

HECO 1322
Personal Nutrition
Spring 2025
Online

Instructor: Allison Childress PhD, RDN, CSSD, LD
Office: Virtual
Office Hours: by appointment
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***Preferred method of contacting the instructor (*Please include HECO 1322 in the subject line. Every attempt will be made to answer any inquiries in a timely manner. Emails will be replied within the first 24 hours Monday through Friday, and within 48 hours Saturdays and Sundays.*)

Required Materials: None. All of the materials that you need to be successful in this course are provided on Blackboard.

Course Purpose: The purpose of this course is to introduce students to nutrients, their content in food, energy utilization, and their role in health and disease. Particular attention is focused on obesity, diabetes, cardiovascular disease and cancer, and how certain nutrients play a role in the development of these diseases.

Course Objectives:

- Identify the components of a healthy diet.
- Discuss the various nutrients, their food sources, and functions in the body, deficiencies and toxicities.
- Distinguish sound nutritional principles from faddism and quackery
- Explain the association between nutrition and chronic diseases
- Discuss the different nutrient requirements during the life cycle

This is a 100% online course.

You will need the following to be successful in this course:

- ✓ Access to a laptop or personal computer.
- ✓ Internet access (preferably high speed)
- ✓ Microsoft Office (free download from your E-raider account)
- ✓ Adobe Reader (free download from <http://get.adobe.com/reader/?promoid=BUIGO>)
- ✓ Flash (free download from <http://get.adobe.com/flashplayer/?promoid=BUIGP>)
- ✓ E-mail (Please use your ttu.edu email account for correspondence.)
- ✓ Skills:
 - Microsoft Office, e-mail, attaching documents, Internet searches, downloading plugins, downloading browsers (Some people find that Blackboard works better in Firefox, free download from [www. mozilla.com](http://www.mozilla.com)).
 - Blackboard proficiency

Expectations, Requirements and Evaluation:

- You will be expected to log into the course *often* to best pace your progress in the course.

- It is your responsibility to read the chapters, watch and take notes on the chapter from the chapter presentation via a power point. It is also your responsibility to complete all assignments and chapter quizzes on or before their Due Date.

1. **Course Organization:** This course is organized into units, which coincide with your textbook. The textbook is required. For each unit, you may have multiple assignments due including any or all of the following: watching videos, answering a quiz and completing an assignment. It is imperative that you allow plenty of time to complete your assignments as the time needed to complete each unit varies.
2. **Syllabus Quiz:** This will be your first assignment of the semester. This quiz will allow you the opportunity to review the syllabus and note important elements of the syllabus and of our course. Additionally, this quiz will help you to familiarize with the format of the quizzes. The syllabus quiz will consist of 15 questions. You will have 20 minutes to complete it and the quiz will auto-submit for grading when this time is up. You are allowed to take this quiz one time. **THERE WILL BE NO MAKE UPS FOR MISSED SYLLABUS QUIZ.**
3. **Homework assignments:** Assignments are due via Blackboard and each assignment is worth ~6% of your overall grade. Assignments will consist of varying activities including watching videos, answering assessments related to a specific chronic disease, or calculating macronutrients. You do not have a limited time to complete your assignment, but you must complete it in one sitting. Therefore, it is crucial that the student is responsible for checking the due dates on Blackboard and on the tentative schedule at the end of this syllabus. **THERE WILL BE NO MAKE-UPS FOR MISSED ASSIGNMENTS.**
4. **Quizzes:** There are eleven **open note** lecture quizzes that will be due by **11:59 pm each Monday** and each is worth 5% of your grade (total 55%). These quizzes are meant to better help you thoroughly understand the powerpoint content. It is crucial that the student is responsible for checking the due dates on Blackboard and on the tentative schedule at the end of this syllabus. **There will be no make-ups for missed quizzes.**
 - a. If you need to work ahead you can, just remember that if you miss a closing date on a quiz you cannot make it up. I would highly encourage you to keep a calendar with dates when all quizzes close so that you do not miss a quiz.
 - b. You will have 25-30 minutes to complete each quiz (20 to 25 questions), you will be limited to one attempt and the exam will auto-submit for grading when the time is up. This means that if you are still working on the quiz at the 25-minute mark or 30-minute mark, it will automatically be submitted even if you are not finished. Therefore, please be mindful of your time. Once you begin the exam you must finish it in one sitting (i.e. you may NOT partially complete the exam, save it, and come back to it later). Additionally, you will not be allowed to go back to previously answered questions to change your answers. This means that you cannot leave a question unanswered planning to come back to it later. You may use your textbook and other course materials as you complete the quizzes, however you will need to have a solid knowledge of each chapter's content because of the time constraints of each quiz.
 - c. Unit Quiz questions come primarily from the Power Point presentations and videos included in each unit. You should read and study the information in each assigned

chapter – watching the videos and reading PowerPoint presentations as needed to be prepared to take each quiz. *It is in your best interest to prepare for these quizzes as you would if it were an in-class quiz to ensure you do not run out of time.*

d. **DO NOT** take quizzes or exams on devices such as smartphones or tablets. Use a laptop or desktop computer.

e. All quizzes are due on Monday's at 11:59pm and each quiz is worth 5% of your overall grade. Refer to your course schedule for due dates. You will receive a zero for all quizzes not completed by the time the quiz is closed to you as a student. **THERE WILL BE NO MAKE-UPS FOR MISSED QUIZZES.**

5. Posting of grades and other materials:

- All grades will be posted on to Blackboard
- It is highly recommended that you download the syllabus and any other material that your instructor has posted for your reading.

6. Grades will be based on the following percentages:

Syllabus Quiz	3 %
Unit Quizzes (11) (5% each)	55 %
Homework Assignments (7) (6% each)	<u>42 %</u>
TOTAL	100%

Assigned grade will be based on the distribution:

89.5-100	A
79.5-89.4	B
69.5-79.4	C
59.5-69.4	D
<59.4	F

*****All communication regarding a grade dispute MUST be done in person and not by phone or email.*****

7. No Extra Credit work will be given. **Do NOT ask for extra credit work.**

8. For the **withdrawal procedure** consult the college catalog.

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/>.

**HECO 1322: Personal Nutrition
Tentative Class Schedule****

Assignments are due by 11:59pm on the day indicated. This is typically Mondays, with the exception of the week before spring break. The instructor reserves the right to make changes if/when necessary.

HECO 1322 Online Class Schedule ***			
Time Period	Course Content	Assignment Due	Due Date (11:59pm CT)
Week 1 Jan 13-20	Course Expectations & Introduction <ul style="list-style-type: none"> • Read syllabus • Review course schedule 	<ul style="list-style-type: none"> • Syllabus Quiz 	Jan 20
Week 2 Jan 21-27	Chapter 1: Overview of Nutrition & Health	<ul style="list-style-type: none"> • Ch. 1 Quiz • Assignment 1 	Jan 27
Weeks 3 & 4 Jan 28-Feb 10	Chapter 2: Digestion & Absorption	<ul style="list-style-type: none"> • Ch. 2 Quiz • Assignment 2 	Feb 10
Week 5 Feb 11-17	Chapter 3: Carbohydrates	<ul style="list-style-type: none"> • Ch. 3 Quiz • Assignment 3 	Feb 17
Week 6 Feb 18-24	Chapter 4: Lipids	<ul style="list-style-type: none"> • Assignment 4 	Feb 24
Week 7 Feb 25-Mar 3	Chapter 5: Protein	<ul style="list-style-type: none"> • Chs. 4&5 Quiz 	Mar 3
Weeks 8 & 9 Mar 4-16	Chapter 6: Energy Balance & Body Composition Chapter 7: Weight Management	<ul style="list-style-type: none"> • Assignment 5 • Chs. 6 & 7 Quiz 	Mar 16
Spring Break Mar 17-21			
Week 10 Mar 24-31	Chapter 8: Vitamins	<ul style="list-style-type: none"> • Ch. 8 Quiz 	Mar 31
Week 11 Apr 1-7	Chapter 9: Water & Minerals	<ul style="list-style-type: none"> • Ch. 9 Quiz • Assignment 6 	Apr 7
Weeks 12-14 Apr 7-28	Chapters 10, 11, and 12: Nutrition Through the Lifespan	<ul style="list-style-type: none"> • Chs. 10, 11, & 12 Quiz 	Apr 28
Week 15 Apr 29-May 5	Chapter 13: Nutrition Care and Assessment	<ul style="list-style-type: none"> • Lecture 13 Quiz • Assignment 7 	May 5
Done!! Final letter grades will be entered on Blackboard.			
*** The above class schedule, including exam dates and assignments, is subject to change by the instructor in order to address the academic needs of the class more appropriately as a whole. Changes to the class schedule will be announced as far in advance as possible. Regular class "attendance" (checking BB and email) will guarantee your knowledge about any changes to the class schedule.			