

## HECO 1322 Online Sections

### Personal Nutrition

### Class Information Sheet

**Institution:** South Plains College

**Division:** Arts and Sciences

**Department:** Science

**Discipline:** Nutrition

**Course Number:** HECO 1322

**Course Title:** Personal Nutrition

**Semester:** Fall 2019

**Credit:** 3

**Prerequisites:** None

**Instructor:** Keila Ketchersid, MS, RD, LD Assistant Professor in Nutrition

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**Office Hours:** T/R 10:00 AM – 12:30 PM and 1:00 PM -2:30 PM

F 9:00 AM -12:00 PM or by appointment.

**Course Materials:** Textbook -Understanding Nutrition 15<sup>th</sup> edition/ Whitney and Rolfes. You will also need a MindTap Coursemate access code which is already packaged with your textbook at the bookstore on the Levelland or Reese Campus. The access code does include an ebook. There will also be options made available to you to purchase the bundle on the Blackboard course.

#### Minimum Computer Requirements:

1. Personal computer with Pentium processor with at least 32 MB of memory, a minimum 2 GB hard drive, running Windows 95 or later (Windows XP or better is preferred).
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 2003 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](mailto: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 Code, Contact:

Online [www.cengage.com/support](http://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](mailto: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 your 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 16 lecture quizzes covering the material that is given via the PowerPoint Modules. 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.

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

**Worksheets, Assignments, Discussion Forums:** Any of these may be assigned from the textbook and from Cengage MindTapCourseMate. You will receive a message if any of these are assigned with details for completion.

**FINAL EXAM:** The final exam will be comprehensive covering all 16 chapters. Please keep your notes throughout the entire semester to use for the final exam.

**VIDEOS:** There may be links to videos in the PowerPoint presentations 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/campussafety/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.

#### **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 Post Tests (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	120 points
13 A Closer Looks	262 points
15 Case Studies (8 points/each)	120 points
9 Pop Up Tutor Quizzes	900 points
Final Exam	100 points

## Grade Percentage Breakdown

1 Introduction Forum	<b>(5% of Final Grade)</b>
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15 Post-Test	<b>(25% of Final Grade)</b>
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1 Three Day Food Record	<b>(25% of Final Grade)</b>
1 Diet and Wellness Average Report	
5 Diet and Wellness Reports	

15 Debunk the Junks	<b>(35% of Final Grade)</b>
13 A Closer Looks	
15 Case Studies	
9 Pop Up Tutor Quizzes	

Final Exam	<b>(10% of Final Grade)</b>
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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.

<h2 style="margin: 0;">Chapter Release Dates</h2> <h3 style="margin: 0;">Assignments, Tests and Forums Due Dates</h3>	
<p><b>Week 1 (August 26<sup>th</sup> – September 1st)</b></p>	<p><b>Chapter 1 An Overview of Nutrition</b></p> <p><b>Due by September 1<sup>st</sup> at midnight:</b></p> <ul style="list-style-type: none"> <li>-Read Syllabus and the Start Here PowerPoint</li> <li>-Register your Cengage Mindtap Access Code</li> <li>-Sign Up for Remind 101</li> <li>-Introduce Yourself Discussion Forum</li> <li>-Chapter 1 Pre-Test</li> <li>-Ch 1 Debunk the Junk – Sort Fact from Fiction</li> <li>-Ch 1 A Closer Look: The Food Environment and Choices</li> <li>-Ch 1 Case Study: Reducing Disease Risk</li> <li>- Ch 1 Post-Test</li> </ul>
<p><b>Week 2 (September 2<sup>nd</sup> – September 8<sup>th</sup>)</b></p>	<p><b>Chapter 2 Planning a Healthy Diet</b></p> <p><b>Due by September 8<sup>th</sup> at midnight:</b></p> <ul style="list-style-type: none"> <li>-Three Day Food Record (start at the beginning of the week)</li> <li>-Chapter 2 Pre-Test</li> <li>-Ch 2 Pop Up Tutor Quiz: Reading a Food Label</li> <li>-Ch2 Debunk the Junk: Claims on Food Labels</li> <li>-Ch 2 A Closer Look: Nutritional andn Environmental Effects on Human Growth</li> <li>-Ch 2 Case Study: Menu Choices at a Restaurant</li> <li>-Ch 2 Post-Test</li> </ul>
<p><b>Week 3 (September 9<sup>th</sup> – September 15<sup>th</sup>)</b></p>	<p><b>Chapter 3 Digestion, Absorption, and Transport</b></p> <p><b>Due by September 15<sup>th</sup> at midnight:</b></p> <ul style="list-style-type: none"> <li>- Diet and Wellness Report (use your Three Day Food Record)</li> <li>-Ch 3 Pre- Test</li> <li>-Ch 3 Pop Up Tutor Quiz: Overview of the GI Tract</li> <li>-Ch 3 Debunk the Junk: Claims to Alter Metabolism</li> <li>-Ch 3 A Closer Look: Physiology of Human Digestion and Absorption</li> <li>- Ch 3 Case Study: Managing GI Discomfort</li> <li>-Ch 3 Post Test</li> </ul>
<p><b>Week 4 (September 16<sup>th</sup> – September 22<sup>nd</sup>)</b></p>	<p><b>Chapter 4 Carbohydrates: Sugar, Starch, and Fiber</b></p> <p><b>Due by September 22<sup>nd</sup> at midnight:</b></p> <ul style="list-style-type: none"> <li>-Carbohydrate and Fiber Diet and Wellness Report</li> <li>-Ch 4 Pre-Test</li> <li>-Ch 4 Pop-Up Tutor Quiz: Carbohydrates Overview</li> <li>-Ch 4 Debunk the Junk: Villification of Carbohydrates</li> <li>-Ch 4 A Closer Look: Hormones and Glucose Levels</li> <li>-Ch 4 Case Study: Added Sugars and Lactose Intolerance</li> <li>-Ch 4 Post-Test</li> </ul>

<p><b>Week 5 (September 23<sup>rd</sup> – September 29<sup>th</sup>)</b></p>	<p><b>Chapter 5 The Lipids: Triglycerides, Phospholipids, and Sterols</b></p> <p><b>Due by September 29<sup>th</sup> at midnight:</b>          -Dietary Fat and Cholesterol Diet and Wellness Report          -Ch 5 Pre-Test          -Ch 5 Pop Up Tutor Quiz: Lipoproteins          -Ch 5 Debunk the Junk: The Big Fat Reality          -Ch 5 – A Closer Look: Types and Functions of Lipids          -Ch 5 – Case Study: Heart Healthy Sandwich Choices          -Ch 5 – Post-Test</p>
<p><b>Week 6 (September 30<sup>th</sup> – October 6<sup>th</sup>)</b></p>	<p><b>Chapter 6 The Proteins: Amino Acids</b></p> <p><b>Due by October 6<sup>th</sup> at midnight:</b>          -Protein Diet and Wellness Report          -Ch 6 Pop-Up Tutor Quiz: Protein Overview          -Ch 6 Debunk the Junk: Amino Acids Supplements: Friend or Foe          -Ch 6 A Closer Look: Types of Amino Acids and the Importance of Proteins          -Ch 6 Case Study: Protein Adequacy          -Ch 6 Post-Test</p>
<p><b>Week 7 (October 7<sup>th</sup> – October 13<sup>th</sup>)</b></p>	<p><b>Chapter 7 Energy Metabolism</b></p> <p><b>Due by October 13<sup>th</sup> at midnight:</b>          -Ch 7 Pre-Test          -Ch 7 Pop Up Quiz: Metabolism Overview Part 1.          -Ch 7 Debunk the Junk – Intermmitent Fasting for Weight Loss          -Ch 7 A Closer Look: Energy Metabolism Pathways          -Ch 7 Case Study: Excessive Alcohol Use          -Ch 7 Post-Test</p>
<p><b>Week 8 (October 14<sup>th</sup> – October 20<sup>th</sup>)</b></p>	<p><b>Chapter 8 Energy Balance and Body Composition</b></p> <p><b>Due by October 20<sup>th</sup> at midnight:</b>          -Ch 8 Pre-Test          -Ch 8 Debunk the Junk: Control Satiety or Adopt Better Habits          - Ch 8 A Closer Look: Health Consequences of Excess Body Fat          -Ch 8 – Case Study: Improving Body Composition          -Ch 8 Post-Test</p>
<p><b>Week 9 (October 21<sup>st</sup> – October 27<sup>th</sup>)</b></p>	<p><b>Chapter 9 Weight Management: Overweight, Obesity, and Underweight</b></p> <p><b>Due by October 27<sup>th</sup> at midnight:</b>          -Ch 9 Pre-Test          -Ch 9 Debunk the Junk: Today’s Popular Diets          -Ch 9 A Closer Look: Understanding Fat Formation          -Ch 9 Case Study: Lifestyle Changers for Weight Loss          - Ch 9 Post-Test</p>

<p><b>Week 10 (October 28<sup>th</sup> – November 3<sup>rd</sup>)</b></p>	<p><b>Chapter 10 The Water-Soluble Vitamins: B Vitamins and Vitamin C</b></p> <p><b>Due by November 3<sup>rd</sup> at midnight:</b>  - Vitamin Diet and Wellness Report  - Ch 10 Pre-Test  - Ch 10 Debunk the Junk: Good Nutrition from a Healthy Diet vs Taking Supplements  - Ch 10 A Closer Look: Comparing and Contrasting Water-Soluble vs Fat-Soluble Vitamins  Ch 10 – Case Study: Fatigue with a Vitamin-Poor Diet  Ch 10 Post-Test</p>
<p><b>Week 11 (November 4<sup>th</sup> – November 10<sup>th</sup>)</b></p>	<p><b>Chapter 11 The Fat Soluble Vitamins: A, D, E, and K</b></p> <p><b>Due by November 10<sup>th</sup> at midnight:</b>  - Ch 11 Pre-Test  - Ch 11 Pop-Up Tutor Quiz  - Ch 11 Debunk the Junk: Vitamin E Supplements: Friend or Foe  - Ch 11 A Closer Look: Vitamin Deficiency Disease and Vitamin D  - Ch 11 Case Study: Low Serum Vitamin D  - Ch 11 Post-Test</p>
<p><b>Week 12 (November 11<sup>th</sup> – November 17<sup>th</sup>)</b></p>	<p><b>Chapter 12 Water and the Major Minerals</b></p> <p><b>Due by November 17<sup>th</sup> at midnight:</b>  - Ch 12 Pre-Test  - Ch 12 Pop-Up Tutor Quiz: Calcium  - Ch 12 Debunk the Junk: Clickbait or Valuable Information About Magnesium Supplements  - Ch 12 – A Closer Look: The Role of Water in Health, Water Sources, and Water Safety  - Ch 12 Case Study: Fluid and Calcium for a Young Athlete  - Ch 12 Post-Test</p>
<p><b>Week 13 (November 18<sup>th</sup> – November 24<sup>th</sup>)</b></p>	<p><b>Chapter 13 The Trace Minerals</b></p> <p><b>Due by November 24<sup>th</sup> at midnight:</b>  - Mineral Diet and Wellness Report  - Ch 13 Pre-Test  - Ch 13 Pop-Up Tutor Quiz: Iron  - Ch 13 Debunk the Junk: Avoiding the Costly Pitfalls of Supplementation  - Ch 13 Case Study: The Trace Mineral Deficiencies  - Ch 13 Post-Test</p>
<p><b>Week 14 (November 25<sup>th</sup> – December 1<sup>st</sup>)</b></p>	<p><b>Chapter 14 Fitness: Physical Activity, Nutrients, and Body Adaptations</b></p> <p><b>Due by December 1<sup>st</sup> at midnight:</b>  - Ch 14 Pre-Test  - Ch 14 Debunk the Junk: Ripped Physique or Ripped Off?  - Ch 14 A Closer Look: Basic Functions of Muscles and Their Role in Health and Energy Needs of Athletes  - Ch 14 Energy Gel Evaluation  - Ch 14 Post-Test</p>



<b>Week 15 (December 2<sup>nd</sup> - December 8<sup>th</sup>)</b>	<b>Chapter 18 Diet and Health</b>  <b>Due by December 8<sup>th</sup> at midnight.</b> -Ch 18 Pre-Test -Ch 18 Debunk the Junk: Ads for Immunity Boosting Suppletments -Ch 18 A Closer Look: The Role of Nutrition in Disease, Specifically Heart Disease -Ch 18 Case Study: Diets for Disease Prevention -Ch 18 Post-Test
<b>Week 16 (December 10th)</b>	<b>Final Exam – Due by Tuesday, December 10<sup>th</sup> at midnight.</b> <b>Chapters 1-14; 18. Comprehensive/100 questions.</b>

