

**South Plains College**  
**Personal Nutrition**

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**Institution:** South Plains College

**Division:** Arts and Sciences

**Department:** Science

**Discipline:** HECO

**Course Number:** 1322

**Course Title:** Personal Nutrition

**Available Formats:** Face-to-Face

**Semester:** Spring 2022

**Credit:** 3

**Prerequisites:** None

This course satisfies a 030 Life and Physical Sciences core Curriculum requirement.

**Course Description:** This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes including functions, food sources, digestion, absorption, and metabolism. Food safety, availability and nutritional information including food labels, advertising and nationally established guidelines are addressed.

**Textbook:** **Understanding Nutrition 15th Edition Whitney/Rolfes** packaged with a Cengage Mindtap Coursemate Access Code. **The access code is mandatory. This can be purchased prepackaged with your text at the Levelland and Reese Campus bookstores.** You may also purchase the bundle on the Blackboard course. You may also purchase an ebook and the access code from a provided link on Blackboard.

**Minimum Computer requirements:**

- Personal computer with Pentium processor with at least 32 MB of memory, a minimum of 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 (preferably 2016 or higher).
- Windows Media Player
- 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.
- Knowledge of how to use Blackboard

**Course Purpose:** The purpose of the course is to introduce students to the six classes of nutrients; carbohydrates, lipids, proteins, vitamins, minerals, and water. Students will discover food sources of the nutrients and how the body digests, absorbs, and metabolizes the nutrients. Students will also discover the relationship between nutrients and chronic disease. Malnutrition, supplementation, and current dieting trends are also addressed.

**Course Specific Instructions:** This course is designed to be Face-to-Face. However, please be advised that with COVID still rearing its nasty head there is the possibility that we might have to convert to a virtual class at some point during the semester. Assignments, quizzes, and exams are designed for Face-to-Face learning, but will be available on -line if we should have to change the design of the class.

**Blackboard:** The text for this class has been purchased and bundled with your enrollment. It may be accessed through Blackboard. Blackboard may be accessed at <http://southplainscollege.edu.blackboard.com>. For help with Blackboard, you can access the help menu at the top of each Blackboard page that you visit. I personally have also found ***Blackboard for Dummies*** somewhat helpful. For technical issues concerning Blackboard please contact SPC Blackboard Student Support at the Instructional Student Support at the Instructional Technology department at [blackboard@southplainscolled.edu](mailto:blackboard@southplainscolled.edu) or 806-726-2180. Only contact if you need assistance with login or a browser related question. They should not be contacted for personal issues with your computer, the class, your instructor, or internet issues.

**Cengage:** If you have problems with your Cengage Access Code, please contact Cengage directly at [www.cengage.com/support](http://www.cengage.com/support) or 800-354-9706

**Questions or Concerns:** If you have questions or concerns you may email me at either of the emails provided at the top of the syllabus, ***however, the fastest email (the one I look at multiple times a day if I am in the office) is [jbidwell@covhs.org](mailto:jbidwell@covhs.org)*** or by leaving a message on my phone or you may leave a message on blackboard. I will try and email or call you back as quickly as possible.

**Computer Problems or Blackboard Server Problems:** If for any reason a student's internet connection goes down, or a student's computer crashes or becomes inoperable to run Blackboard it is the student's responsibility to have their internet connection and/or computer repaired as soon as possible or to find alternative so that the student does not get behind in the class. Computer or internet issues will not be an acceptable excuse for late assignments or exams. Computer labs are available on the Levelland, Reece and Lubbock campuses for the students to use.

If the SPC Blackboard server goes down for an extended period, the instructor will notify students of extended deadlines.

**Logging into the Course:** Students are not allowed to give their user ID and/or password to anyone. You will be dropped from the class and give an F for your final grade if someone besides you is caught logging into this course under your user ID and/or password.

**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 anyway. You have

permission to print out one copy of any material presented by the instructor in this course (ex. Class information sheet, course orientation, 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 anyway and it may not be redistributed or shared in any way. You have permission to download the same material to your computer hard drive or other medium to print out the material. Any material downloaded may not be altered or modified in any way. The downloaded material may not be distributed in any way.

**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 Unites 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 or data, information, or opinions expressed in these forums.

**Core Curriculum Objectives addressed:**

- **Communications skills**—to include effective written, oral, and visual communication
- **Critical thinking skills**—to include creative thinking, innovation, inquiry, and analysis, evaluation, and synthesis of information
- **Empirical and quantitative competency skills**—to manipulate and analyze numerical data or observable facts resulting in informed conclusions
- **Teamwork**—to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

**Student Learning Outcomes:**

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

**Student Learning Outcomes Assessment:** We are now required to evaluate student learning outcome assessments. A pre and post quiz will be given at the beginning and the end of the semester to determine if learning objectives have been met.

**Exams:** Four major chapter exams will be given during the semester. Exam one will be over chapters 1 – 3, Exam two will be over chapters 4 – 6, Exam three will be over chapters 10-13 and the last chapter Exam will be over chapters 7-9. These are scheduled to be given in class. You will be notified prior to each exam the date for the exam. No outside material is to be used on the chapter exams. If we should have to move to an on-line/virtual format, a message giving instructions on when each exam will be given with complete instructions on how to access the exam, the time given for the exam, etc., will be provided.

**Chapter Quizzes:** Chapter quizzes may be given to enhance the learning experience. The need for these is at the discretion of the instructor. Their worth (point value) will be determined by the number given.

**Final Exam:** A 100 question, multiple choice, cumulative final exam will be given.

**Diet and Wellness:** Throughout the semester reports will be required using the Diet and Wellness application. These are very important part of the class. Written instructions will be provided for these reports.

**Worksheets, Assignments, Videos, Articles and Discussion Forums:** It is possible that during the semester assignments from the textbook and from Cengage MindTap will be utilized to help you better understand the course. **You are always welcome to complete all the MindTap assignments, but these will not be part of your grade.**

I have created Chapter Highlights and reviews for each chapter. These will be available on Blackboard to enhance your understanding of each chapter. These should be used in conjunction with, not in lieu of reading the chapters and class participation.

**Please note: Assignments and exams are subject to change at the instructor's discretion.**

Grades:

4 Chapter exams worth 100 points each

1 Diet Analysis worth 100 points

1 Final exam worth 100 points (unless exempt)

Possible extra credit and quiz grade

**Attendance Policy Students are expected to attend all classes.** It is extremely important that you stay active in this class. If you must miss class, please notify me.

**Lecture is not a duplicate of the textbook material and any topic discussed in class may be included on exams whether it is covered in the textbook or not.** Each of you has life experiences that you may use to enhance the classroom experience for everyone. This can only be done if you are in class!

I will follow the SPC "Drops and Withdraw" policy, that states "students who stop attending class should go through the procedure for dropping a course." This means, it is **your** responsibility to withdraw from the class if you decide not to attend class anymore.

Students are expected to attend all classes to be successful in this course. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Attendance will be taken until the 12<sup>th</sup> class day (official census date). Students who enroll in a course but have "Never Attended" by the official census date, as reported by the faculty member, will be administratively dropped by the Office of Admissions and Records. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate, and the student will owe any balance resulting from the adjustment. This is in accordance with the policies set forth in the SPC General Catalog. This course information sheet contains the schedule of lectures and labs. If you are unable to finish this course, complete a withdrawal slip at the registrar's office.

Current COVID Policy.

***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](mailto: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

**Plagiarism and Cheating:** Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill.
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation.
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion.
2. Discovering the content of an examination before it is given.
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment.
4. Entering an office or building to obtain unfair advantage.
5. Taking an examination for another.
6. Altering grade records.
7. Copying another's work during an examination or on a homework assignment.
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's.
9. Taking pictures of a test, test answers, or someone else's paper.

**Student Code of Conduct Policy:** Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

**Diversity Statement:** In this class, the teacher will establish and support an environment that values and nurtures individual and group difference 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.

**Disability 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.

**Nondiscrimination Policy:** South Plains College does not discriminate based on 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.

**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 the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

**Campus Concealed Carry:** Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>  
Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**SPC Bookstore Price Match Guarantee Policy:**

If you find a lower price on a textbook, the South Plains College bookstore will match that price. The difference will be given to the student on a bookstore gift certificate! The gift certificate can be spent on anything in the store.

If students have already purchased textbooks and then find a better price later, the South Plains College bookstore will price match through the first week of the semester. The student must have a copy of the receipt and the book has to be in stock at the competition at the time of the price match.

The South Plains College bookstore will happily price match BN.com & books on Amazon noted as *ships from and sold by Amazon.com*. Online marketplaces such as *Other Sellers* on Amazon, Amazon's Warehouse Deals, *fulfilled by Amazon*, BN.com Marketplace, and peer-to-peer pricing are not eligible. They will price match the exact textbook, in the same edition and format, including all accompanying materials, like workbooks and CDs.

A textbook is only eligible for price match if it is in stock on a competitor's website at time of the price match request. Additional membership discounts and offers cannot be applied to the student's refund.

Price matching is only available on in-store purchases. Digital books, access codes sold via publisher sites, rentals and special orders are not eligible. Only one price match per title per customer is allowed.

I look forward to a fun and rewarding semester. If I can help you in any way, please let me know!

