

HECO 1322 Personal Nutrition / Online Section

Institution: South Plains College

Division: Arts and Sciences

Department: Science

Discipline: Nutrition

Course Number: HECO 1322 **Course Title:** Personal Nutrition **Credit:** 3

Semester: Fall 2026

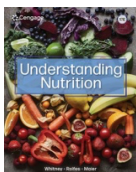
Prerequisites: None

Instructor: Keila Ketchersid, MS, RD, LD Professor in Nutrition
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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.

Course Materials:

- **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 is 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: 9780357974278 Print Edition.

Minimum Computer Requirements:

1. Laptop or PC running a 1.8+ GHz CPU , 32 MB of free memory, a minimum 2 GB hard drive and running updated Windows, macOS, or ChromeOS software (mobile device not recommended for course content)
2. Web Browser: Google Chrome is strongly recommended for MindTap.
3. Knowledge of how to navigate web pages and how to deal with pop-up blockers and warnings.
4. A reliable, high-speed internet connection.
5. Knowledge of how to download files from your web browser and find them on your computer once they are downloaded
6. Microsoft Office, specifically Microsoft PowerPoint and Word software (free through SPC)
7. Knowledge of basic operations of Microsoft Word and Microsoft PowerPoint
8. Windows Media or Quicktime Player (the latest version)
9. DirectX graphics with working speakers or headphones

Course Description: Study of the chemical, physical, and sensory properties of food; nutritional quality; and food use and diet applications.

Course Purpose: The purpose of the course is to introduce students to the six classes of nutrients, carbohydrates, lipids, protein, vitamins, minerals, and water. Students will discover food sources of nutrients, digestion, absorption, and metabolism of nutrients, as well as their relationships to chronic disease. Over-consumption and toxicities are also addressed where they are appropriate.

Course Specific Instructions: This course is completely online. Please expect to spend approximately 4-6 hours per week reading, completing assignments, and exams weekly. You must be very self-disciplined to complete an online course. All assignments, worksheets, and exams etc. must be completed and submitted by their specific deadlines.

BlackBoard: The lecture portion of this course is completely online and is conducted through Blackboard. BlackBoard may be accessed at <http://southplainscollege.edu.blackboard.com>. For help concerning the use and features of BlackBoard you can access the help menu at the top of each BlackBoard page that you visit. For technical issues concerning BlackBoard, contact SPC BlackBoard Student Support at the Instructional Student Support at the Instructional Technology department at blackboard@southplainscollege.edu or 806 716-2180. Only contact them if you need assistance with login or browser related questions. DO NOT contact them if your computer crashes, your internet connection fails, you have instructional questions for your instructor, etc. Please include your full names, course registered for with instructor and section noted, and the preferred way for them to contact you.

Cengage: Problems with your Cengage Access, Contact:

Online www.cengage.com/support

Phone 1.800.354.9706

Copyright Notice: All material presented by the instructor in the course is copyright protected. The material presented by the instructor may not be modified or altered in any way. You have permission to print out one copy of any material presented by the instructor in this course (ex. Class information sheet, course orientation, and chapter module PowerPoint presentations). The one copy must only be used for your personal educational use during this semester. The material may not be altered or modified in any way. The material may not be distributed in any way. You have permission to download the same material to your computer hard drive or other medium in order to print out the material. Downloaded material may not be altered or modified in any way. The downloaded material may not be distributed in any way.

E-Mail: When you have questions, problems, or comments, you can e-mail through BlackBoard messages or at kketchersid@southplainscollege.edu. I will respond to your message within 48 hours if I receive your e-mail between 8:00 AM Monday and 3:30 PM Thursday (excluding holidays). E-mails received during the time period lasting from 3:30 PM Thursday to 8:00 AM Monday of the following week will receive a response within 48 hours of that Monday.

Expectations when Corresponding: Please be polite, courteous, and respectful when using BlackBoard messages, e-mail discussion forums, and chat rooms. Do not use profanity under any circumstances. Do not write disrespectful, insulting, mean, rude, profane, insensitive, or any other hurtful messages or comments under any circumstances. Failure to abide by this policy will result in appropriate disciplinary actions. Students are expected to maintain a pleasant learning environment for themselves as well as for their classmates. Therefore, if, in the view of the instructor, a student is disrupting the class the appropriate disciplinary action will be taken.

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 United States 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 for data, information, or opinions expressed in these forums.

Computer Problems or BlackBoard Server Problems: If a student's internet connection goes down, or a student's computer crashes or otherwise becomes inoperable for BlackBoard, it is the responsibility of the student to have their internet connection and/or computer repaired as soon as possible in order to avoid getting behind in the class. While the computer and/or internet connection is being repaired, the student should seek an alternate computer. There are computer labs on both the Levelland and Reese campuses. Internet problems and/or the crash or inoperability of a computer will not be an acceptable excuse for being late with assignments or exams. It is the responsibility of the student to have a backup plan in place. If the BlackBoard server goes down, the appropriate time extensions will be determined and announced by the instructor.

Logging into the Course: You are not allowed to give your user ID and or/password to anyone. You will be dropped and given an F for your final grade if someone besides you is caught logging into this course under your user ID and/or password.

Outcomes Inventory: A pre- and post-test may be used to determine the extent of improvement the class gained during the semester, given at the instructor's discretion.

Lecture Quizzes/Exams: There will be 13-15 lecture quizzes covering the material for each chapter. The dates for the exams are outlined in the schedule portion of this class information sheet. No outside material is to be used on the lecture exams. You may only reference what is provided to you on the lecture exams. A message will be sent to you, giving complete instructions for when the exam is available, time allotted to complete it, and the due date. A missed exam will result in a grade of a 0. Deadline Extensions and resets will not be given. The material for each lecture exam is subject to change. Changes will be announced if necessary.

Articles, Case Studies, Video Assignments, Discussion Forums: All of these assignments may be assigned from the textbook and from Cengage MindTap Coursemate. The deadlines for all of these assignments are outlined in the appropriate chapter on your syllabus and will appear in the same order on your MindTap page. Deadline extensions will not be given.

Diet and Wellness Activities – This will include your Three-Day Food Record, the Diet and Wellness Report, and the 5 Nutrient reports that use the Diet and Wellness Report. **If you do not complete and turn in the Three-Day Food Record and Diet and Wellness report, you will not be allowed to turn in the other Nutrient reports as they use these reports.** There will not be any deadline extensions for these activities, and they are heavily weighted in your final grade. See Grade Percentage Breakdown.

FINAL EXAM: The final exam will be comprehensive, covering all chapters. Please keep your notes throughout the entire semester to use for the final exam. Deadline extensions will not be given, and the final exam will not be reset.

VIDEOS: There may be links to videos in the PowerPoint presentations and within MindTap activities that must be viewed in their entirety. You will need the latest version of Windows Media Player and a high-speed internet connection to view these videos.

ATTENDANCE: It is vitally important that you access this course at least four times a week. If you are unable to finish this course, complete a withdrawal slip at the registrar's office. **Students will be dropped from the course if they have failed to login and participate in the online course for 7 or more days.**

ACADEMIC INTEGRITY: Cheating (as defined in the SPC General Catalog) will not be tolerated. If a student is caught cheating a grade of zero will be given and the instructor has the right to drop the student from the course.

Core Objectives to be integrated into HECO 1322 as required by the THECB (Texas Higher Education Coordinating Board):

Teamwork / Communication / Empirical and Quantitative Skills / Critical Thinking

For information regarding official South Plains College statements about intellectual exchange, disabilities, non-discrimination, Title IX Pregnancy Accommodations, CARE Team, and Campus Concealed Carry, and AI 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#>

Grade Itemization

1 Introduction Forum	30 points
15 Quizzes (15 pts/each)	225 points
15 Video Quizzes	45 points
1 Three Day Food Record	50 points
1 Diet and Wellness Average Report	50 points
5 Nutrient Diet and Wellness Reports (25 points/each)	125 points
15 Debunk the Junks	88 points
15 A Closer Looks	96 points
15 Case Studies (8 points/each)	120 points
Final Exam	100 points

Grade Percentage Breakdown

1 Introduction Forum	(5% of Final Grade)
15 Chapter Quizzes	(25% of Final Grade)
1 Three Day Food Record 1 Diet and Wellness Average Report 5 Diet and Wellness Reports	(25% of Final Grade)
15 Video Quizzes 15 Case Studies 15 Debunk the Junks 15 A Closer Looks	(35% of Final Grade)
Final Exam	(10% of Final Grade)

Assignments and Exams are subject to change due to instructor discretion.

COURSE SCHEDULE: The following table contains the tentative course schedule. All material is subject to change at the instructor's discretion. Changes will be announced.

Chapter Release Dates

Assignments, Tests and Forums Due Dates

Week 1 (August 24th – August 30th)	<u>Chapter 1 An Overview of Nutrition</u> Due by Sunday, August 30th at midnight: ☐ Read Syllabus and watch Intro and Navigation videos. ☐ Put all Chapter deadlines in your phone calendar or physical calendar. ☐ Introduce Yourself Discussion Forum ☐ Read Chapter 1 ☐ Chapter 1 Video Quiz – How Much Sodium (Salt) Per Day Do You Need? ☐ Ch 1 A Closer Look: The Food Environment and Food Choices ☐ Ch 1 Debunk the Junk – CLAIM Method ☐ Ch 1 Case Study: Reducing Disease Risk ☐ Chapter 1 Quiz – An Overview of Nutrition
Week 2 (August 31st – September 6th)	<u>Chapter 2 Planning a Healthy Diet</u> Due by September 6th at midnight: ☐ Three Day Food Record (NEEDS TO BE STARTED ON TUES, WED, OR THURS) ☐ Read Chapter 2 ☐ Ch 2 Video Quiz: Reading a Food Label ☐ Ch 2 A Closer Look: Differences Among the Nutrition Standards and When to Use Them ☐ Ch 2 Debunk the Junk: Food Labels ☐ Ch 2 Case Study: Managing High Blood Pressure ☐ Chapter 2 Quiz – Planning a Healthy Diet
Week 3 (September 7th – September 13th)	<u>Chapter 3 Digestion, Absorption, and Transport</u> Due by September 13th at midnight: ☐ Diet and Wellness Report (use your Three-Day Food Record) ☐ Read Chapter 3 ☐ Ch 3 Video Quiz: Overview of the GI Tract ☐ Ch 3 A Closer Look: Physiology of Human Digestion and Absorption ☐ Ch 3 Debunk the Junk: Weight Loss Supplements ☐ Ch 3 Case Study: Managing GI Discomfort ☐ Ch 3 Quiz - Digestion, Absorption, and Transport

Week 4 (September 14th – September 20th)	<u>Chapter 4 Carbohydrates: Sugar, Starch, and Fiber</u> Due by September 20th at midnight: ☐ Carbohydrate and Fiber Diet and Wellness Report ☐ Read Chapter 4 ☐ Ch 4 Video Quiz: Carbohydrates Overview ☐ Ch 4 A Closer Look: Hormones and Glucose Levels ☐ Ch 4 Debunk the Junk: Are potatoes good for you? ☐ Ch 4 Case Study: Added Sugars and Lactose Intolerance ☐ Ch 4 Quiz - Carbohydrates: Sugar, Starch, and Fiber
Week 5 (September 21st – September 27th)	<u>Chapter 5 The Lipids: Triglycerides, Phospholipids, and Sterols</u> Due by September 27th at midnight: ☐ Fat and Cholesterol Diet and Wellness Report ☐ Read Chapter 5 ☐ Ch 5 Video Quiz: Lipoproteins ☐ Ch 5 A Closer Look: Types and Functions of Lipids ☐ Ch 5 Debunk the Junk: The Keto Diet ☐ Ch 5 Case Study: Heart Healthy Sandwich Choices ☐ Ch 5 Quiz - Triglycerides, Phospholipids, and Sterols
Week 6 (September 28th – October 4th)	<u>Chapter 6 The Proteins: Amino Acids</u> Due by October 4th at midnight: ☐ Protein Diet and Wellness Report ☐ Read Chapter 6 ☐ Ch 6 Video Quiz: Proteins Overview ☐ Ch 6 A Closer Look: Types of Amino Acids and the Importance of Proteins ☐ Ch 6 Debunk the Junk: Amino Acids Supplements ☐ Ch 6 Case Study: Protein Adequacy ☐ Ch 6 Quiz - The Proteins: Amino Acids
Week 7 (October 5th – October 11th)	<u>Chapter 7 Energy Metabolism</u> Due by October 11th at midnight: ☐ Read Chapter 7 ☐ Ch 7 Video Quiz: Metabolism Overview Part 1. ☐ Ch 7 A Closer Look: Energy Metabolism Pathways ☐ Ch 7 Debunk the Junk – Intermittent Fasting ☐ Ch 7 Case Study: Excessive Alcohol Use ☐ Ch 7 Quiz - Energy Metabolism
Week 8 (October 12th – October 18th)	<u>Chapter 8 Energy Balance and Body Composition</u> Due by October 18th at midnight: ☐ Read Chapter 8 ☐ Ch 8 Video Quiz – Body Roundness Index ☐ Ch 8 A Closer Look: Health Consequences of Excess Body Fat ☐ Ch 8 Debunk the Junk: Control Hunger? ☐ Ch 8 – Case Study: Improving Body Composition ☐ Ch 8 Quiz – Energy Balance and Body Composition

Week 9 (October 19th – October 25th)	<u>Chapter 9 Body Weight and Health</u> Due by October 25th at midnight: ☐ Read Chapter 9 ☐ Ch 9 Video Quiz – The Weight of Stigma ☐ Ch 9 A Closer Look: Understanding Obesity Causes and Effective Treatment Strategies ☐ Ch 9 Debunk the Junk: Popular Diets ☐ Ch 9 Case Study: Healthy Approaches to Weight Loss ☐ Ch 9 Quiz – Body Weight and Health
Week 10 (October 26th – November 1st)	<u>Chapter 10 The Water-Soluble Vitamins: B Vitamins and Vitamin C</u> Due by November 1st at midnight: ☐ Read Chapter 10 ☐ Ch 10 Video Quiz – The Best Vitamin to Keep your Brain Sharp ☐ A Closer Look: Comparing and Contrasting Water-Soluble vs Fat-Soluble Vitamins ☐ Ch 10 Debunk the Junk: Critique the Source ☐ Ch 10 – Case Study: Involuntary Weight Loss ☐ Ch 10 Quiz – The Water-Soluble Vitamins: B Vitamins and Vitamin C
Week 11 (November 2nd – November 8th)	<u>Chapter 11 The Fat-Soluble Vitamins: A, D, E, and K</u> Due by November 8th at midnight: ☐ Vitamin Diet and Wellness Report ☐ Read Chapter 11 ☐ Ch 11 Video Quiz: Vitamin A ☐ Ch 11 A Closer Look: Fat-Soluble Vitamins and Vitamin D ☐ Ch 11 Debunk the Junk: Vitamin E Supplements ☐ Ch 11 Case Study: Fat-Soluble Vitamin Intakes ☐ Ch 11 Quiz - The Fat-Soluble Vitamins: A, D, E, and K
Week 12 (November 9th - November 15th)	<u>Chapter 12 Water and the Major Minerals</u> Due by November 15th at midnight: ☐ Read Chapter 12 ☐ Ch 12 Video Tutor Quiz: Calcium ☐ Ch 12 A Closer Look: The Role of Water in Health, Water Sources, and Water Safety. ☐ Ch 12 Debunk the Junk: Magnesium Deficient? ☐ Ch 12 Case Study: Fluid and Calcium for a Young Athlete ☐ Ch 12 Quiz – Water and the Major Minerals

Week 13 (November 16th – November 22nd)	<u>Chapter 13 The Trace Minerals</u> Due by November 22nd at midnight: ☐ Mineral Diet and Wellness Report ☐ Read Chapter 13 ☐ Ch 13 Video Quiz: Iron ☐ Ch 13 A Closer Look: Trace Minerals and Their Deficiency Symptoms ☐ Ch 13 Debunk the Junk: Supplements ☐ Ch 13 Case Study: The Trace Mineral Deficiencies ☐ Ch 13 Quiz – The Trace Minerals
Week 14 (November 23rd – November 29th)	<u>Chapter 14 Physical Activity, Nutrients, and Body Adaptations</u> Due by November 29th at midnight: ☐ Read Chapter 14 ☐ Ch 14 Video Quiz – Exercise is Medicine ☐ Ch 14 A Closer Look: Functions of Muscles and Their Role in Health and Energy Needs of Athletes ☐ Ch 14 Debunk the Junk: Decipher Fact from Fiction ☐ Ch 14 Case Study: Energy Gel Evaluation ☐ Ch 14 Quiz - Physical Activity, Nutrients, and Body Adaptations
Week 15 (November 30th – December 6th)	<u>Chapter 18 Disease Prevention</u> Due by December 6th at midnight: ☐ Read Chapter 18 ☐ Ch 18 Video Quiz – Dietitian-Approved Foods to Support Your Gut and Heart Health ☐ Ch 18 A Closer Look: The Role of Nutrition in Disease, Specifically Heart Disease ☐ Ch 18 Debunk the Junk: Immune Supplements ☐ Ch 18 Case Study: Diets for Disease Prevention ☐ Ch 18 Quiz – Disease Prevention
Week 16 (December 8th)	☐ Final/Chapters 1-13, 14, 18. Comprehensive/50 questions, one attempt. 2.5 hours to complete. Due on Tuesday, December 8th by midnight.