HECO 1322
Personal Nutrition

Human Sciences

Department of Science

Division of Arts and Sciences
South Plains College

FALL 2023

Associate Professor:
Keila Ketchersid, MS, RD, LD

HECO 1322 Personal Nutrition
Course Information
FALL 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.
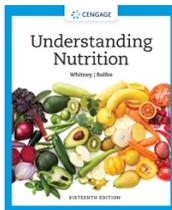
 ISBN: 9780357709962

- 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 taken at the beginning of each class period. A student with one or less absence or an A average will be exempt from the Final Exam.

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.
- **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 and Poster:** 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. A poster assignment is TBD dictated by time allowance, details to come. Both Project and Poster would count as a test grade.
- **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) 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
Poster	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.

Lecture Exams	Reports	Diet & Wellness Reports	Mindtap Activities	Presentation	Poster	Final

For information regarding official South Plains College statements about intellectual exchange, disabilities, non-discrimination, Title IX Pregnancy Accommodations, CARE Team, and Campus Concealed Carry, please visit https://www.southplainscollege.edu/syllabusstatements/.

COVID-19
Please contact DeEtte Edens at dedens@southplainscollege.edu or 806-716-2376 for COVID 19 questions.
https://www.southplainscollege.edu/emergency/covid19-faq.php#

Fall 2023 Dates

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

August 2023

Monday	Tuesday	Wednesday	Thursday
28 **1st Class Day** **-Intro to Course** **-Blackboard** **-Cengage/Mindtap** **-Assignment #1**	**29**	**30** **Chapter 1-** **An Overview of Nutrition** **-Tanita Measurements**	**31**

September 2023

Monday	Tuesday	Wednesday	Thursday
4 **Labor Day Holiday** **No class.**	**5**	**6** **Chapter 1- Cont.** **Lab – Practice Exam Calculations** **-Pink Worksheets** **-Tanita Measurements**	**7**
11 **Chapter 2 –** **MyPlate** **-MyPlate Trivia** **-Three Day Food Record**	**12**	**13** **Chapter 2 – Nutrition Labels** **Nutrition Lab/Cereal Assessment**	**14**
18 **Chapter 3 – Digestion, Absorption, and Transport** **- Three Day Food Record** **-Diet and Wellness Report**	**19**	**20** **Chapter 3 Cont.** **Millionaire Game for Review**	**21**
25 **EXAM # 1** **(Chapters 1-3)** **Nutrition Calculations and Digestive System Diagram**	**26**	**27** **Chapter 4 – Carbohydrates** **Carbohydrate /Fiber Diet and Wellness**	**28**

October 2023

Monday	Tuesday	Wednesday	Thursday
2 **Chapter 4 Cont.** **-Complete Carb Diet and Wellness** **-Blood Glucose Levels** **-Diabetes Risk Assessment**	**3**	**4** **Chapter 5- Lipids** **-Fat and Cholesterol Diet and Wellness**	**5**
9 **Chapter 5 Cont.** **-Cholesterol Lab** **-Check your BP and Cholesterol**	**10**	**11** **Chapter 6 – Proteins** **-Protein Diet and Wellness**	**12**
16 **Chapter 6 Cont.** **-Review Game for Exam 2**	**17**	**18** **EXAM #2** **(Chapters 4-6)**	**19**
23 **Chapter 7 – Metabolism** **-Yellow Metabolism Worksheets**	**24**	**25** **Chapter 7 Cont.** **EXAM #3** **(Chapter 7 only)**	**26**
30 **Chapter 8 – Energy Balance and Body Composition** **Cardiovascular Assessment**	**31**		

November 2023

Monday	Tuesday	Wednesday	Thursday
		1 **Chapter 8 Cont.** **-Yellow Metabolism Worksheets**	**2**
6 **Chapter 9 – Weight Control** **-Exam Review**	**7**	**8** **Exam #4** **(Chapters 8-9)**	**9**
13 **Chapter 10 – Water-Soluble Vitamins** **Project Introduction**	**14**	**15** **Chapter 10 Cont.** **Project Group Work**	**16**
20 **Chapter 11 – Fat-Soluble Vitamins** **-Vitamin Diet and Wellness** **-Project Group Work**	**21**	**22** **Thanksgiving Holiday**	**23**
27 **EXAM #5** **(Chapters 10-11)**	**28**	**29** **Group Presentations**	**30**

December 2023

Monday	Tuesday	Wednesday	Thursday
4 **Chapter 12 – Water and the Major Minerals Cont.** **Possible Take Home Exam or Poster Project** **-Mineral and Fluid Intakes**	**5**	**6** **Chapter 13 Trace Minerals** **Exam # 6** **(Ch 12-13) or Poster Project** **Diet and Wellness Mineral and Fluid Intakes** **-Final Exam Review**	**7**
11	**12**	**13** **HECO 1322.001** **10:15- 12:15 PM**	**14**