

# HECO 1322

## Personal Nutrition

### Fall 2025

### Online

**Instructor:** Allison Childress PhD, RDN, CSSD, LD  
**Office:** Virtual  
**Office Hours:** by appointment  
**E-mail:** achildress@southplainscollege.edu\*\*\*

\*\*\*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:

**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>)
- ✓ 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 materials, 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. There is NO textbook required. For each unit, you may have multiple assignments due including any or all of the following: reading course materials, 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. **Class participation** promotes a learning environment and is therefore **encouraged** and **expected**. Participation includes asking questions (for clarification or better understanding), discussing current or controversial issues in nutrition, exploring applications of ideas or concepts, problem solving, and other exchanges of ideas. It is the **student's** responsibility to read the materials described in the class schedule and to **post questions** related to the topics covered in class in the Questions and Answers Forum.
3. **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.**
4. **Homework assignments:** Assignments are due via Blackboard and each assignment is worth 4% 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.**

**Weight of the Nation Assignment:** This homework assignment is also online on Blackboard. Follow the link and watch the Weight of the Nation video. The video is approximately 1 hour long. After the video, answer the 4 multiple choice questions in Blackboard. The assignment is worth 4% of your total grade and is included in your homework point total, worth 32% of your grade.

5. **Quizzes:** All unit quizzes will become available after completing Unit 0 to give you flexibility as an on-line student. But to keep you on track as a student, there are dates that the exams close as the semester progresses so that you don't find yourself at the end of the semester having not kept up with the workload.
  - i. 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 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 as assigned – watching the videos and using 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 6% 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.**

**6. 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.

**7. Grades** will be based on the following percentages:

Syllabus Quiz	2 %
Unit Quizzes (11) (6% each)	66 %
Homework Assignments (8) (4% each)	<u>32 %</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.\*\*\***

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

9. 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 first week.** The instructor reserves the right to make changes if/when necessary.

<b>Week</b>	<b>Class Schedule</b>	<b>Homework due</b>
<b>Aug 25-Sept 2</b>	Unit 0: Introduction to Course	Start Here! Syllabus Quiz: <b>Sept 2 @11:59pm</b>
<b>Sept 2-8</b>	Unit 1: Food is More Than Something to Eat	Unit 1 Quiz <b>Sept 8 @ 11:59pm</b>
<b>Sept 9-15</b>	Unit 2: Nutrition Information: Fact or Fiction?	Assignment 1: Identifying Red Flags <b>Sept 15 @ 11:59pm</b> Unit 2 Quiz: <b>Sept 15 @11:59pm</b>
<b>Sept 16-22</b>	Unit 3: Making More Nutritious Choices	Assignment 2: MyPlate Food Groups <b>Sept 22 @ 11:59pm</b> Unit 3 Quiz: <b>Sept 22 @11:59pm</b>
<b>Sept 23-29</b>	Unit 4: How Food Becomes You	Unit 4 Quiz: <b>Sept 29 @ 11:59pm</b>
<b>Sept 30-Oct 6</b>	Unit 5: Carbohydrates	Assignment 3: Diabetes Assessment <b>Oct 6 @ 11:59pm</b> Unit 5 Quiz: <b>Oct 6 @11:59pm</b>
<b>Oct 7-13</b>	Unit 6: Lipids	Assignment 4: CVD Assessment <b>Oct 13 @ 11:59pm</b> Unit 6 Quiz: <b>Oct 13 @11:59pm</b>
<b>Oct 14-20</b>	Unit 7: Proteins	Assignment 5: Calculating Macronutrients <b>Oct 20 @ 11:59pm</b> Unit 7 Quiz: <b>Oct 20 @ 11:59pm</b>
<b>Oct 21-27</b>	Unit 8: Vitamins	Unit 8 Quiz: <b>Oct 27 @ 11:59pm</b>
<b>Oct 28-Nov 3</b>	Unit 9: Key Minerals, Water and Alcohol	Assignment 6: Hypertension Assessment <b>Nov 3 @ 11:59pm</b> Unit 9 Quiz: <b>Nov 3 @ 11:59pm</b>
<b>Nov 4-10</b>	Unit 10: Nutrition for a Healthy Weight and Fit Body	Assignment 7: Obesity and Body Composition Assessment <b>Nov 10 @ 11:59 pm</b>
<b>Nov 11-17</b>	Unit 10: Nutrition for a Healthy Weight and Fit Body	Unit 10 Quiz: <b>Nov 17 @11:59pm</b>
<b>Nov 18-24</b>	Unit 11: Nutrition for Your Life, Environment & World	Unit 11 Quiz: <b>Nov 24 @11:59pm</b>
<b>Nov 25-Dec 1</b>	Thanksgiving Holiday	

<b>Dec 2-8</b>	Unit 11: Nutrition for Your Life, Environment & World	Assignment 8: Weight of Nation Quiz <b>Dec 8 @11:59pm</b>
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**\*\*The above class schedule, including exam dates and assignments, is subject to change by the instructor in order to more appropriately address the academic needs of the class as a whole. Changes to the class schedule will be announced as far in advance as possible. Regular class attendance will guarantee your knowledge about any changes to the class schedule.**