

Instructor:
Joy Driver MS, RDN, LD

South Plains College
Common Course Syllabus:
HECO 1322
Revised 11/7/2025

jcdriver@southplainscollege.edu

Welcome to Personal Nutrition for the Spring of 2026!

Department: Science

Discipline: Nutrition

Course Number: HECO 1322

Course Title: Personal Nutrition

Semester: Spring 2026

Available Formats: conventional, fully online, hybrid, dual credit

Campus: Internet

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.

Prerequisites: None

Credit: 3 Lecture: 3 Lab: 0

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Office Hours and E-Mail: Virtual and by appointment only. Contact me via email or Blackboard Course Messaging to set up a time. Please reach out anytime if you have questions, problems, or comments. I will respond to your message within 48 hours if I receive your e-mail between 8:00 AM Monday and 5:00 PM Friday (excluding holidays). E-mails received during the time period lasting from 5:00 PM Friday 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

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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 the appropriate disciplinary actions. Students are expected to maintain a pleasant learning environment for themselves as well for their classmates. Therefore, if, in the view of the instructor, a student is disrupting the class the appropriate disciplinary action will be taken.

If you have accommodations or need additional support for success in this course, please schedule a time to meet with me, I am happy to help you.

Online Disclaimer: This is to notify you that materials you may be accessing in chat rooms, emails, discussion forums or unofficial web pages are not officially sponsored by the instructor or 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.

Required Textbook: The textbook and resources for this course are available in digital form through Open Educational Resources. 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. There is no textbook or access card to purchase for this course. Links to the page numbers or sections to read each week will be provided in the Weekly Folders in Blackboard.

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 schedule sheet, course orientation, projects, review guides, 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. Any material downloaded material may not be altered or modified in any way. The downloaded material may not be distributed in any way.

Minimum Computer Requirements:

1. Personal computer
2. Web Browser: Google Chrome must be used.
3. A high-speed internet connection

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4. A webcam on your computer
5. Microsoft Word and Microsoft PowerPoint software (a recent version)
6. Software or Program to read PDFs (Acrobat Reader)
7. A good soundcard and functioning speakers
8. Knowledge of how to navigate web pages and how to deal with pop-up blockers and other devices and warnings on your browser
9. Knowledge of how to download files from the internet and find them on your computer once they are downloaded
10. Knowledge of basic operations of Microsoft Word and Microsoft PowerPoint
11. Knowledge of how to view and adjust videos

This course partially satisfies a Core Curriculum Requirement:

Life and Physical Sciences Foundational Component Area (030)

Core Curriculum Objectives addressed:

- Communications skills—to include effective written, oral and visual communication
- Critical thinking skills—to include creative thinking, innovation, inquiry, and 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—to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

Student Learning Outcomes

From Lecture:

1. Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims.
2. Trace the pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion.
3. Discuss functions, sources, deficiencies, and toxicities of macro- and micronutrients, including carbohydrates, lipids, proteins, water, vitamins, and minerals.

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4. Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances.
5. Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health.
6. Describe health and disease issues related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases.

Course Evaluation: This course is completely online. Please expect to spend approximately 6-9 hours per week reading, completing assignments, and quizzes/exams weekly. You must be very self-disciplined to complete an online course. All assignments, projects, and exams, etc. must be completed and submitted by their specific deadlines.

Lesson Videos & Required Reading: Each week you will watch a short video and complete required readings over the week's topic. Please take notes in a spiral notebook or on lined notebook paper for best organization and help with homework!

Homework (Quizzes + Projects): Your homework will consist of a weekly quiz and small project (such as discussion board posts or other small projects to turn in each week). Larger projects will be given for you to work on over the course of a few weeks. The quizzes will be completed without notes or any other outside resources. Each quiz will consist of 10-20 questions and you will be given 1 hour to complete it. You may retake the quiz up to 3 times without penalty. Use a laptop or desktop computer or tablet (not a phone) to take your quizzes and to submit assignments. Do not wait until the last minute to start on the weekly projects – they require intentionality and creativity and understanding of the information! Deadline extensions and retests will not be given.

Exams: You will have one mid-term and one final exam. These exams will be completed without notes or any other outside resources. The final exam is comprehensive with no exemptions (keep your notes throughout the semester to study). Deadline extensions and retests will not be given.

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Late Work: All work will be considered late if submitted after the due date. All due dates are on Saturdays at 11:59pm. The next week's unit will open on Sundays at 1:00pm. For each day that an assignment is late, 10% will be deducted from the assignment grade. If no work is submitted at 5 days after the due date, a "0" will be entered into the gradebook. If extenuating circumstances arise that may impact your ability to complete an assignment, you must communicate with me as soon as possible.

Extra Credit: No extra credit will be given.

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

Final Course Grade: Syllabus Quiz (5%), 13 Homework Quizzes (25%), 15 Weekly Projects (25%), Concept-Map (10%), Mid-Term (15%), Final Exam (20%).

Grading will be based on the following distribution: A (90-100), B (80-89), C (70-79), D (60-69), F (<50).

Attendance Policy: Students are expected to login frequently in order 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. 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. **To be counted as "Attended" you must complete the Syllabus Quiz and Discussion Board Assignment by January 30. If you do not complete the Syllabus Quiz and Discussion Board Assignment by January 30, you will be counted as "Never Attended" and 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. If you are unable to finish this course, complete a withdrawal slip at the registrar's office.

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 may be dropped from the course if they have failed to login and participate in the online course for 7 or more days.

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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 Center. 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:

<https://www.southplainscollege.edu/academiccalendar/index.php>.

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

Ally Syllabus Statement: You can now download your course files in different formats that fit your device, need, and learning preference. Click the “A download” icon next to your course files to view “Alternative Formats” of your course files. The file may take a few minutes to download, so continue with your work while you wait. The quality of the alternative formats can vary based on the original file, so if something looks out of place, consult the original file. Depending on the type of file, you will see the following options:

- An OCRed PDF improves the quality of scanned PDFs
- A Tagged PDF for Word and PowerPoint documents or for improved navigation with screen readers
- An HTML version that will be a simple and responsive to mobile devices with zoom-in capabilities
- An ePub version for use with ePub readers that allows for font customization, contrast adjustment, and annotation/highlighting
- An Electronic Braille version for your Refreshable Braille Display
- An Audio MP3 for listening to your content on the go

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- BeeLine Reader for faster reading speed and color-adjusting settings

See it in action: [Ally for Students in Blackboard Learn](#)

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 may result in an F for the assignment and can result in an F or X for the course, if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Submitting work that has been purchased, borrowed, or downloaded from another student or an online term paper site.
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.
5. Violating the Artificial Intelligence policy, as outlined in the syllabus. For more information on AI, please reference this in the syllabus statements:
<https://www.southplainscollege.edu/syllabusstatements/>

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;

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8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Blackboard: The lecture portion of this course is completely online and is conducted through Blackboard. Blackboard may be accessed at <https://southplainscollege.blackboard.com/> For help concerning the use and features of Blackboard you can access the help menu on each Blackboard page that you visit

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. This could be a friend's computer, a relative's computer, a computer at a library, or a computer at the computer lab on the Levelland/Lubbock/Plainview campuses. It will be the student's responsibility to find an alternate computer to avoid getting behind in the class. If your computer crashes during an experiment report or an exam, contact me immediately so that I can reset the experiment report or exam for you. It is the responsibility of the student to have a backup plan in place. If the Blackboard server goes down, the appropriate time extensions on any experiment reports or chapter exams will be determined and announced by the instructor. bn, the appropriate time extensions will be determined and announced by the instructor.

Logging into the Course: You are not allowed to give you 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.

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. "Complete honesty is required of the student in the presentation

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of any and all phases of course work. This idea applies to quizzes of whatever length as well to final examinations, to daily reports, and to term papers” (SPC General Catalog).

Course Schedule: The following table contains the tentative course schedule. All material is subject to change. Also, all dates are subject to change. Changes will be announced if necessary.

HECO 1322 - Spring 2026 Schedule

Date	Lesson	Homework
January 12-16	<ul style="list-style-type: none"><input type="checkbox"/> Welcome Video <input type="checkbox"/> What does it mean to Eat Healthy? Video <input type="checkbox"/> Read Nutrition Applications: Sections 1.1-1.3 and 1.5 <input type="checkbox"/> Overview of a healthy eating plate: https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/ <input type="checkbox"/> What is nutrition: https://my.clevelandclinic.org/health/articles/nutrition	<ul style="list-style-type: none">➤ Syllabus Quiz (10 questions) ➤ Discussion Board #1
January 19-23	<ul style="list-style-type: none"><input type="checkbox"/> Nutrition Education & Healthy Plate Video <input type="checkbox"/> Identifying processed foods: https://www.health.harvard.edu/staying-healthy/the-best-ways-to-identify-processed-foods <input type="checkbox"/> Read Nutrition Applications: Sections 1.3-1.4 and 1.6	<ul style="list-style-type: none">➤ Nutrition Education & Healthy Plate Quiz ➤ 3-Day Food Journal

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January 26-30	<ul style="list-style-type: none"><input type="checkbox"/> Calories & Energy Balance Video<input type="checkbox"/> Read Nutrition Applications: Sections 8.1-8.3<input type="checkbox"/> Read Human Nutrition: p. 3-18	<ul style="list-style-type: none">➤ Calories & Energy Balance Quiz➤ Discussion Board #2
February 2-6	<ul style="list-style-type: none"><input type="checkbox"/> Protein: An Anchor Video<input type="checkbox"/> Read Human Nutrition: p. 224-230, p. 234-244, p. 253-261<input type="checkbox"/> MyFitness Pal Protein Calculator: https://blog.myfitnesspal.com/protein-calculator/	<ul style="list-style-type: none">➤ Protein Quiz➤ Protein Habits & Needs Journal➤ Work on Concept Map
February 9-13	<ul style="list-style-type: none"><input type="checkbox"/> Carbohydrates: A Fuel Video<input type="checkbox"/> Read Human Nutrition: p. 142-147, p. 149-162, p. 168-172	<ul style="list-style-type: none">➤ Carbohydrates Quiz➤ Smart Carb Photo Collage➤ Work on Concept Map
February 16-20	<ul style="list-style-type: none"><input type="checkbox"/> Lipids: A Fuel Video<input type="checkbox"/> Read Human Nutrition: p. 179-183 and p. 186-191<input type="checkbox"/> Read https://michelleshapiord.com/2023/01/03/the-truth-about-cholesterol-functional-nutrition-for-heart-health/	<ul style="list-style-type: none">➤ Lipids Quiz➤ Discussion Board #3➤ Work on/Finish Concept Map

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February 23-27	<input type="checkbox"/> Hydrate Well Video <input type="checkbox"/> Read Human Nutrition: p. 100-103, p. 105-110, and p. 134-138	<p>➤ Concept Map is Due!</p> <p>➤ Hydrate Well Quiz</p> <p>➤ Water Tracker Reflection</p>
March 2-6	<input type="checkbox"/> Vitamins & Minerals Video <input type="checkbox"/> Read Nutrition Applications: Sections 10.2 - 10.3, 11.1, and 11.7	<p>➤ Vitamins & Minerals Quiz</p> <p>➤ Discussion Board #4</p> <p>➤ Study for the Mid-Term!</p>
March 9-13	<input type="checkbox"/> Pathways for Metabolism Video <input type="checkbox"/> Read Nutrition Applications: Sections 13.2-13.4	<p>➤ (There is no Quiz this week - use this time to study and take the Mid-Term!)</p> <p>➤ Study Guide</p> <p>➤ Mid-Term Exam</p>
March 16-20	SPRING BREAK	
March 23-27	<input type="checkbox"/> Gut Health 101 Video <input type="checkbox"/> Read Human Nutrition: p. 146-147 <input type="checkbox"/> Read https://lifestylemedicine.stanford.edu/high-fiber-fermented-foods-the-one-two-punch-boost-for-your-gut-and-immune-health/	<p>➤ Gut Health Quiz</p> <p>➤ Why Fiber? Video Assignment</p>
March 30-April 3	<input type="checkbox"/> Aerobic & Anaerobic Energy Systems Video <input type="checkbox"/> Read Nutrition Applications: Sections 7.8-7.12	<p>➤ Energy Systems Quiz</p> <p>➤ Discussion Board #5</p>
April 6-10	<input type="checkbox"/> Supplements Video	<p>➤ Supplements Quiz</p> <p>➤ Supplements Reflection</p>

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	<input type="checkbox"/> Read Nutrition Applications Section 10.5, 11.4 (Magnesium), 10.2 (just the part on Vitamin D)	
April 13-17	<input type="checkbox"/> Nutrition for Chronic Disease Video <input type="checkbox"/> Read Human Nutrition p. 614-634	<ul style="list-style-type: none">➤ Nutrition for Chronic Disease Quiz➤ Discussion Board #6
April 20-24	<input type="checkbox"/> Nutrition for Healthy Weight Video <input type="checkbox"/> Read Nutrition Applications: Sections 9.1-9.3	<ul style="list-style-type: none">➤ Nutrition for Healthy Weight Quiz➤ Healthy Weight Reflection
April 27-May 1	<input type="checkbox"/> Food Safety & Seasonality Video <input type="checkbox"/> Read Nutrition Applications: Sections 15.1-15.2	<ul style="list-style-type: none">➤ (There is no Quiz this week – use this time to study for the Final Exam!)➤ Food Safety & Seasonality Video➤ Study Guide
May 4-7	<input type="checkbox"/> Final Exam Review + Video	<ul style="list-style-type: none">➤ Final Exam!

This syllabus & schedule is tentative and may be edited regarding the needs of the students throughout the semester. If any changes are made, I will let you know as soon as possible!

I am looking forward to a wonderful semester!