

HECO 1322
Personal Nutrition
Spring 2026
M 5:30-6:45pm

Instructor: Allison Childress PhD, RDN, CSSD, LD

Office: Virtual

Office Hours: by appointment only, before/after class

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.

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

Expectations, Requirements and Evaluation:

1. **Attendance is highly recommended** for the successful completion of the course.

Attendance may be taken randomly; you must be physically in class from beginning to end to be considered present. Students are responsible for all assignments and information/announcements covered in the classroom and materials distributed during class sessions whether they are present or not.

2. **Class participation** promotes a learning environment, and is therefore **encouraged** and **expected**. Participation includes responding to questions, 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 **prior** to the class period.

3. **Course Organization and Homework:** This course is organized into units. There is NO textbook requirement. For each unit, you may have multiple assignments due including any or all of the following: watching videos and/or 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. Homework is online and due via Blackboard. Each assignment is worth 5% of your overall grade. All assignments, with the exception of the syllabus quiz and the Assessment, are due by 11:59pm the day **OF** class. 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 homework assignments.**

4. **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.**

5. **Examinations:**

- Three (3) regular exams and a **comprehensive final** for a total of four (4) exams.
- Test content will include material from the textbook and class discussions.
- **Make-up exams will NOT be given.**
- Exams will be taken on Blackboard with a proctoring service.
- If the student is tardy on a day that an exam is being administered, the student will be allowed the remainder of the allotted time period to take the exam.

6. **Posting of grades and other materials:**

- All grades will be posted on to Blackboard
<https://southplainscollege.blackboard.com/>.
- Sign in with your SPC user name and password.
- It is highly recommended that you download the syllabus and any other material that your instructor has posted for your reading.
- **A grade average column is provided on BB that will allow you to keep track of your course average in real time.**

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

Regular Exams (3) (15% each)	45%
Final (comprehensive)	15%
Homework (7) (~6% each)	<u>40%</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**

Month	Date	Day	Class Schedule	Homework due
Jan	12	M	Course Requirements & Introduction to Nutrition Chapter 1: Food is More Than Something to Eat	Syllabus Quiz: Jan 12 @11:59pm
Jan	19	M	No Class: Holiday	
Jan	26	M	Chapter 1: Food is More Than Something to Eat Chapter 2: Nutrition Information: Fact or Fiction?	Assignment 1: Identifying Red Flags Jan 26 @ 11:59pm
Feb	2	M	Chapter 3: Making More Nutritious Choices	Assignment 2: MyPlate Food Groups Feb 2 @ 11:59pm
Feb	9	M	Chapter 4: How Food Becomes You Review for Exam	
Feb	16	M	Exam #1 (Chapters 1-4)	
Feb	23	M	Chapter 5: Carbohydrates	Assignment 3: Diabetes Assessment Feb 23 @ 11:59pm
Mar	2	M	Chapter 6: Lipids	Assignment 4: CVD Assessment Mar 2 @ 11:59pm
Mar	9	M	Chapter 7: Proteins Review for Exam	Assignment 5: Calculating Macronutrients Mar 9 @ 11:59pm
Mar	16	M	No Class: Spring Break	
Mar	23	M	Exam #2 (Chapters 5-7)	
Mar	30	M	Chapter 8: Vitamins	
Apr	6	M	Chapter 9: Key Minerals, Water and Alcohol	Assignment 6: Hypertension Assessment Apr 6 @ 11:59pm
Apr	13	M	Exam #3 (Chapters 8 & 9)	
Apr	20	M	Chapter 10: Nutrition for a Healthy Weight and Fit Body	Assignment 7: Obesity and Body Composition Assessment Apr 20 @ 11:59 pm
Apr	27	M	Chapter 11: Nutrition for Your Life, Environment & World	
May	4	M	COMPREHENSIVE FINAL EXAM Chapters 1-11 5:30pm-7:30pm	

**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.