

HECO 1322
Personal Nutrition

Human Sciences

Department of Science

Division of Arts and Sciences
South Plains College

SPRING 2023

Associate Professor:
Keila Ketchersid, MS, RD, LD

**HECO 1322 Personal Nutrition
Course Information
SPRING 2023**

Course Title: HECO 1322 Personal Nutrition
Instructor: Keila Ketchersid, MS, RD, LD
Office: Science 68
Office Hours: Tuesday 9:30 AM – 12:00 PM 1:00 -2:30 PM
Thursday 9:30 AM – 12:00 PM
F 10:00 AM –11:30 AM (or by appointment)
Will also be able to accommodate virtual meetings.
Phone: 806-716-2325
E-mail: kketchersid@southplainscollege.edu

Department: Science

Discipline: Human Sciences

Course Number: HECO 1322

Course Title: Personal Nutrition

Credit: 3 (Lecture: 3)

This course satisfies a core curriculum requirement: Science

Prerequisites: None

Available Formats: Face to Face class

Campuses: Levelland

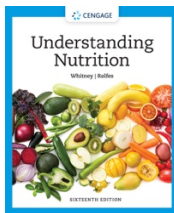
Course Description: The course is the study of the nutrients found in foods and utilization of those nutrients by the body. Designed to convey the basic principles of nutritional science.

Course Specific Instructions: Blackboard is our communication tool outside of class. A syllabus, power point notes for class, e-mails, and announcements, are all posted on Blackboard. Familiarity with the navigation of Blackboard is crucial for success in the course.

Course Purpose/ Rationale/ Goal: 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.

General Course Information: Lecture

- **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 are 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

- Calculator – Simple 4 function calculator required. You will not be allowed to use your cell phone or graphing calculator on exams.
- Attendance - Attendance will be more Assignment/Exam completion based this semester given the current COVID situation. I will be handling each student situation on a case by case basis.

Minimum Computer Requirements:

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

Grading Policies:

- **Lecture Exams: 5-6 Major Exams** will be given during the semester. **No make-up exams** will be given if the exam is given via an online format. If you miss an exam online you will receive a 0.
- **Mini Exams: 3 Mini Exams** will be given during the semester. **No make-up Mini exams** will be given via an online format. If you miss an exam online you will receive a 0.
- **Diet and Wellness Activities:** Students will complete 5-7 Diet and Wellness activities during the semester. If you do not complete the initial Three Day Food Record and Diet and Wellness Report, you will not be able to complete the remaining nutrient reports.
- **Mindtap Activities** – Approximately 2 per chapter. These will be assigned via the Mindtap Link.
- **Reports:** Students will complete 10 reports, dates for turning them in will be specified by instructor.
- **Project:** Students will be required to participate in a group project/presentation. The project entails presentation skills, creativity, technology skills, public speaking, and nutrition knowledge, More details will be given at assigned time of project.
- **Lecture Final Exam:** Final exam will be comprehensive, covering Chapters 1-13. Grade on the exam will be counted twice. Students who have earned an A (90% or above) or have one or less absence during the semester will not be required to take the final exam.
- **Pop Quizzes and Various Daily Activities** – May occur occasionally quizzes or various worksheets throughout the semester.
- **Class and Online Participation:** All students are asked to participate in class discussions and will be frequently asked to give an overview of the chapters and to discuss points they find would be helpful to be covered in class. Students may also be asked to view video lectures and discussions online via Blackboard.
- **Cheating will not be accepted in this class.** If you are found cheating on any assignment or test, you will immediately be dropped from the course with an F.

PLEASE SILENCE YOUR CELL PHONE IN LECTURE AND LAB, NO TEXTING DURING CLASS!!!!

Expected Course Learning Outcomes:

- Discuss the various factors influencing food habits and choices.
- Identify the components of a healthy diet.
- Discuss the six classes of nutrients, their food sources, and functions in the body, deficiencies, and toxicities.
- Distinguish the sound nutrition information from faddism and quackery.
- Describe the principles of digestion, absorption, and metabolism of the nutrients.
- Calculate individual energy expenditure and needs.
- Explain the association between nutrition and chronic disease.
- Evaluate personal dietary intake for nutritional adequacy.

Core Objectives to be integrated into HECO 1410 as required by the THECB (Texas Higher Education Coordinating Board):

- Teamwork
- Communication
- Empirical and Quantitative Skills
- Critical Thinking

Suggestions for success in HECO 1322:

- Before each class:
 - Read the Chapters- highlight important sections. Use explanations and definitions found in columns on sides of text.
 - Outline Chapters
- Class: Attend all classes as specified by instructor or listen to available video content. Take detailed lecture notes and ask questions. Participate in class and team discussions. You may record lectures.
- After each class: Review lecture notes.
- Studying for Exams:
 - Study daily as we cover chapters. Do not wait until the night before the exam.
 - Prepare flash cards with possible test questions.
 - Re-read chapters.
 - Use much detail in completing your review sheet.

Grade Itemization

6 Major Exams (100 pts/each)	600 points
10 Reports (10 pts/each)	100 points
13 Mindtap Activities	195 points
5 Diet and Wellness Activities (10 pts/each)	50 points
Presentation	100 points
Final Exam	200 points (unless exempt)

Assignments and Exams are subject to change due to instructor discretion.

KEEP A RECORD OF ALL YOUR GRADES- KEEP ALL RETURNED PAPERS.

	Reports		Presentation 1 _____
	1 _____	7 _____	
	2 _____	8 _____	
	3 _____	9 _____	
	4 _____	10 _____	
	5 _____		
	6 _____		
Lecture Exams			Mindtap Activities
1 _____			1 _____
2 _____			10 _____
3 _____			11 _____
4 _____			12 _____
5 _____			13 _____
6 _____			
	Diet and Wellness (Blue Sheets)		
	1 _____	4 _____	
	2 _____	5 _____	
	3 _____	6 _____	
Final Exam			9 _____
1 _____			

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

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

Spring 2023 Dates

Schedule is subject to change due to Instructor's Discretion.

January 2023

Monday	Tuesday	Wednesday	Thursday
16 MLK HOLIDAY	17	18 1 st Class Day -Intro to Course -Blackboard -Cengage/Mindtap -Assignment #1	19
23 Chapter 1- An Overview of Nutrition -Tanita Measurements	24	25 Chapter 1 Cont. -Calculations Worksheets -Tanita Measurements	26
30 Chapter 2 – MyPlate -MyPlate Trivia -Three Day Food Record	31		

February 2023

Monday	Tuesday	Wednesday	Thursday
		<p>1 Chapter 2 – Nutrition Labels</p> <p>Nutrition Lab/Cereal Assessment</p>	2
<p>6 Chapter 3 – Digestion, Absorption, and Transport</p> <p>- Three Day Food Record -Diet and Wellness Report</p>	7	<p>8 Chapter 3 Cont.</p> <p>Millionaire Game for Review</p>	9
<p>13 EXAM # 1 (Chapters 1-3)</p> <p>Nutrition Calculations and Digestive System Diagram</p>	14	<p>15 Chapter 4 – Carbohydrates</p> <p>Carbohydrate /Fiber Diet and Wellness</p>	16
<p>20 Chapter 4 Cont.</p> <p>-Complete Carb Diet and Wellness -Blood Glucose Levels -Diabetes Risk Assessment</p>	21	<p>22 Chapter 5- Lipids</p> <p>-Fat and Cholesterol Diet and Wellness</p>	23
<p>27 Chapter 5 Cont.</p> <p>-Cholesterol Lab -Check your BP and Cholesterol</p>	28		

March 2023

Monday	Tuesday	Wednesday	Thursday
		1 Chapter 6 – Proteins -Protein Diet and Wellness	2
6 Chapter 6 Cont. -Review Game for Exam 2	7	8 Exam #2 (Chapters 4-6)	9
13 Spring Break	14	15	16
20 Chapter 7 – Metabolism -Yellow Metabolism Worksheets	21	22 Chapter 7 Cont. EXAM #3 (Chapter 7 only)	23
27 Chapter 8 – Energy Balance and Body Composition -Cardiovascular Assessment	28	29 Chapter 8 Cont. -Yellow Metabolism Worksheets	30

April 2023

Monday	Tuesday	Wednesday	Thursday
3 Chapter 9 – Weight Control -Exam Review	4	5 Exam #4 (Chapters 8-9)	6
10 Chapter 10 – Water-Soluble Vitamins Project Introduction	11	12 Chapter 10 Cont. Project Group Work	13
17 Chapter 11 – Fat-Soluble Vitamins -Vitamin Diet and Wellness -Project Group Work	18	19 EXAM #5 (Chapters 10-11)	20
24 Group Presentations	25	26 Chapter 12 – Water and the Major Minerals Cont. Possible Take Home Exam or Poster Project -Mineral and Fluid Intakes	27

May 2023

Monday	Tuesday	Wednesday	Thursday
1 Chapter 12 – Water and the Major Minerals Cont. Possible Take Home Exam or Poster Project -Mineral and Fluid Intakes	2	3 Chapter 13 Trace Minerals Exam # 6 (Ch 12-13) or Poster Project Diet and Wellness Mineral and Fluid Intakes -Final Exam Review	4
8	9	10 HECO 1322.001 1:000 PM Class 10:15- 12:15 PM	11