**South Plains College**

**Common Course Syllabus: Spring 2020**

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

**Office**: I do not have an office on campus. Please see me before or after class or please make arrangements to meet with me.

**Phone: 806-725-0941**

**Department:** Science Department

**Discipline:** HECO

**Course Number: 1322**

**Course Title: Personal Nutrition**

**Available Formats:** Convention - lecture

**Campuses:** Levelland, Lubbock Center

**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.

**Prerequisite:** No prerequisites are required.

**Credit:** 3 **Lecture:** 0 Lab Credit

**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.

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

**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. Each will be mixed format, containing both objective and subjective material. Make up exams will be given only at my discretion and only due to extreme circumstances. ***Note: The make-up exam will be different from the regularly scheduled exam.***

**Final Exam:** The final exam will be a comprehensive exam consisting of 100 multiple choice questions. The final exam is optional **ONLY** for those students with only one absence. **Note: If you have missed only one class you will be exempt from the final. THERE WILL BE NO EXCEPTIONS TO THE ONLY ONE MISS RULE!!!!**

**Pop quizzes:** Pop quizzes may be given at any time during the semester. These will have the same value as daily work or lab assignments.

**Daily assignments/ extra credit:** The Diet and Wellness assignments will be considered daily assignments. As was previously mentioned these will be averaged together and be equivalent to one test grade. Periodically additional daily assignments and extra credit may be assigned the value and details about these assignments will be determined at the time of the assignment.

**Diet and Wellness Activities:** Four Diet and Wellness assignments will be completed during the course of the semester. Each will be worth 25 points.

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

**Grades:**

**4 chapter exams worth 100 points each**

**4 diet and wellness activities worth 25 points each/ 100 points compbined**

**1 final exam worth 100 points (unless exempt)**

**Attendance Policy Students are expected to attend all classes.** Attendance will be taken each class period. A student with excessive absences may be dropped from the class role at any time, at my discretion. If you must miss class, please notify me**.**

**Lecture is not a duplication of the textbook material and any topic discussed in class may be included on exams whether or not it is covered in the textbook. 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 actually in class!**

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 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.*

*It is the student’s responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. 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.]*

**Students who miss class for official military duty or official SPC activities may make up all assignments if notice of the absence is given to the instructor 24 hours prior to the absence. If the instructor is not notified at least 24 hours in advance the work may not be made up.**

**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](mailto: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.

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.

**PLEASE SILENCE YOUR CELL PHONE IN LECTURE**

**Students are allowed to use computers for writing lecture notes, but you are not allowed to email or browse the internet during class time. If you are caught doing so your privilege of using electronic devices will be revoked.**

**Academic Integrity:** Please read and understand the SPC policy regarding academic integrity and honesty found in the SPC General Catalog. If a student violates this policy by cheating on an assignment or by plagiarizing written work he/she will be administratively dropped from the class and receive and F. You will also be turned over to the Dean of Students for further disciplinary action.

**The use of electronic devices including phones, computers and tablets will NOT be allowed on any test!**

**Suggestions for a successful semester:**

**I want you to be successful in this class. The following are tried and true measures for success in most college classes.**

* **Don’t get behind! Stay up on all reading and class assignments.**
* Please read the chapters assigned before each class and be prepared to discuss the material in class.
* Highlight important information in the chapters.
* Prepare note cards with definitions discussed in class and found in the margins of the text.
* Attend all class lectures; be attentive in class and prepared to discuss reading material. Complete reviews when provided in class in a timely fashion.
* Lectures may be recorded, please notify the instructor if you wish to record lectures.
* When studying for exams it is suggested that you do not wait until the night before the exam to try to “cram” for the exam. Stay up on all reading, re-read chapters and lecture notes if necessary. Prepare flash cards with possible test questions and with definitions. Study review sheets when provided.

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

Jo