

HECO 1322 – Personal Nutrition
HUMAN SCIENCE
DIVISION OF ARTS AND SCIENCE
Fall 2019

INSTRUCTOR:

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Please call and make arrangements for an appointment or see me before or after class.

Welcome to HECO 1322 Personal Nutrition the goal of this class is for you to have a general knowledge of nutrition and the relationship between nutrition and your overall health. You also will learn about the correlation between nutrition and diseases that plague our society today. During this semester you will gain a knowledge of nutrients and nutritional processes including functions, food sources, digestion, absorption and metabolism. We will also discuss food labeling, advertising, national nutritional guidelines and food safety. My hope is that you will leave this class with more knowledge about nutrition than you thought possible and still have fun learning

TEXT BOOK: Understanding Nutrition, Whitney and Rolfes 15th edition and the Diet and Wellness program (the code necessary for this is found in a small folder similar to a card board CD case).

ATTENDANCE: Students are expected to attend all classes. Attendance will be taken each class period. A student with excessive absences may be dropped from the class role at anytime, at my discretion. 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 or not it is covered in the textbook. 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 actually 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.

If you forget or choose not to withdraw from the class then you will be given an F in the course at the end of the semester.

BONUS: Students with only one absence will be exempt from the final.

GRADING POLICY:

Exams: Four major chapter exams will be given during the course of the semester. Each will be mixed format, containing both objective and subjective material. Make up exams will be given only at my discretion and only due to extreme circumstances. *Note: The make-up exam will be different from the regularly scheduled exam.*

Final Exam: The final exam will be a comprehensive exam consisting of 100 multiple choice questions. The final exam is optional **ONLY** for those students with only one absence.

Pop quizzes: Pop quizzes may be given at anytime during the semester. These will have the same value as daily work or lab assignments.

Daily assignments/ extra credit: The Diet and Wellness assignments will be considered daily assignments. As was previously mentioned these will be averaged together and be equivalent to one test grade. Periodically additional daily assignments and extra credit may be assigned the value and details about these assignments will be determined at the time of the assignment.

Students who miss class for official military duty or official SPC activities may make up all assignments if notice of the absence is given to the instructor 24 hours prior to the absence. If the instructor is not notified at least 24 hours in advance the work may not be made up.

Final Exam: The final exam will be a comprehensive exam, covering all material covered in class, lab and in the text. It will consist of 100 multiple-choice questions.

Note: If you have missed only one class you will be exempt from the final. THERE WILL BE NO EXCEPTIONS TO THE ONLY ONE MISS RULE!!!!

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.

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, 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 Crystal Gilster, Director of Health and Wellness at 806-716-2362 or email at cgilster@southplainscollege.edu. 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.

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

PLEASE SILENCE YOUR CELL PHONE IN LECTURE

Students are allowed to use computers for writing lecture notes, but you are not allowed to email or browse the internet during class time. If you are caught doing so your privilege of using electronic devices will be revoked.

Academic Integrity: Please read and understand the SPC policy regarding academic integrity and honesty found in the SPC General Catalog. If a student violates this policy by cheating on an assignment or by plagiarizing written work he/she will be administratively dropped from the class and receive an F. You will also be turned over to the Dean of Students for further disciplinary action.

The use of electronic devices including phones, computers and tablets will NOT be allowed on any test!

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.
- Calculate individual energy expenditure and needs.
- Explain the association between nutrition and chronic disease.
- Evaluate personal dietary intake for nutritional adequacy.

Suggestions for a successful semester:

I want you to be successful in this class. The following are tried and true measures for success in most college classes.

- ❖ **Don't get behind! Stay up on all reading and class assignments.**

- ❖ Please read the chapters assigned before each class and be prepared to discuss the material in class.
- ❖ Highlight important information in the chapters.
- ❖ Prepare note cards with definitions discussed in class and found in the margins of the text.
- ❖ Attend all class lectures; be attentive in class and prepared to discuss reading material. Complete reviews when provided in class in a timely fashion.
- ❖ Lectures may be recorded, please notify the instructor if you wish to record lectures.
- ❖ When studying for exams it is suggested that you do not wait until the night before the exam to try to “cram” for the exam. Stay up on all reading, re-read chapters and lecture notes if necessary. Prepare flash cards with possible test questions and with definitions. Study review sheets when provided.

South Plains College permits the lawful carry of concealed handguns in accordance with Texas state law, and Texas Senate Bill 11. Individuals possessing a valid License to Carry permit, or the formerly issued Concealed Handgun License, may carry a concealed handgun at all campus locations except for the following.

- ***Natatorium***

For a complete list of campus carry exclusions zones by event, please visit <http://www.southplainscollege.edu/campuscarry.php>

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

Good luck,

Jo Bidwell, B.S., M.Ed.