

HECO 1322

Personal Nutrition

Spring 2022

Online

Instructor: Allison Childress PhD, RDN, CSSD, LD
Office: Virtual
Office Hours: by appointment only, via Zoom or by phone
E-mail: achildress@southplainscollege.edu

***Preferred method of contacting the instructor (*Please include HECO 1322 Online 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.*)

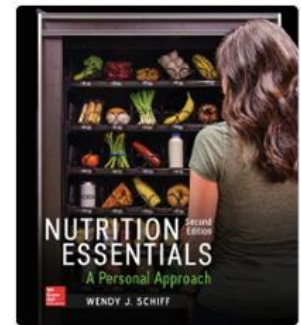
Required Materials:

1. **Textbook:** Nutrition Essentials: A Personal Approach, 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



This is a 100% online course.

You will need the following to be successful in this course:

- ✓ Access to a laptop or personal computer.
- ✓ Internet access (preferably high speed)
- ✓ Microsoft Office (free download from your E-raider account)
- ✓ Adobe Reader (free download from <http://get.adobe.com/reader/?promoid=BUIGO>)
- ✓ Flash (free download from <http://get.adobe.com/flashplayer/?promoid=BUIGP>)
- ✓ E-mail (Please use your ttu.edu email account for correspondence.)
- ✓ Skills:
 - Microsoft Office, e-mail, attaching documents, Internet searches, downloading plugins, downloading browsers (Some people find that Blackboard works better in Firefox, free download from [www. mozilla.com](http://www.mozilla.com)).
 - Blackboard proficiency

Expectations, Requirements and Evaluation:

- You will be expected to log into the course often to best pace your progress in the course.
- It is your responsibility to read the chapters, watch and take notes on the chapter from the chapter presentation via a power point. It is also your responsibility to complete all assignments and chapter quizzes on or before their Due Date.

1. **Course Organization:** 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, answering a quiz and 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.
2. **Class participation** promotes a learning environment, and is therefore **encouraged** and **expected**. Participation includes 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 and to **post questions** related to the topics covered in class in the Questions and Answers Forum.
3. **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.**
4. **Homework assignments:** Assignments are due via Blackboard and each assignment is worth 4% of your overall grade. Assignments will consist of varying activities including watching videos, answering assessments related to a specific chronic disease, or calculating macronutrients. You do not have a limited time to complete your assignment, but you must complete it in one sitting. **All assignments are due Mondays at 11:59pm.** 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 ASSIGNMENTS.**

Weight of the Nation Assignment: This homework assignment is also online on Blackboard. Follow the link and watch the Weight of the Nation video. The video is approximately 1 hour long. After the video, answer the 4 multiple choice questions in Blackboard. The assignment is worth 4% of your total grade and is included in your homework point total, worth 32% of your grade.
5. **Quizzes:** All unit quizzes will become available after completing Unit 0 to give you flexibility as an on-line student. But to keep you on track as a student, there are dates that the exams close as the semester progresses so that you don't find yourself at the end of the semester having not kept up with the workload.
 - i. If you need to work ahead you can, just remember that if you miss a closing date on a quiz you cannot make it up. I would highly encourage you to keep a calendar with dates when all quizzes close so that you do not miss a quiz.

- b. You will have 25-30 minutes to complete each quiz (20 to 25 questions), you will be limited to one attempt and the exam will auto-submit for grading when the time is up. This means that if you are still working on the quiz at the 25-minute mark or 30-minute mark, it will automatically be submitted even if you are not finished. Therefore, please be mindful of your time. Once you begin the exam you must finish it in one sitting (i.e. you may NOT partially complete the exam, save it, and come back to it later). Additionally, you will not be allowed to go back to previously answered questions to change your answers. This means that you cannot leave a question unanswered planning to come back to it later. You may use your textbook and other course materials as you complete the quizzes, however you will need to have a solid knowledge of each chapter's content because of the time constraints of each quiz.
- c. Unit Quiz questions come primarily from the textbook chapter, Power Point presentations, and videos included in each unit. You should read and study the information in each assigned chapter – watching the videos, using PowerPoint presentations and using the textbook for clarification as needed to be prepared to take each quiz. *It is in your best interest to prepare for these quizzes as you would if it were an in-class quiz to ensure you do not run out of time.*
- d. **DO NOT** take quizzes or exams on devices such as smartphones or tablets. Use a laptop or desktop computer.
- e. All quizzes are due on Monday's at 11:59pm and each quiz is worth 6% of your overall grade. Refer to your course schedule for due dates. You will receive a zero for all quizzes not completed by the time the quiz is closed to you as a student. **THERE WILL BE NO MAKE-UPS FOR MISSED QUIZZES.**

6. Posting of grades and other materials:

- All grades will be posted on to Blackboard
- It is highly recommended that you download the syllabus and any other material that your instructor has posted for your reading.

7. Grades will be based on the following percentages:

Syllabus Quiz	2 %
Unit Quizzes (11) (6% each)	66 %
Homework Assignments (8) (4% each)	<u>32 %</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 through a virtual or face-to-face appointment and not by email.***

8. No extra credit work will be given. You will receive the grade you have earned throughout the semester.

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.

COVID-19

It is the policy of South Plains College as of the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab

after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation. If you receive a positive COVID-19 diagnosis or are hospitalized due to COVID-19 during the course of the semester, please contact your instructor and DeEtte Edens at:
 Phone: [806.716.2376](tel:806.716.2376) Email: dedens@southplainscollege.edu

HECO 1322: Personal Nutrition-Online
Tentative Class Schedule**

Week	Class Schedule	Homework due
Jan 18-24	Unit 0: Introduction to Course	Start Here! Syllabus Quiz: Jan 24 @ 11:59pm
Jan 25-31	Unit 1: Food is More Than Something to Eat	Unit 1 Quiz Jan 31 @ 11:59pm
Feb 1-7	Unit 2: Nutrition Information: Fact or Fiction?	Assignment 1: Identifying Red Flags Feb 7 @ 11:59pm Unit 2 Quiz: Feb 7 @ 11:59pm
Feb 8-14	Unit 3: Making More Nutritious Choices	Assignment 2: MyPlate Food Groups Feb 14 @ 11:59pm Unit 3 Quiz: Feb 14 @ 11:59pm
Feb 15-21	Unit 4: How Food Becomes You	Unit 4 Quiz: Feb 21 @ 11:59pm
Feb 22-28	Unit 5: Carbohydrates	Assignment 3: Diabetes Assessment Feb 28 @ 11:59pm Unit 5 Quiz: Feb 28 @ 11:59pm
Mar 1-7	Unit 6: Lipids	Assignment 4: CVD Assessment Mar 7 @ 11:59pm Unit 6 Quiz: Mar 7 @ 11:59pm
Mar 8-14	Unit 7: Proteins	Assignment 5: Calculating Macronutrients Mar 14 @ 11:59pm Unit 7 Quiz: Mar 14 @ 11:59pm
Mar 15-21	Spring Break-No Class	
Mar 22-28	Unit 8: Vitamins	Unit 8 Quiz: Mar 28 @ 11:59pm
March 29-Apr 4	Unit 9: Key Minerals, Water and Alcohol	Assignment 6: Hypertension Assessment Apr 4 @ 11:59pm Unit 9 Quiz: Apr 4 @ 11:59pm
Apr 5-11	Unit 10: Nutrition for a Healthy Weight and Fit Body	Assignment 7: Obesity and Body Composition Assessment Apr 11 @ 11:59 pm
Apr 12-18	Unit 10: Nutrition for a Healthy Weight and Fit Body	Unit 10 Quiz: Apr 18 @ 11:59pm

Apr 19-25	Unit 11: Nutrition for Your Life, Environment & World	Unit 11 Quiz: Apr 25 @11:59pm
Apr 26-May 2	Unit 11: Nutrition for Your Life, Environment & World	Assignment 8: Weight of Nation Quiz May 2 @11:59pm

****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.**