</p>	<p><u>Chapter 11 The Fat-Soluble Vitamins: A, D, E, and K</u></p> <p>Due by April 9th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vitamin Diet and Wellness Report <input type="checkbox"/> Read Chapter 11 <input type="checkbox"/> Ch 11 Quiz <input type="checkbox"/> Ch 11 Video Quiz: Vitamin A <input type="checkbox"/> Ch 11 A Closer Look: Vitamin Deficiency Disease and Vitamin D <input type="checkbox"/> Ch 11 Debunk the Junk: Vitamin E Supplements <input type="checkbox"/> Ch 11 Case Study: Low Serum Vitamin D
<p>Week 12 (April 10th – April 16th)</p>	<p><u>Chapter 12 Water and the Major Minerals</u></p> <p>Due by April 16th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 12 <input type="checkbox"/> Ch 12 Quiz <input type="checkbox"/> Ch 12 Video Tutor Quiz: Calcium <input type="checkbox"/> Ch 12 A Closer Look: The Role of Water in Health, Water Sources, and Water Safety. <input type="checkbox"/> Ch 12 Debunk the Junk: Magnesium Deficient? <input type="checkbox"/> Ch 12 Case Study: Fluid and Calcium for a Young Athlete

<p>Week 13 (April 17th – April 23rd)</p>	<p><u>Chapter 13 The Trace Minerals</u></p> <p>Due by April 23rd at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mineral Diet and Wellness Report <input type="checkbox"/> Read Chapter 13 <input type="checkbox"/> Ch 13 Quiz <input type="checkbox"/> Ch 13 Video Quiz: Iron <input type="checkbox"/> Ch 13 A Closer Look: Trace Minerals and Their Deficiency Symptoms <input type="checkbox"/> Ch 13 Debunk the Junk: Supplements <input type="checkbox"/> Ch 13 Case Study: The Trace Mineral Deficiencies
<p>Week 14 (April 24th – April 30th)</p>	<p><u>Chapter 14 Physical Activity, Nutrients, and Body Adaptations</u></p> <p>Due by April 30th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 14 <input type="checkbox"/> Ch 14 Quiz <input type="checkbox"/> Ch 14 A Closer Look: Functions of Muscles and Their Role in Health and Energy Needs of Athletes <input type="checkbox"/> Ch 14 Debunk the Junk: Decipher Fact from Fiction <input type="checkbox"/> Ch 14 Case Study: Energy Gel Evaluation
<p>Week 15 (May 1st – May 7th)</p>	<p><u>Chapter 18 Diet and Health</u></p> <p>Due by December 11th at midnight:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read Chapter 18 <input type="checkbox"/> Ch 18 Quiz <input type="checkbox"/> Ch 18 A Closer Look: The Role of Nutrition in Disease, Specifically Heart Disease <input type="checkbox"/> Ch 18 Debunk the Junk: Ads for Immune Supplements <input type="checkbox"/> Ch 18 Case Study: Diets for Disease Prevention
<p>Week 16 (May 9th)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Final/Chapters 1-13, 14, 18. <p>Comprehensive/100 questions, one attempt. 2.5 hours to complete. Due on Tuesday, May 9th by midnight.</p>