

**HECO 1322 Person Nutrition
Course Syllabus
Fall 2019**

Instructor Information:

Instructor: Alicea A Glueck-Chaloupka, Ph.d

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Phone: not available

Office hours: By appointment; No office on SPC campus

Course Information:

Division: Arts and Sciences

Department: Science

Discipline: Nutrition

Credits: 3

Course Description and Purpose:

This course is a study of the nutrients found in foods and utilization of those nutrients by the body. Students will address the study of the chemical, physical, and sensory properties of food; nutritional quality; and food use and diet applications.

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

HECO 1322 Personal Nutrition is a three (3) hour credit course.

Student Learning Outcomes/Competencies:

- Identify the components of a healthy diet.
- Discuss the six classes of nutrients, their food sources, functions in the body, deficiencies and toxicities.
- Distinguish the sound nutrition information from faddism and quackery.
- Describe the principles of digestion and absorption of the nutrients.
- Explain the association between nutrition and chronic disease.
- Explain the role of nutrition and physical activity in promoting wellness.
- Evaluate personal dietary intake for nutritional adequacy.

Core Objectives:

- Teamwork
- Communication
- Empirical and Quantitative Skills
- Critical Thinking

Course Requirements:

To be successful in this class, the student should do each of the following:

- Read the assigned chapters in the textbook.
- Attend all lectures. Be on time for all lectures.
- Take notes in class. Review notes outside of class.
- Participate in class discussions.
- Complete assigned outside reading material and homework.
- View any audiovisual materials on selected topics.
- Use any computer software in the classroom as it is assigned.
- Complete the exams and projects on the assigned dates; the exams may include essay questions.
- Communicate – with the instructor and group partners.

Course Materials:

Textbook:

Understanding Nutrition by Whitney/Rolfes (15th edition). You will also need a Cengage/MindTap access code which is already packaged with your textbook at the bookstore on the Levelland or Reese Campus. The access code does include an ebook.

ISBN: Whitney/Rolfes Bundle: Understanding Nutrition, Loose-leaf Version, 15th + LMS Integrated MindTap® Nutrition, 1 term (6 months) Printed Access Card 9781337881555

Calculator:

A simple 4-function calculator is all you need and will be the only one you can use on exams. No cell phones or graphing calculators

Specific Instructions:

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 a 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 Code, 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. Any 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 me at achaloupka@ctkcathedralschool.org.

I will respond to your message within 48 hours if I receive your e-mail between 8:00 AM Monday and 5:00 PM Thursday (excluding holidays). E-mails received during the time period lasting from 5:00 PM Thursday to 8:00 AM Monday of the following week will receive a response within 48 hours of that Monday at 8:00 AM. Do NOT expect me to respond to emails the day of class. Again, I will make every effort to respond within 48 hours of email receipt. Plan AHEAD!

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.

Grading Policy:

Exams (I &II - 150 pts each; III - 100)	400 pts
Analysis Activities/Assignments	
30 pts/each; 10 total	300 pts
Group Project – 1	200 pts
Final Exam (~20% of final grade)	200 pts
<i>Total Points (with final exam): 1100 pts</i>	
<i>Total Points (without final exam): 900 pts</i>	

Please remember:

Poor planning on your part does not constitute an emergency on my part!

Notes:

- Analysis Activities/Assignments will be assigned on a case-by-case basis, depending on the unit being studied. They may be completed at home or in class, depending on the assignment.
- **Exams – if an exam is missed, the student has 48 hours to contact the instructor and arrange for a make-up test at the instructor’s availability. Exams must be taken PRIOR to the next class period or a 0 is earned.**
- Group Project is where students will work together to complete a research assignment and details will be provided by the instructor at a later date. ***Attendance at the presentation is MANDATORY!***
- Final exam is cumulative. Students with a 90% average or higher, and 2 or fewer absences (includes leaving class early or coming late, after 20 minutes) may choose to be exempt from the final. They may also take the final. Final decisions are made by the instructor on absences.

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

Grading Scale (including the final exam):

Total Points = 1100

A	990 - 1100
B	880 - 989
C	770 - 879
D	660 - 769
F	<660

KEEP ALL RETURNED WORK – RETURNED WORK IS YOUR DOCUMENTATION OF YOUR GRADE.

Lecture Exams:

1. _____ (150 points)
2. _____ (150 points)
3. _____ (100 points)

Group Project:

1. _____ (200 points)

Analysis Activity/Assignments:

1. _____ (30 points)
2. _____ (30 points)
3. _____ (30 points)
4. _____ (30 points)
5. _____ (30 points)
6. _____ (30 points)
7. _____ (30 points)
8. _____ (30 points)
9. _____ (30 points)
10. _____ (30 points)

Attendance Policy and Make-up Work Policy:

Students are expected to be in class each class meeting. Regular attendance is essential for your success in this class and school. Attendance will be taken. When students have missed *three class days, whether or not these absences are consecutive or not or excused or not*, it will be difficult to make-up the work and meet the minimum course objectives. Absences will include leaving at the break or coming in after the break. Sickness and illness resulting from missing class will still result in an absence. *I will have the option to drop any student at this point with an X or an F.*

Classes will begin at the scheduled time. Do not be late. IF you must miss a class or need special arrangements for entering late please notify me ahead of time via email. **You should arrive within 5-10 minutes of class start time and not leave early unless you have discussed with the instructor prior to the class period.** *If you arrive after 20 minutes of class starting OR leave before the instructor dismisses the class, you will not be counted present for the class period.*

Student Expectations:

Participation: All students are expected to come to class prepared, engaged and willing to actively participate and learn. *YOU are ultimately responsible for your own learning!*

Academic Honesty: All students are expected to complete their own assignments. Assignments turned in that closely resemble another student's paper in the class, or in another class, will not be accepted. 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.

Assignments: Assignments are due at the **beginning** of each class period. If assignments are turned in after the break, they are considered LATE and a 0 is recorded. All assignments should be neat, legible, and use proper spelling, grammar and punctuation.

If you are ABSENT from class, please email your assignment to me by 3pm the day following the class period for it to be accepted. I will send you an email in response (within 48 hours). If you do not get a response email, please resend the original email. It will NOT be accepted at the next class period in person or via email.

Cell phones and laptops: Please make sure your phones are off or on silent during class. No texting is allowed during class time. **If you are caught using your phone during class time, you will be asked to leave.** This is disruptive to the instructor and other students in the class.

Laptops maybe used, IF approved by the instructor prior to use. They are to be used for note taking only. A copy of the students should be emailed to the instructor within 6 hours of class ending. If this is not done, the student will not be allowed to use the laptop the next class period.

Communication: *If you need help or have questions, do not hesitate to ask. Email is a great tool! I will respond to your message within 48 hours if I receive your email between 8:00 AM Monday and 5pm Thursday (excluding holidays). Do NOT wait until the last minute to ask for help or clarification! REMIND system will be used to let students know of class changes and assignments. Sign-up instructions will be given the first 1-2 days of class.*

***Please remember:
Poor planning on your part does not constitute an emergency on my part!***

DIVERSITY STATEMENT: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

SPC STANDARD DISABILITY STATEMENT: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

NON-DISCRIMINATION STATEMENT: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College -1401 College Avenue, Box 5, Levelland, TX 79336, 806-716-2360.

Note to students with disabilities: *If you have a disability-related need for reasonable academic adjustments in this course, provide the instructor with a letter of accommodation from the Disability Services Office. If you need immediate accommodations or physical access, please arrange to meet with the Disability Services Office before the next class meeting.*

Title IX Pregnancy Accommodations Statement

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Crystal Gilster, Director of Health and Wellness at 806-716-2362 or email at cgilster@southplainscollege.edu.