HECO 1410 (4 : 3 : 3)

Science of Nutrition

Human Sciences

Department of Science

Division of Arts and Sciences

South Plains College

Spring 2021

Associate Professor:

Keila Ketchersid, MS, RD, LD

**HECO 1410 Science of Nutrition**

**Course Information**

**SPRING 2021**

Course Title: HECO 1410 Science of Nutrition

Instructor: Keila Ketchersid, MS, RD, LD

Office: Technical Arts, Office 228

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

F 9:00 AM –12:00 PM (or by appointment)

Will also be able to accommodate virtual meetings.

Phone: 806-716-2325

E-mail: [kketchersid@southplainscollege.edu](mailto:kketchersid@southplainscollege.edu)

**Course Title:** HECO 1410 Science of Nutrition

**Department**: Science

**Discipline**: Human Sciences

**Course Number**: HECO 1410

**Course Title**: Science of Nutrition

**Credit**: 4 (Lecture: 3 Lab: 1)

This course satisfies a core curriculum requirement: Yes/ Elective hours**, does not satisfy a natural lab science requirement.**

**Prerequisites**: None

**Available Formats**: Flex/Face to Face Lab

**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:**

* **Textbook:**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 card to purchase for this course.
* **E-book features:**Access to a cloud-based e-reader is provided by RedShelf via Blackboard. RedShelf e-book 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. Visit <https://solve.redshelf.com/hc/en-us/requests/new> for e-book issues and support.
* **Upgrading to a physical textbook:** Students who prefer a printed textbook rather than an e-book may purchase a loose-leaf edition from the SPC Bookstore or the textbook publisher at a reduced price.
  + 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: 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.
* **Lab Exams: 3 Lab Exams** will be given during the semester. **No make-up lab 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.
* **Lab Reports:** Students will complete 10 lab 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 an earned an A (90% or above) 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 1410:

* 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

3 Lab Exams (25 pts/each) 75 points

10 Lab 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.

Total all points then divide by 1120 if exempt from 1320 the final exam or including the final.

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

**Lab Exams Lab Reports Presentation**

**1\_\_\_\_\_\_\_\_ 1\_\_\_\_\_\_\_\_\_ 7 \_\_\_\_\_\_\_\_\_\_\_ 1\_\_\_\_\_\_\_\_\_**

**2\_\_\_\_\_\_\_\_ 2\_\_\_\_\_\_\_\_\_ 8\_\_\_\_\_\_\_\_\_\_\_**

**3\_\_\_\_\_\_\_\_ 3\_\_\_\_\_\_\_\_\_ 9\_\_\_\_\_\_\_\_\_\_\_ Mindtap Activities**

**4\_\_\_\_\_\_\_\_\_ 10\_\_\_\_\_\_\_\_\_\_\_ 1\_\_\_\_\_\_\_\_\_ 10\_\_\_\_\_\_\_\_**

**Lecture Exams 5\_\_\_\_\_\_\_\_\_ 2\_\_\_\_\_\_\_\_\_ 11\_\_\_\_\_\_\_\_**

**1\_\_\_\_\_\_\_\_ 6\_\_\_\_\_\_\_\_\_ 3\_\_\_\_\_\_\_\_\_ 12\_\_\_\_\_\_\_\_**

**2\_\_\_\_\_\_\_\_ 4\_\_\_\_\_\_\_\_\_ 13\_\_\_\_\_\_\_\_**

**3\_\_\_\_\_\_\_\_ Diet and Wellness (Blue Sheets) 5\_\_\_\_\_\_\_\_\_**

**4\_\_\_\_\_\_\_\_ 1\_\_\_\_\_\_\_\_\_ 4\_\_\_\_\_\_\_\_\_ 6\_\_\_\_\_\_\_\_\_**

**5\_\_\_\_\_\_\_\_ 2\_\_\_\_\_\_\_\_\_ 5\_\_\_\_\_\_\_\_\_ 7\_\_\_\_\_\_\_\_\_**

**6\_\_\_\_\_\_\_\_ 3\_\_\_\_\_\_\_\_\_ 6\_\_\_\_\_\_\_\_\_ 8\_\_\_\_\_\_\_\_\_**

**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](mailto:cgilster@southplainscollege.edu?subject=Title%20IX%20Pregnancy%20Accomodation) for assistance.

**COVID-19**

 It is the policy of South Plains College for 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](mailto:dedens@southplainscollege.edu)

Tentative Schedule

**Week 1 – January 19th – January 24th**

* No Face to Face Class Meeting this week.
* Read Syllabus
* Sign up for Remind 101
* Complete Assignment #1
* Print Chapter 1 Notes

**Week 2 – January 25th – Janaury 31st**

* Class will meet on Monday, January 25th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 1**
* Calculations Worksheet
* Tanita Scale Measurements
* Mindtap Activities

**Week 3 – February 1st – February 7th**

* Class will meet on Monday, February 1st – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 2**
* MyPlate Trivia
* Three Day Food Record
* Cereal Lab
* Mindtap Activities

**Week 4 – February 8th – February 14th**

* Class will meet on Monday, February 8th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 3**
* Diet and Wellness Assignment
* Millionaire Game Review
* Mindtap Activities
* Exam #1 (Chapters 1-3) Lab Exam #1.

**Week 5 – February 15th – February 21st**

* Class will meet on Monday, February 15th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 4**
* Check Blood Glucose Levels
* Carbohydrate and Fiber Diet and Wellness Assignment
* Mindtap Activities

**Week 6** - **February 22nd – February 28th**

* Class will meet on Monday, February 22nd – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 5**
* Check your Blood Pressure and Blood Cholesterol
* Fat and Cholesterol Diet and Wellness Assignment
* Mindtap Activities

**Week 7 – March 1st – March 7th**

* Class will meet on Monday, March 1st – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 6**
* Protein Diet and Wellness Intake
* Mindtap Activities
* Exam #2 (Chapters 4-6) Lab Exam #2.

**Week 8 - March 8th – March 14th**

* Class will meet on Monday, March 8th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 7**
* Metabolism Worksheets
* Mindtap Activites

**March 15th – March 21st – Spring Break/No Classes.**

**Week 9 – March 22nd – March 28th**

* Class will meet on Monday, March 22nd – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 8**
* Cardiovascular Lab
* Mindtap Activites

**Week 10 – March 29th – April 4th**

* Class will meet on Monday, March 29th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 9**
* Metabolism and Energy Worksheets
* Mindtap Activities
* Exam Review
* Exam # 4 (Chapters 8-9) Lab Exam #4

**Week 11 – April 5th – April 11th**

* Class will meet on Monday, April 5th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 10**
* Project Introduction
* Vitamin Diet and Wellness
* Mindtap Activities

**Week 12 – April 12th – April 18th**

* Class will meet on Monday, April 12th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 11**
* Project Work
* Vitamin Diet and Wellness
* Mindtap Activities
* Exam Review
* Exam #5 (Chapters 10-11).

**Week 13 – April 19th – April 25th**

* Class will meet on Monday, April 19th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 12**
* Project Work
* Mineral Diet and Wellness
* Mindtap Activities

**Week 14 – April 26th- May 2nd**

* Class will meet on Monday, April 26th – Tech Arts Building Room 221.
* Read/Watch any available supplemental Lecture/Lab Videos over **Chapter 13**
* Project Work
* Vitamin Diet and Wellness
* Mindtap Activities
* Exam Review
* Exam #6 (Chapters 12-13).

**Week 15 –May 3rd – May 9th**  Will be used as a catch up week if needed.

**Week 16 – May 10th  - May 13th** - /FINAL EXAMS – Times and Dates TBA.

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