**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:** Lecture with the possibility of going on line

**Semester:** Fall 2020

**Credit:** 3

**Prerequisites:** None

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

**COVID and SPC:**

It is the policy of South Plains College for the Spring 2021 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation. Students who believe they have been exposed or may be COVID-19 positive, must contact Health Services, DeEtte Edens, BSN, RN at (806) 716-2376 or dedens@southplainscollege.edu.

**This class is designed to be a lecture class, but adjustments due to COVID have been made. Please see the Course Specific Instructions later in the syllabus for more information.**

**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: I.

* **Textbook:**The textbook and resources for this course are available in digital form through the Inclusive Access textbook program at South Plains College. 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. The fee for the e-book/resources is included in the student tuition/fee payment, so there is no textbook or access card to purchase for this course.
* **E-book features:**Access to a cloud-based e-reader is provided by RedShelf via Blackboard. RedShelf e-book features include the ability to hear the text read aloud, highlight, take notes, create flash cards, see word definitions, build study guides, print select pages, and download up to 20% of the book for offline access. Visit [https://solve.redshelf.com/hc/en-us/requests/new](https://urldefense.proofpoint.com/v2/url?u=https-3A__nam02.safelinks.protection.outlook.com_-3Furl-3Dhttps-253A-252F-252Furldefense.proofpoint.com-252Fv2-252Furl-253Fu-253Dhttps-2D3A-5F-5Fsolve.redshelf.com-5Fhc-5Fen-2D2Dus-5Frequests-5Fnew-2526d-253DDwMFAw-2526c-253DKoC5GYBOIefzxGAm2j6cjFf-2DGz7ANghQIP9aFG9DuBs-2526r-253Dh4jX4HjXRtrEFY6QHSEyDmwHTxqzL5o6dLIFo3MKegs-2526m-253D3uOr2cB9qua6TExjQKd0vpfuUNGftO19VjGmHtwDbNw-2526s-253DinQ8PCfWnLNGVsoQcGT1c2OLwIeJEqHAWcJOpcKkE8Y-2526e-253D-26data-3D01-257C01-257Ckketchersid-2540southplainscollege.edu-257Cfab7b38adc9a474a478c08d8439e41d8-257C6d91b166cf6a45e99e22a02625d082a9-257C0-26sdata-3DCqBrAudtdWUbogFo4Tc7jEQj8PbIdm6C6sItAX8q6Po-253D-26reserved-3D0&d=DwMF-g&c=KoC5GYBOIefzxGAm2j6cjFf-Gz7ANghQIP9aFG9DuBs&r=h4jX4HjXRtrEFY6QHSEyDmwHTxqzL5o6dLIFo3MKegs&m=jibbeai82PZ1M4ATfBCv2dNESEuc2NkCO5fR_EuqGdw&s=I2p2NACgAG9flnjz1zj492bqrfygdkvy6MN6m1I3Lv0&e=) for e-book issues and support.
* **Upgrading to a physical textbook:** Students who prefer a printed textbook rather than an e-book may purchase a loose-leaf edition from the SPC Bookstore or the textbook publisher at a reduced price. **Understanding Nutrition 15th Edition Whitney/Rolfes**

**This class is designed to be taught face-to-face in a lecture format. However, due to COVID we will have to make some adjustments and must be prepared to go fully online if deemed necessary by South Plains College administration. It is highly recommended that you have the following in case we have to go to an online only format:**

**Minimum Computer requirements:**

* Personal computer with Pentium processor with at least 32 MB of memory, a minimum of 2 GB hard drive, running Windows 8 or later.
* Web Browser: Google Chrome is most compatible with MindTap
* A high speed internet connection.
* Microsoft Office and Microsoft PowerPoint and Word software (preferably 2016 or higher).
* Windows Media Player
* Soundcard and functioning speakers.
* Knowledge of how to navigate Google Chrome web pages and how to deal with pop-up blockers and other devices and warnings on Google Chrome.
* Knowledge of how to download files from the Google Chrome and fine them on your computer once they are downloaded.
* Knowledge of basic operations of Microsoft Word and Microsoft PowerPoint
* Knowledge of how to view and adjust videos with Windows Media Player.
* Knowledge of how to use Blackboard

**IF you do not have the above mentioned computer requirements, please let me know so that I can create a plan to make you successful in the course in case we must go online!**

**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.

**Assignments and Lectures:** Assignments and lectures will be available in class and online through Blackboard. Blackboard may be accessed at <http://southplainscollege.edu.blackboard.com>. For help with Blackboard you can access the help menu at the top of each Blackboard page that you visit. I personally have also found ***Blackboard for Dummies*** somewhat helpful. 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 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).

Cengage is available to help you with most problems.

**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 or by leaving a message on my phone 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 students 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. Students will have adequate time to turn in all assignments so there should not be a problem unless you leave the assignment to the last minute. 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 of time the instructor will notify students of extended deadlines.

**Logging into the Course:** Students are not allowed to give their user ID and/or password to anyone. You will be dropped from the class and give an F for your final grade if someone besides you is caught logging into this course under your user ID and/or password.

**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 anyway. You have permission to print out one copy of any material presented by the instructor in this course (ex. Class information sheet, course orientation, 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 anyway and it may not be redistributed or shared 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 may not be altered or modified in any way. The downloaded material may not be distributed in any way.

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

**Exams:** Four major chapter exams will be given during the course of the semester. All exams will be given on line! No outside material is to be used on the chapter exams. A message giving instructions on when each exam will be given with complete instructions on how to access the exam, the time given for the exam, etc. will be provided on Blackboard and in class.

**Chapter Quizzes:** There will be 10 post-chapter quizzes covering the material given in the chapter readings. No outside material may be used for these quizzes and students are to complete them on their own. These chapter quizzes may be accessed via Blackboard. They are worth 10 point each and will be equivalent to one major exam.

**Diet and Wellness:** Throughout the semester reports will be required using the Diet and Wellness application. These are very important part of the class. Written instructions will be provided for these reports. Four Diet and Wellness assignments will be completed during the course of the semester. Each will be worth 25 points.

**Worksheets, Assignments, Videos, Articles and Discussion Forums:** Throughout the semester a variety of assignments from the textbook and from Cengage MindTap will be provided to help you better understand the course.

**Final Exam:** A comprehensive final exam will be given at the end of the semester.

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

**Grades:**

**4 chapter exams worth**

**4 diet and wellness**

**10 chapter quizzes worth 10 point each**

**1 final comprehensive exam worth**

**Attendance Policy Students are expected to attend all classes.** It is extremely important that you stay active in this class. If you are unable to finish this course please complete a withdrawal slip at the registrar’s office. It is not the instructor’s responsibility to initiate a drop. If you fail to drop the class before the drop date you will receive an F at the end of the semester. If you contract COVID and have to be out of class or need to drop the class please let me know. You must show documented proof from a physician that you have/had COVID.

**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 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: I**f 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](http://www.southplainscollege.edu/employees/manualshandbooks/facultyhandbook/sec4.php) 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](http://www.southplainscollege.edu/employees/manualshandbooks/facultyhandbook/sec4.php) cgilster@southplainscollege.edu for assistance.

**Campus Concealed Carry**: 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.

**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.

I look forward to a fun and rewarding semester. If I can help you in any way please let me know!

Jo