

South Plains College
Common Course Syllabus: HECO 1410 / Science of Nutrition
Revised January 2020

Instructor: Keila Ketchersid, MS, RD, LD

Office: Science Building, Rm. 117 B

Office Hours: T/R 10:00 – 12:00 PM 1:00 -2:30 PM
F 9:00 AM –12:00 PM (or by appointment)

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Department: Science

Discipline: Human Science

Course Number: HECO 1410

Course Title: Science of Nutrition

Available Formats: Conventional Face to Face

Campus: Levelland

Course Description: This course is a study of the science of nutrition including the chemical, physical, and sensory properties of food; nutritional quality; and food use applications. Practical experiences are provided through laboratory time including: computer diet analysis, body composition analysis, blood glucose, and cholesterol analysis, and cardiovascular assessment.

Prerequisite: None.

Credit: 4 **Lecture:** 3 **Lab:** 3. **This course does not satisfy a natural lab science requirement.**

Textbook: **Understanding Nutrition 15th Edition Whitney/Rolfes** packaged with a Cengage Mindtap Access Code. **The access code is mandatory. There is a loose-leaf textbook access code bundle available for your purchase at the SPC bookstore.** If you prefer an ebook, you can purchase the access code and ebook package online. This is a new text with a lot of updates. If you have an older edition, you are responsible for gathering the new material. Updates will not be provided to you.

Understanding Nutrition Bundle, 15th Edition / Eleanor Noss Whitney / Sharon Rady Rolfes

ISBN: 9781337881555

Supplies: Calculator – Simple 4 function calculator required. You will not be allowed to use your cell phone or graphing calculator on exams.

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:

Discuss the various factors influencing food habits and choices.

Identify the components of a healthy diet.

Discuss the six classes of nutrients, their food sources, and functions in the body, deficiencies, and toxicities.

Distinguish the sound nutrition information from faddism and quackery.

Describe the principles of digestion, absorption, and metabolism of the nutrients.

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: Exams throughout the semester will have embedded questions to evaluate student comprehension and ability to apply material.

Course Evaluation:

5 Major Exams (100 pts/each)	500 points
3 Lab Exams (25 pts/each)	75 points
10 Lab Reports (10 pts/each)	100 points
13 Mindtap Activities	195points
5 Diet and Wellness Activities (10 pts/each)	50 points
Presentation	100 points
Final Exam	200 points (unless exempt)

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

Total all points then divide by 1020 if exempt from 1220 the final exam or including the final.

KEEP A RECORD OF ALL YOUR GRADES- KEEP ALL RETURNED PAPERS.

Lab Exams

- 1 _____
- 2 _____
- 3 _____

Lecture Exams

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Final Exam

- 1 _____

Lab Reports

- 1 _____ 7 _____
- 2 _____ 8 _____
- 3 _____ 9 _____
- 4 _____ 10 _____
- 5 _____
- 6 _____

Diet and Wellness (Blue Sheets)

- 1 _____ 4 _____
- 2 _____ 5 _____
- 3 _____ 6 _____

Presentation

- 1 _____

Mindtap Activities

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

Attendance Policy:

Students are expected to attend all classes. Attendance will be taken each class meeting. You are responsible for signing the roll sheet, if you forget or you are too late to sign it, you will be counted as absent. I have the option to drop any student after missing four classes with an X or an F whether or not these absences are consecutive or not and whether or not they are excused. It is very difficult to catch up after missing 2 weeks of class. Classes will begin at scheduled time. Do not be late. **You will not be allowed to enter class if we have already started lecture.** If you must miss a class or need special arrangements for entering late please notify me ahead of time. Students who do not miss more than one class during the semester will be exempt from the final. Labs must be attended each time. You will be counted absent if you attend lecture but leave during the lab. **I will not give make-up labs.**

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. A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student's responsibility to be aware of that policy.

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 a zero 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 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.

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.

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) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: 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. Phone number 806-716-2360.

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 the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

SPC Bookstore Price Match Guarantee Policy:

If you find a lower price on a textbook, the South Plains College bookstore will match that price. The difference will be given to the student on a bookstore gift certificate! The gift certificate can be spent on anything in the store.

If students have already purchased textbooks and then find a better price later, the South Plains College bookstore will price match through the first week of the semester. The student must have a copy of the receipt and the book has to be in stock at the competition at the time of the price match.

The South Plains College bookstore will happily price match BN.com & books on Amazon noted as *ships from and sold by Amazon.com*. Online marketplaces such as *Other Sellers* on Amazon, Amazon's Warehouse Deals, *fulfilled by Amazon*, BN.com Marketplace, and peer-to-peer pricing are not eligible. They will price match the exact textbook, in the same edition and format, including all accompanying materials, like workbooks and CDs.

A textbook is only eligible for price match if it is in stock on a competitor's website at time of the price match request. Additional membership discounts and offers cannot be applied to the student's refund.

Price matching is only available on in-store purchases. Digital books, access codes sold via publisher sites, rentals and special orders are not eligible. Only one price match per title per customer is allowed.

Note: The instructor reserves the right to modify the course syllabus and policies, as well as notify students of any changes, at any point during the semester.

January 2020

Monday	Tuesday	Wednesday	Thursday
13 1 st Class Day -Intro to Course -Blackboard -Cengage/Mindtap -Assignment #1	14	15 Chapter 1- An Overview of Nutrition -Tanita Measurements	16
20 Martin Luther King Holiday.	21	22 Chapter 1 Cont. Lab – Practice Exam Calculations (Pink Worksheet - due) -Tanita Measurements	23
27 Chapter 2 – MyPlate -MyPlate Trivia -Three Day Food Record	28	29 Chapter 2 – Nutrition Labels Lab – Nutrition Lab/Cereal Assessment	30

February 2020

Monday	Tuesday	Wednesday	Thursday
3 Chapter 3 – Digestion, Absorption, and Transport Lab - Three Day Food Record -IT Center for Diet Analysis	4	5 Chapter 3 Cont. Lab- Millionaire Game for Review	6
10 EXAM # 1 (Chapters 1-3) Lab Exam #1 Nutrition Calculations and Digestive System Diagram	11	12 Chapter 4 – Carbohydrates Lab – Carbohydrate /Fiber Diet and Wellness	13
17 Chapter 4 Cont. Lab -Complete Carb Analysis -Blood Glucose Levels -Diabetes Risk Assessment	18	19 Chapter 5- Lipids Lab -Fat and Cholesterol Diet and Wellness	20
24 Chapter 5 Cont. Lab -Cholesterol Lab -Check your BP and Cholesterol	25	26 Chapter 6 – Proteins Lab -Protein Enzyme Lab -Protein Diet and Wellness	27

March 2020

Monday	Tuesday	Wednesday	Thursday
2 Chapter 6 Cont. Lab -Review Game for Exam 2	3	4 EXAM #2 (Chapters 4-6) Lab Exam #2	5
9 Chapter 7 – Metabolism Lab -Yellow Metabolism Worksheets	10	11 Chapter 7 Cont. EXAM #3 (Chapter 7 only)	12
16 Spring Break	17	18	19
23 Chapter 8 – Energy Balance and Body Composition Lab- Cardiovascular Assessment	24	25 Chapter 8 Cont. Lab -Yellow Metabolism Worksheets	26
30 Chapter 9 – Weight Control -Exam Review	31		

April 2020

Monday	Tuesday	Wednesday	Thursday
		1 Exam #4 (Chapters 8-9) Lab Exam #3	2
6 Chapter 10 – Water-Soluble Vitamins Project Introduction	7	8 Chapter 10 Cont. Project Group Work	9
13 Easter Holiday	14	15 Chapter 11 – Fat-Soluble Vitamins Lab -Vitamin Diet Analysis -Project Group Work Last Day to drop Spring semester courses.	16
20 EXAM #5 (Chapters 10-11) Online Registration Opens For Fall 2020	21	22 Group Presentations	23
27 Chapter 12 – Water and the Major Minerals Possible Take Home Exam or Poster Project -Mineral and Fluid Intakes	28	29 Chapter 13 Trace Minerals Possible Take Home Exam or Poster Project -Mineral and Fluid Intakes -Final Exam Review	30

May 2020

Monday	Tuesday	Wednesday	Thursday
4 FINAL EXAM HECO 1410.001 9:30 Class 10:15- 12:15 PM HECO 1410.002 1:00 Class 1:00- 3:00 PM	5	6	7

Schedule is subject to change due to Instructor's Discretion.