

South Plains College
Personal Nutrition – HECO 1322-681
Fall 2025
Eight-Week Course

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

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Institution: South Plains College

Division: Arts and Sciences

Department: Science

Discipline: HECO

Course Number: 1322-681

Course Title: Personal Nutrition

Available Formats: This is a Hybrid Face-to-Face/Online Eight-Week Course

Semester: Fall 2025

Credit: 3

Prerequisites: None

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

PLEASE NOTE: This class is online and face-to-face. You are required to attend class each week to complete the course.

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 16th Edition Whitney/Rolfes packaged with a Cengage Mindtap Coursemate Access Code. **The access code is mandatory.** The text for this class has been purchased and bundled with your enrollment Microsoft Office and Microsoft PowerPoint and Word software (preferably 2016 or higher).

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 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 class is a face-to-face and online class and will meet one night a week in person to go over the highlights of what you should be reading and learning online.

Blackboard ULTRA: 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 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 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 please use this email if possible* or by leaving a message on my phone (806-725-0941) or, as a last resort 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 your/the student's responsibility to have the 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.

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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 communications.
- **Critical thinking skills**—to include creative thinking, innovation, inquiry, 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** includes 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.
- Distinguishing 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.

Chapter Quizzes: Chapter quizzes are available through Cengage on Blackboard. There is a **Final Exam:** A 100 question, multiple choice, cumulative final exam will be given in class during finals week.

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 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 Final exam worth 100 points

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 before class if possible.

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! We only meet once a week and so please make every effort to be in class during that time.

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 12th 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.

Dropping a Course: Students may drop courses through Texan Connect, the Admissions and Records Office, or Advising and Testing Center through the late registration period. After late registration has closed, a student must complete the online Student Initiated Drop Request to drop a course.

Students may also drop courses in person at any campus location by completing a student Initiated Drop Form. Complete a Student Initiated Drop Form and return the signed form to the

Levelland Admissions and Records Office, the Student Support Center at the Lubbock Downtown Center, the Lubbock Career and Technical Center or Plainview Cener. You must have a picture ID to complete the drop.

A mark of "W" will be given for student-initiated drops that occur prior to and through the last day to drop as indicated in the online Academic Calendar found here:
<http://www.southplainscollege.edu/academiccalendar/index.php>.

Syllabus Statements: For information about Artificial Intelligence, Disabilities, Nondiscrimination, Intellectual Exchange, Title IX Pregnancy Accommodations, CARE (Campus Assessment, Response, and Evaluation) Team, Campus Concealed Carry and COVID-19, Please use the link: <https://www.southplainscollege.edu/syllabusstatements/>

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 students.
9. Taking pictures of a test, test answers, or someone else's paper.

My goal is to help you have a basic understanding of the importance of good nutrition for your overall health. This information may help to fulfill your course requirements. I hope to help you be successful in this class.

Please understand that this is a science class and does require reading chapters outside of class and coming to class prepared to learn. I want you to have a good semester and get a good grade in this class, but I can only do so much, the rest is up to you. Having said that, I am here to help you in any way I can. Please call me at 806-725-0941 or email me at jbidwell@covhs.org if you have any questions or concerns and I will get back to you as soon as I possibly can.

Jo