**Syllabus Summer 1 - 2024**

**South Plains College**

**Personal Nutrition**

**Instructor:** Jo Bidwell, B.S., M.Ed.

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**Institution:** South Plains College

**Division:** Arts and Sciences

**Department:** Science

**Discipline:** HECO

**Course Number: 1322**

**Course Title:** Personal Nutrition

**Available Formats:** Face-to-Face Lecture

**Semester: Summer 2024**

**Credit:** 3

**Prerequisites:** None

This course satisfies a 030 Life and Physical Sciences core Curriculum requirement.

**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.

**Textbook: Understanding Nutrition 15th Edition Whitney/Rolfes** packaged with a Cengage

Mindtap Coursemate Access Code. **The access code is mandatory.**  The text for this class has been purchased and bundled with your enrollmentMicrosoft Office and Microsoft PowerPoint and Word software (preferably 2016 or higher).

**Course Purpose:** The purpose of the course is to introduce students to the six classes of nutrients; carbohydrates, lipids, proteins, vitamins, minerals, and water. Students will discover food sources of the nutrients and how the body digests, absorbs, and metabolizes the nutrients. Students will also discover the relationship between nutrients and chronic disease. Malnutrition, supplementation, and current dieting trends are also addressed.

**Course Specific Instructions:** This class is a face-to-face class and will meet nightly, Monday through Thursday during the Summer 1 Semester.

**Blackboard ULTRA:**  For technical issues concerning Blackboard please contact SPC Blackboard Student Support at the Instructional Student Support at the Instructional Technology department at [blackboard@southplainscolled.edu](mailto:blackboard@southplainscolled.edu) or 806-726-2180. Only contact if you need assistance with login or a browser related question. They should not be contacted for personal issues with your computer, the class, your instructor, or internet issues.

**Cengage:** If you have problems with your Cengage Access Code, please contact Cengage directly at [www.cengage.com/support or 800-354-9706](http://www.cengage.com/support%20or%20800-354-9706)

**Questions or Concerns:** If you have questions or concerns you may email me at either of the emails provided at the top of the syllabus, ***however, the fastest email (the one I look at multiple times a day if I am in the office) is jbidwell@covhs.*org** or by leaving a message on my phone (806-725-0941) or you may leave a message on blackboard. I will try and email or call you back as quickly as possible.

**Computer Problems or Blackboard Server Problems:** If for any reason a student’s internet connection goes down, or a student’s computer crashes or becomes inoperable to run Blackboard it is the student’s responsibility to have their internet connection and/or computer repaired as soon as possible or to find alternative so that the student does not get behind in the class. Computer or internet issues will not be an acceptable excuse for late assignments or exams. Computer labs are available on the Levelland, Reece and Lubbock campuses for the students to use.

If the SPC Blackboard server goes down for an extended period, the instructor will notify students of extended deadlines.

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**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 Unites 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 or data, information, or opinions expressed in these forums.

**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 factors influencing food habits and choices
* Identify components of a healthy diet
* Discuss the six classes of nutrients, their food sources and how they function in the body, deficiencies, and toxicities.
* Distinguish sound nutritional information from faddism and quackery.
* Describe the principles of digestion, absorption, and metabolism.
* 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:** We are now required to evaluate student learning outcome assessments. A pre and post quiz will be given at the beginning and the end of the semester to determine if learning objectives have been met.

**Exams:** Four major chapter exams will be given during the semester. Exam one will be over chapters 1 – 3, Exam two will be over chapters 4 – 6, Exam three will be over chapters 10-13 and the last chapter Exam will be over chapters 7-9. These are scheduled to be given in class. You will be notified prior to each exam the date for the exam. No outside material is to be used on the chapter exams.

**Chapter Quizzes:** Chapter quizzes are available through Cengage on Blackboard. There is a

**Final Exam:** A 100 question, multiple choice, cumulative final exam will be given in class during finals week.

**Worksheets, Assignments, Videos, Articles and Discussion Forums:** It is possible that during the semester assignments from the textbook and from Cengage MindTap will be utilized to help **You are always welcome to complete all the MindTap assignments, but these will not be part of your grade.**

I have created Chapter Highlights and reviews for each chapter. These will be available on Blackboard to enhance your understanding of each chapter. These should be used in conjunction with, not in lieu of reading the chapters and class participation.

**Please note: Assignments and exams are subject to change at the instructor’s discretion.**

**Grades:**

**4 Chapter exams worth 100 points each**

**1 Final exam worth 100 points**

**Possible extra credit and quiz grade**

**Attendance Policy Students are expected to attend all classes.** It is extremely important that you stay active in this class. If you must miss class, please notify me**.**

**Lecture is not a duplicate of the textbook material and any topic discussed in class may be included on exams whether it is covered in the textbook or not. Each of you has life experiences that you may use to enhance the classroom experience for everyone. This can only be done if you are in class! We only meet once a week and so please make every effort to be in class during that time.**

I will follow the SPC “Drops and Withdraw” policy, that states “students who stop attending class should go through the procedure for dropping a course.” This means, it is **your** responsibility to withdraw from the class if you decide not to attend class anymore.

Students are expected to attend all classes 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.  Attendance will be taken until the 12th class day (official census date).  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.  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 and labs. If you are unable to finish this course, complete a withdrawal slip at the registrar’s office.

**COVID:**

***If you have COVID, have tested positive for COVID even if you are asymptomatic, or have knowingly been exposed to someone with COVID, please let me know as soon as possible. Please also contact DeEtte Edens at***[***dedens@southplainscollege.edu***](mailto:dedens@southplainscollege.edu)***or 806-716-2376 and she will advise you about when you may rejoin the class, etc.***

If you are experiencing any of the following symptoms please do not attend class and either seek medical attention or get tested for COVID-19.

* Cough, shortness of breath, difficulty breathing
* Fever or chills
* Muscles or body aches
* Vomiting or diarrhea
* New loss of taste and smell

**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 an F 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 students.
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 difference 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.

**Disabilities 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, Lubbock Centers (located at the Lubbock Downtown 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. 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 Health and Wellness Center.  Once approved, notification will be sent to the student and instructors. It is the student’s 2022-23 Faculty Handbook Course Syllabi Statements 2 Rev. 6/2022 responsibility to work with the instructor to arrange accommodations.  Contact the Health and Wellness Center at 806-716-2529 or email dburleson@southplainscollege.edu for assistance.

**Campus Concealed Carry Statement:** Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: http://www.southplainscollege.edu/campuscarry.php Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the college Police Department at 806-716-2396 or 9-1-1.

My goal is to help you have a basic understanding of the importance of good nutrition for your overall health and possibly to fulfill your course requirements. I hope to help you be successful in this class. Please understand that this is a science class and does require reading chapters outside of class and coming to class prepared to learn. I want you to have a good semester and get a good grade in this class, but I can only do so much, the rest is up to you. Having said that, I am here to help you in any way I can.

Jo