

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 2017

Credit: 3

Prerequisites: None

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

Office: 117-B Levelland Campus

Telephone: 806 716-2325

Email- kketchersid@southplainscollege.edu

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 -Personal Nutrition Ninth Edition: Boyle and Anderson. 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 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

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 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 13 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. Each exam will be worth 100 points. The lecture exams will be 30-50 questions. 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 13 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.

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 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.

ADA 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 Center 806-716-2577, Reese Center (also covers ATC) Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

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
13 Pre Learning Assessments (15 pts/each)	195 points
13 Quizzes (50 pts/each)	650 points
1 Three Day Food Record	50 points
1 Diet and Wellness Average Report	50 points
5 Diet and Wellness Report (25 points/each)	125 points
Food Label Lab	5 points
2 Global Watch and Questions (4 points each)	8 points
3 BBC Videos and Questions (4 points/each)	9 points
Final Exam	100 points

Grade Percentage Breakdown

13 Pre Learning Assessments	(15% of Final Grade)
13 Quizzes	(35% of Final Grade)
1 Three Day Food Record 1 Diet and Wellness Average Report 5 Diet and Wellness Reports	(25% of Final Grade)
1 Introduction Forum Food Label Lab 2 Global Watch and Questions 3 BBC Videos and Questions	(15% of Final Grade)
Final Exam	(10% of Final Grade)

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 Quizzes, Assignments, and Forums Due Dates

<p>Week 1 (August 28th – September 3rd)</p>	<p>Chapter 1 The Basics of Understanding Nutrition</p> <p>Due by September 3rd at midnight: -Read Syllabus and the Start Here PowerPoint -Register your Cengage Access Code -Sign Up for Remind 101 -Introduce Yourself Discussion Forum -Pre Learning Assessment 1 -Quiz 1</p>
<p>Week 2 (September 4th – September 10th)</p>	<p>Chapter 2 The Pursuit of a Healthy Diet</p> <p>Due by September 10th at midnight: -Three Day Food Record (start at the beginning of the week) -Pre Learning Assessment 2 -Pop Up Tutor: Reading a Food Label -Reading a Food Label (Lab 8 Food Label II) -Quiz 2</p>
<p>Week 3 (September 11th – September 17th)</p>	<p>Chapter 3 Anatomy for Nutrition's Sake</p> <p>Due by September 17th at midnight: - Diet and Wellness Average Report (use your Three Day Food Record) -Pre Learning Assessment 3 -Pop Up Tutor: The GI Tract -Quiz 3</p>
<p>Week 4 (September 18th – September 24th)</p>	<p>Chapter 4 Carbohydrates: Sugar, Starch, and Fiber</p> <p>Due by September 24th at midnight: -Pre Learning Assessment 4 -Carbohydrate Diet and Wellness Report -Pop Up Tutor: Carbohydrates Review -Quiz 4</p>
<p>Week 5 (September 25th – October 1st)</p>	<p>Chapter 5 The Lipids: Fats and Oils</p> <p>Due by October 1st at midnight: -Pre Learning Assessment 5 -Pop Up Tutor: Lipoproteins -Dietary Fat and Cholesterol Diet and Wellness Report -Quiz 5</p>

<p>Week 6 (October 2nd – October 8th)</p>	<p>Chapter 6 The Proteins and Amino Acids</p> <p>Due by October 8th at midnight: -Pre Learning Assessment 6 -Pop Up Tutor: Protein Overview -Protein Diet and Wellness Report -Quiz 6</p>
<p>Week 7 (October 9th – October 15th)</p>	<p>Chapter 7 The Vitamins: A Functional approach</p> <p>Due by October 15th at midnight: -Pre Learning Assessment 7 -Pop Up Tutor: Antioxidants -Vitamin Diet and Wellness Report -Quiz 7</p>
<p>Week 8 (October 16th – October 22nd)</p>	<p>Chapter 8 The Minerals and Water: A Functional Approach</p> <p>Due by October 22nd at midnight: -Pre Learning Assessment 8 -Pop Up Tutor: Iron -Mineral Diet and Wellness Report -Quiz 8</p>
<p>Week 9 (October 23rd – October 29th)</p>	<p>Chapter 9 Impact of Fluids and Beverages on Nutritional Health</p> <p>Due by October 29th at midnight: -Pre Learning Assessment 9 -Global Nutrition Watch 9 -Quiz 9</p>
<p>Week 10 (October 30th – November 5th)</p>	<p>Chapter 10 Weight Management</p> <p>Due by November 5th at midnight: -Pre Learning Assessment 10 -Global Nutrition Watch 10 -Quiz 10</p>
<p>Week 11 (November 6th - November 12th)</p>	<p>Chapter 11 Nutrition, Physical Activity, and Fitness</p> <p>Due by November 12th at midnight: -Pre Learning Assessment 11 -BBC Video: Dangers of Tren -Quiz 11</p>
<p>Week 12 (November 13th – November 19th)</p>	<p>Chapter 12 The Life Cycle: Conception through the Later Years</p> <p>Due by November 19th at midnight: -Pre Learning Assessment 12 -BBC Video: Sodium in Toddler Meals -Quiz 12</p>
<p>Week 13 (November 20th – November 26th)</p>	<p>Thanksgiving Holiday – No quizzes, reports, or assignments due this week.</p>

Week 14 (November 27th – December 3rd)	Chapter 13 Food Safety and the Global Food Supply Due by December 3rd at midnight: -Pre Learning Assessment 13 -BBC Video: Foodborne Illnesses -Quiz 13
Weeks 15 - 16 (December 4th – December 12th)	Final Exam Release Semester Project Final Exam Chapters 1-13 Due by Tuesday, December 12th at midnight.

Student Support Services and Information

Academic calendar:

<http://www.southplainscollege.edu/information-for/current-spc-students/academiccalendar/academiccalendar13-14.php>

Student forms and publications

<http://www.southplainscollege.edu/information-for/current-spc-students.php>

Counseling Center main page

Director: Christi Anderson—phone number 716-2364

<http://www.southplainscollege.edu/information-for/current-spc-students/counseling-current.php>

- **Career counseling**

<http://www.southplainscollege.edu/information-for/current-spc-students/counseling-current.php>

- **Special services (Disability services)**

Blackboard accessibility statement:

<http://www.blackboard.com/Platforms/Learn/Resources/accessibility.aspx>

- **Diversity services**

First Step Assistance Program: An assistance program for technical majors funded through the Carl D. Perkins grant. The program assists qualified students with the costs of books and supplies, childcare, or transportation expenses; as well as providing support and information for students.

<http://www.southplainscollege.edu/information-for/current-spc-students/counseling-current/assistance-programs.php>

- **Personal counseling**

<http://www.southplainscollege.edu/information-for/current-spc-students/counseling-current/personal-counseling.php>

- **Testing TSI information**

<http://www.southplainscollege.edu/information-for/current-spc-students/testing.php>

- **Transfer information**

<http://www.southplainscollege.edu/information-for/current-spc-students/counseling-current/transfer-information.php>

- **Veteran information**

<http://www.southplainscollege.edu/information-for/current-spc-students/counseling-current/veteran-information.php>

Financial Aid

<http://www.southplainscollege.edu/information-for/future-spc-students/financial-aid.php>

- Frequently asked questions about financial aid

<http://www.southplainscollege.edu/information-for/future-spc-students/financial-aid/fs-frequently-asked-questions.php>

Veteran's Affairs

<http://www.southplainscollege.edu/information-for/future-spc-students/financial-aid/veterans.php>

Who to Contact: Don't know who to contact about an issue or topic? Check out this list:

Where to go for Information: the most extensive list of contacts with office, location, e-mail links, and phone number information

<http://www.southplainscollege.edu/information-for/current-spc-students.php>