



HE-230 Principles of Nutrition

Jen Verdugo

FORT HAYS TECH | NORTH CENTRAL

COURSE INFORMATION

Course Number: HE 230

This course is an in-depth study of the essential nutrients for healthy lifestyles, body processes, and fallacies with emphasis on the scientific basis of nutrition.

Credits: 3

INSTRUCTOR AND CLASS INFORMATION

Instructor Name: Jen Verdugo

Email: jverdugo@fhtechnnc.edu

Mobile: (979) 587-8730

Start Date: 1/20/2026

End Date: 05/15/2026

TEXTBOOKS

Byrd-Bredbenner, et al. 2021. Wardlaw's Perspectives in Nutrition 12th edition. ISBN#

COURSE COMPETENCIES

1. Identify the six classes of nutrients and their sources.
2. Demonstrate an understanding of the processes of digestion, absorption, and metabolism of nutrients.
3. Employ available resources to make sound nutritional choices.
4. Explain energy balance and weight control as it relates to nutrition and wellness.
5. Describe nutritional needs throughout the lifespan.
6. Recognize global food safety, security, and sustainability issues.

GRADING INFORMATION

Discussions 15 points each

Exams 100 points each

Quizzes 50 points each

Take Action 20 points each

Dietary Analysis 100 points each

Other Assignments TBD

GRADING SCALE

After your numerical grade has been calculated, your letter grade will be determined as follows:

A 100% -90%

B 89% - 80%

C 79% - 70%

D 69% - 60%

F 59% and below

LATE WORK

Late work will **NOT** be accepted. Watch weekly deadlines and pay attention to the clock. The deadline for weekly assignments is Sunday night at 11:55 p.m. (If extenuating circumstances arise – contact me to discuss options.)

ACADEMIC HONESTY

Membership in the Fort Hays Tech | North Central learning community imposes upon the student a variety of commitments, obligations, and responsibilities. It is the policy of this College to impose sanctions on students who misrepresent their academic work. Appropriate classroom instructors or other designated persons will select these sanctions consistent with the seriousness of the violation and related considerations.

Examples of academic dishonesty include but are not limited to:

- Plagiarism: i.e. taking someone else's intellectual work and presenting it as one's own. Each department set standards of attribution. Faculty will include disciplinary or class-specific definitions in course syllabi.
- Cheating is unacceptable in any form. Examples include consultation of books, library materials, notes or intentional observation of another student's test on paper or a computer screen; accessing another student's answers from an exam to be given or in progress; submission of falsified data; alteration of exams or other academic exercises; and collaboration on projects where collaboration is forbidden.
- Falsification, forgery or alteration of any documents pertaining to assignments and examinations.
- The use of AI generated content from AI tools such as, but not limited to, ChatGPT, Dall-E, Co-Pilot, etc., is up to faculty discretion per course as stipulated within the course syllabus. Submitting AI generated work as your own, without attribution, will be considered academic dishonesty.
- In courses where the use of AI tools are not permitted as stipulated within the course syllabus, work submitted using AI will be considered academic dishonesty.
- Students who participate in, or assist with, cheating or plagiarism will also be in violation of this policy. Classroom instructors and/or administrators will assess sanctions for violations of this policy. The seriousness of the violation will dictate the severity of the sanction imposed. Academic sanctions may include but are not limited to any of the following:

1. verbal or written warning
2. lowering of grade for an assignment
3. lowering of term grade

Administrative sanctions may include but are not limited to either of the following

1. Suspension from the course, program, or College
2. Dismissal from the course, program, or College

FORT HAYS TECH | NORTH CENTRAL MISSION STATEMENT

Fort Hays Tech | North Central delivers applied, innovative and personalized education to empower learners, enrich lives, develop skilled professionals and strengthen economic systems.

Vision Statement

Fort Hays Tech | North Central is dedicated to being a leader in workforce development by maximizing value for students, employers and communities through educational excellence.

Core Values

Achieving EXCELLENCE with INTEGRITY through

DEDICATION

INNOVATION

COLLABORATION

COMMUNICATION

FORT HAYS TECH | NORTH CENTRAL NON-DISCRIMINATION POLICY

Fort Hays Tech | North Central is committed to nondiscrimination on the basis of race, color, gender, ethnic or national origin, sex, sexual orientation, gender identity, marital status, religion, age, ancestry, disability, military status, or veteran status in admission or access to, or treatment or employment in, its programs and activities. Further, it is the policy of the college to prohibit harassment (including sexual harassment and sexual violence) of students and employees. Any person having inquiries concerning the college's compliance with the regulations implementing Title VI, Title VII, Title IX, Section 504, and the Americans with Disabilities Act Amendments Act is directed to the VP of Student and Instructional Services (Section 504/ADA Compliance Officer and Title VI, Title VII, & Title IX Compliance Officer) at (785)738-9055, cisbell@fhtechnnc.edu, or PO Box 507, 3033 US Hwy 24, Beloit, KS 67420.

FORT HAYS TECH | NORTH CENTRAL TOBACCO USE POLICY

The use of tobacco products in any form and/or electronic cigarettes is prohibited in, or within ten (10) feet of any building owned, leased, or rented by the College.

FORT HAYS TECH | NORTH CENTRAL WEAPONS POLICY

Fort Hays Tech | North Central prohibits the possession and use of firearms, explosives, and other weapons on Fort Hays Tech | North Central property, with certain limited exceptions, as provided below. This policy is in accordance with the Kansas Board of Regents ("Board") Policy and state law, K.S.A. 75-7c01, et seq. Definitions For purposes of this policy: 1. The term "weapons" includes:

- a. Any object or device which will, is designed to, or may be readily converted to expel bullet, shot or shell by the action of an explosive or other propellant;
- b. Any handgun, pistol, revolver, rifle, shotgun, or other firearm of any nature
- c. Any BB gun, pellet gun, air/CO2 gun, stun gun or blowgun;
- d. Any explosive, incendiary or poison gas (A) bomb, (B) mine, (C) grenade, (D) rocket having a propellant charge of more than ¼ ounce;
- e. Any incendiary or explosive material, liquid, solid, or mixture equipped with a fuse, wick or other detonating device;

- f. Any tear gas bomb or smoke bomb; however, personal self-defense items containing mace or pepper spray shall not be deemed to be a weapon for the purposes of this policy;
- g. Any knife, commonly referred to as a switch-blade, which has a blade that opens automatically by hand pressure applied to a button, spring or other device .

INCLEMENT WEATHER

College campus dismissals and cancellations will be announced using the College Alert system. Local media will also be notified.

OVERVIEW FOR STUDENTS WITH DISABILITIES

Fort Hays Tech | North Central is dedicated to providing equal access and opportunity to all campus programs and services for students with disabilities. We are committed to providing reasonable accommodations in accordance with applicable state and federal laws including, but not limited to, Section 504 and 508 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. We strive to create a safe, respectful and inclusive environment and promote awareness, knowledge and self-advocacy.

Fort Hays Tech | North Central acknowledges that traditional methods, programs and services are not always appropriate or sufficient to accommodate the limitations experienced by some qualified persons with disabilities. When a student's disability prevents him/her from fulfilling a course requirement through conventional procedures, consideration will be given to alternatives, **keeping in mind that academic standards must be maintained.**

Services are provided through Student Accessibility Services (SAS) staff located in the Student Success Center, on the Beloit Campus, and in Student Services, on the Hays Campus.

- Director of Learning Services, may be reached at [1-785-738-9020](tel:1-785-738-9020); or by mail at [Fort Hays Tech | North Central, 3033 US Hwy 24, Beloit, KS 67420](#).

Student Responsibilities

Students requesting support services will need to register ("self-disclose" and complete Student Accessibility Services Intake and Consent Form), provide appropriate documentation (if available) including how the disability affects academic performance and suggested accommodations, and communicate with the Director of Learning Services as part of the interactive process to create an *Educational Accommodation Plan* that will notify Instructors of approved accommodations, services and/or auxiliary aids.

Students are encouraged to make timely and appropriate disclosures and requests, at least two weeks in advance of a course, program, or activity for which an accommodation is requested (or as soon as realistically possible) to allow adequate time for accommodation services to be set in place.

Accommodations, Academic Support Services, or Auxiliary Aids

Reasonable accommodations including academic support services and auxiliary aids are provided to allow students with disabilities an equal opportunity to participate in and benefit from our educational programs. Accommodations will be provided on a case-by-case basis determined by student request, documentation, intake interview, Educational Accommodation Plan team, and assessment of individual needs and course requirements.

Reasonable testing accommodations may include, but are not limited to:

- Extended testing time
- Reduced distraction testing environment
- Test reader and/or scribe
- Use of calculator

Academic support services/auxiliary aids may include, but are not limited to:

- Note-taking assistance (second set of notes, powerpoint slides, or other visual aids provided)
- Sign Language Interpreter
- Preferential seating in the classroom
- Large print exams, handouts, signs, etc.
- Telecommunications devices
- Use of Assistive Technology

Accommodations may not fundamentally alter the nature of the program or activity, lower academic standards, present undue financial or administrative burden on the college, or pose a threat to others or public safety.

Additionally, some accommodations and services cannot be provided, such as personal devices or assistance with personal services.

Auxiliary aids may be available through a variety of sources available to individual students. The student may make a request in obtaining specialized support services from other resources such as Vocational Rehabilitation Services (VR), Recordings for the Blind, Kansas Talking Book Service, etc. For example, Vocational Rehabilitation may fund such items as transportation to the institution, tuition, textbooks, hearing aids, and other individually prescribed medical devices.

If at any time throughout the academic year, a student feels that the agreed upon accommodations are not being followed or that alternate accommodations need to be provided, the student should notify Student Accessibility Services (SAS) staff. Fort Hays Tech | North Central is committed to student success; however, we do not require students to use accommodations. The decision of when to utilize approved accommodations or services is up to the student. Integration, self-advocacy and individual responsibility are promoted and expected.

Grievance Procedure

Any student who believes he or she has been subjected to discrimination on the basis of disability or has been denied access or accommodations, shall have the right to invoke the Grievance Procedure.

Students are encouraged to first discuss their concerns with SAS. An attempt will be made to resolve the issue(s) causing concern by assisting the student in discussions with the person(s) involved. Most situations are positively resolved through this process. If the student does not feel the concern or complaint has been appropriately resolved, he or she should contact the [Vice President of Student and Instructional Services](#) at 1-800-658-4655 or PO Box 507, 3033 US Hwy 24, Beloit, KS 67420, where grievance procedures are filed for all students, including students with disabilities.

If the complaint is not resolved at the College level, a student may choose to file a complaint with the [Office for Civil Rights](#) at 1-816-268-0550 or [U.S. Department of Education, One Petticoat Lane, 1010 Walnut Street, Suite 320, Kansas City, MO 64106](#).

Confidentiality

All information regarding a student's disability is confidential. All documentation will remain separate from academic records and will not be released to an individual or source external to Fort Hays Tech | North Central without the student's written consent. In order to provide effective services, it may be necessary to communicate limited information on a need-to-know basis regarding disability-related needs to Fort Hays Tech | North Central faculty and/or staff.

REASONABLE SUSPICION

If reasonable suspicion of substance abuse exists regarding an employee or student based on objective criteria (including, but not limited to, behavior, appearance, demeanor, detection of the odor of alcohol or any controlled substance), the employee or student will be requested to consent to drug testing performed by Fort Hays Tech | North Central's contract vendor at the expense of the college.

- A. A college administrator (or their designee) shall drive the employee or student to the vendor's site for drug testing and shall return the employee or student to his/her residence (or arrange for transportation) following the testing.
- B. Test results shall be sent directly to the college administrator, with a copy also sent to the employee or student. All test results will be considered confidential, access to the results will be limited to institutional personnel who have a legitimate need-to-know.
- C. In the event of a positive test result, the employee or student may request a retest of the sample at the employee or student's expense. The request must be submitted within 24 hours.
- D. Positive results for any illegal drugs, or prescription drugs (either not prescribed for the employee or student, or at levels above the prescribed dosage), or blood alcohol level of 0.04 or greater shall be grounds for disciplinary action, up to and including termination or expulsion.
- E. Refusal to provide a specimen for this testing shall be treated as a positive drug test result. F. Test results or specimens that have been determined to be altered by the employee or student shall be grounds for disciplinary action, up to and including termination or expulsion.
- G. If the employee or student tests positive for an authorized prescription drug which may impair his/her performance or judgment, the employee or student may not be permitted to participate in college activities until he/she provides a doctor's release.

RIGHT TO MODIFY THE SYLLABUS

The instructor reserves the right to modify the syllabus during the semester. Students will be given advanced notice if a change would occur.

Course Outline – FALL 2025

Date	Chapter/Exam	Additional Info
Week 1	Ch. 1 – The Science of Nutrition	<ul style="list-style-type: none"> · Discussion #1 · Healthy Eating · Internet Research #1 · Quiz #1
Week 2	Ch. 2 – Tools of a Healthy Diet Ch. 3 – The Food Supply	<ul style="list-style-type: none"> · Discussion #2 · Food Safety · Take Action #1 · Quiz #2
Week 3	Ch. 4 – Human Digestion & Absorption	<ul style="list-style-type: none"> · Video · Internet Research #2 · EXAM #1
Week 4	Ch. 5 – Carbohydrates	<ul style="list-style-type: none"> · Discussion #3 · Take Action #2 · Quiz #3
Week 5	Ch. 6 – Lipids	<ul style="list-style-type: none"> · Discussion #4 · Obesity Paper · Internet Research #3 · Quiz #4

Week 6	Ch. 7 - Proteins	<ul style="list-style-type: none"> · Discussion #5 · Daily Protein Intake · Quiz #5
Week 7	Ch. 8 – Alcohol	<ul style="list-style-type: none"> · Alcohol Questionnaire · Internet Research #4 · EXAM #2
Week 8	Ch. 9 – Energy Metabolism Ch. 11 – Nutrition, Exercise, and Sports	<ul style="list-style-type: none"> · Discussion #6 · Take Action #3 · Internet Research #5 · Quiz #6
Week 9	Ch. 10 – Energy Balance, Weight Control, and Eating Disorders	<ul style="list-style-type: none"> · Fad Diet Paper · Calculations · EXAM #3
Week 10	Ch. 12 – The Fat-Soluble Vitamins	<ul style="list-style-type: none"> · Discussion #7 · Take Action #4 · Quiz #7
Week 11	Ch. 13 – The Water-Soluble Vitamins	<ul style="list-style-type: none"> · Discussion #8 · Internet Research #6 · Quiz #8

Week 12	Ch. 14 – Water and Major Minerals Ch. 15 – Trace Minerals	<ul style="list-style-type: none"> · Discussion #9 · Medical Perspective · EXAM #4
Week 13	Ch. 16 – Nutritional Aspects of Pregnancy and Breastfeeding	<ul style="list-style-type: none"> · Discussion #10 · Internet Research #7 · Quiz #9 Dietary Analysis PART # 1
Week 14	Ch. 17 – Nutrition During the Growing Years	<ul style="list-style-type: none"> · Discussion #11 · Take Action #5 · Quiz #10
Week 15	Ch. 18 – Nutrition During the Adult Years	<ul style="list-style-type: none"> · Internet Research #8 · Real Age Test · EXAM #5 Dietary Analysis PART # 2
Week 16	Dietary Analysis	Dietary Analysis PART #3 Instructor Evaluation

