Sul Ross State University  
KES 5303 – Nutrition  
8-Week Syllabus

Instructor: Chris Herrera, PhD  
Class location: ALL online via Blackboard  
http://www.sulross.edu/bb  
Contact: 432.837.8375 (leave voice message or email if out of office)  
E-mail address: christopher.herrera@sulross.edu

Please ONLY use Firefox or Chrome browsers. Internet Explorer is not compatible.  
For Blackboard Technical Help Contact:  
technassist.sulross.edu  
432-837-8888

For Blackboard Instructions to help you navigate this online course please see  
Appendix A at the end of the Syllabus

The Graduate Student Center, located in BAB 104, provides resources and services for  
all SRSU graduate students. There is a computer lab with desktop computers and a  
networked printer/copier/scanner; laptop computers which can be checked out; a  
projector and screen for rehearsing student presentations; and a conference room for  
group study. Both Alpine and distance education students can receive writing and thesis  
assistance by contacting shileman@sulross.edu or calling 432-837-8015.

Course Description: The content of this course will be focused on the metabolism of  
food by various tissues of the body and its relation to exercise. The role of diet in the  
development and treatment of some chronic diseases will be discussed along with the  
application of nutritional principles to enhance overall lifestyles. This course provides an  
integrated overview of the physiological requirements and functions of energy and the  
major vitamins and minerals that are determinants of health and diseases in human  
populations.

Course Objectives:  
A. The student will understand the metabolism of foods and the role of nutrients in  
various tissues of the human body.  
B. The student will understand the changes in the metabolism of foods due to acute and  
chronic exercise, and the role of nutrition as an ergogenic aid for athletic performance.  
C. The student will be able to interpret food labels and grams/servings.  
D. The student will understand ACSM recommendations for energy nutrients.  
E. The student will understand the changes in body composition as a result of some  
dietary regimens.  
F. The student will understand the role of diet in the development and treatment of some  
chronic diseases.

Not Required / Recommended Text:  
Attendance: This course is a graduate course that meets completely online. Absences are not allowed.

Academic Honesty:
Each student is expected to do his or her own work. Suspected cheating will be given the rightful due process, but will be subjected to an “F” given for the assignment/exam. Plagiarized work will receive an "F" for that assignment. All written work is subject to inspection for plagiarism. The university’s academic honesty policy is published in the graduate catalog.

Statement regarding special accommodations:
Sul Ross complies with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students with disabilities who need special accommodations must contact the Student Health and Disability Service Office immediately (432) 837-8691. It is the student’s responsibility to contact the instructor as soon as possible after the DSS has verified the need for accommodations to ensure that such accommodations are implemented in a timely fashion.

Methods of Evaluation:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Discussions (60 points each)</td>
<td>300</td>
<td>33.33%</td>
</tr>
<tr>
<td>3 Assignments (100 points each)</td>
<td>300</td>
<td>33.33%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100</td>
<td>11.1%</td>
</tr>
<tr>
<td>Peer Review</td>
<td>100</td>
<td>11.1%</td>
</tr>
<tr>
<td>Nutrition Literature Review</td>
<td>100</td>
<td>11.1%</td>
</tr>
<tr>
<td>Total</td>
<td>900</td>
<td>100%</td>
</tr>
</tbody>
</table>

Grading Policy

- 810-1000 pts A
- 720-899 pts B
- 630-799 pts C
- 540-699 pts D
- <540 points F
## RECOMMENDED CALENDAR

**KES/KIN 5312 – Advanced Human Nutrition**

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Review Syllabus</td>
<td></td>
<td></td>
<td>Discussion 1 Due – Nutrition Overview &amp; Dietary Guidelines</td>
<td>Familiarize yourself with SRSU Library</td>
<td></td>
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</tr>
<tr>
<td>2</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Discussion 2 Due – Food Safety &amp; Disease</td>
<td>Assignment 1 Due – Diet Analysis</td>
<td></td>
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</tr>
<tr>
<td>3</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Discussion 3 Due – Lifestyle Nutrition &amp; Food Choices</td>
<td>Choose Topic / Search for Articles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Discussion 4 Due – Nutritional Medicine</td>
<td>Assignment 2 Due – Lit Paper Topic &amp; References / Analysis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Discussion 5 Due – Health &amp; Sports Nutrition</td>
<td>Assignment 3 Due – Diet &amp; Exercise Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Review Articles &amp; Write Rough Draft</td>
<td>Draft Lit Paper Due</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Peer Review Response Due</td>
<td>Final Paper Due</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Readings &amp; Videos</td>
<td></td>
<td></td>
<td>Final Exam</td>
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</tbody>
</table>
Description of Assignments:

**Discussions (5x60 points):** Weeks 1-5 there will be a discussion question posted under the discussion tab for you to respond to each week. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. Herrera - Week1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. **DO NOT upload your response as an attachment.** Each discussion prompt is worth 10 points.

**Responses to others:** Under each discussion post you must respond to one other classmate’s original discussion post. Each response is worth up to 10 points. The response must be more than “good job”, “I like what you said”, etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. **ALWAYS** spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do NOT hurt others feelings. To respond to another’s post, click on their post and reply. Title the subject of your response with your last name and “response to _____ week 1 post” (eg. Latham’s response to Henderson’s Week 1 post).

**Apply/Analyze:** Each week, up to 10 points will be assigned to your response to this section; we will apply our learning to either specific nutrition activities (i.e. calculations), to our personal/professional career, or similar.

**Assignments:** Under the assignment tab you have three assignments due. Click on the hyperlink (title of the assignment), read the directions completely, you will do the assignment in a Word (**MUST BE MICROSOFT WORD…no other format is accepted**) document and attach the file in the assignment submission section, then click submit. Follow all instructions and mind the due dates. Literature Review Assignment will also be found in course materials and assignment tab.

**Literature Review:** Full instructions are provided on the syllabus. The paper will be submitted in two parts; peer review and final paper. The final paper will be graded independently of the other parts.

**Final Exam:** The exam will consist of a combination of multiple choice, true/false and essay questions. The questions will review the reading materials and videos throughout the course; namely the US Dietary Guidelines, US nutrition label, and Sports Nutrition: A practice manual for professionals”. The information and perspectives gained from the videos (both education and documentary) can be used to answer the essay questions.

**Due Dates / Late Grading Policy:** As long as you are in communication with me via email, I will NOT deduct points for discussions/responses that are only a day or two late. Starting the third day, I will deduct 15% for late discussions/responses. All assignments/exams are due
by the due date given. For each day late, I will deduct 5% of the total points, up to 30% for any one given assignment. Given this policy, the good news is that unless otherwise specified, you can turn in any past due work until the last Wednesday of class and still get credit. If you have any questions you should CALL/EMAIL for approval and let me know what is going on in your life. I am a fair and reasonable person and will most likely work something out with you as I want everyone to be successful in the least “stressful” way. This being said, if you are just lazy and waiting to do things last minute, most likely your work will reflect that and so will your grade that you earn.
APPENDIX A
Blackboard Instructions

1. Login to the blackboard course
2. Most things are “clickable”. Once in click on every tab and read everything.
3. Announcements – click on this tab and check those daily. A copy is always sent to your email. So check your email often as well.
4. Syllabus & Course Materials tab – has everything in attachments for you to download that you need for the course. Read the Syllabus first day you log in. All other course materials are referenced to you in discussions and assignments for you to download and refer to. I suggest saving everything to a flash drive, hard drive, cloud database (i.e. drop box) so you have them forever.
5. Weekly Objectives are posted separately including discussion and assignment links. Click on the link (usually named by week). Read all of the assignment information. If the assignment refers you to materials in the course materials tab be sure to use/read all of those. Due dates are always mentioned in the assignment information. When you are ready to submit (turn in) your assignment go to the Assignment Submission” area, click on browse my computer, search your computer for wherever you saved your finished/completed assignment, upload it to attach the file in the assignment submission area. YOU MUST checkmark the box “I agree to submit my paper(s) to the GRD” where the plagiarism tools are. This ensures you did not copy/paste from the internet or from another student you may have had the course before. You can be kicked out of the university, and/or fail a class for plagiarizing. The add comments are is optional, but a place for you to leave me a comment. Ps. I like jokes when I am grading!!! 😊 Click the SUBMIT button to actually turn in your assignment.
6. Discussions – click on discussions link. Each week there are discussions (these are formal discussions not chat room type discussions) you must respond to as well as respond to at least one other classmate (see syllabus). Click on the Forum/Discussion Name (e.g. Week 1). To post your discussion post = click on create thread. Put your First and last name in the Subject line followed by 1-2 words describing your post/thread, e.g., Herrera_Week1 Discussion. Type your response to the discussion/forum in the message. I highly recommend that you first type your response in a Word Doc spell check and grammar check (read it yourself as spell check doesn’t fix grammar) and then copy/paste it into the message area. DO NOT attach a file for discussions. You will only use the browse my computer/attach file feature for assignments. Click Submit to submit your work. If you need to edit whatever you turned in for some reason, find your thread in the discussion area, click on it, move your cursor around near the “reply” button, you will see an option to delete, edit, or email yourself. To respond to a classmate: click on the thread of a classmate you want to read his/her post then click reply. Type your response in the message area (again recommend using word to edit first...plus if you have a computer issue you can save your word doc...you can’t save your message until you submit it). Please Check your thread so read what others have said to you. If classmates or if I ask you a question in your thread and you never respond...points will be deducted from your weekly discussion points. It is also recommended for you to scan all the threads and read any feedback I am giving other students as that feedback may help you as well.
7. MY Grades tab – you should be able to view your numerical grade here as well as written feedback. I will always provide written feedback. If you cannot view the written feedback please check your email as it is always emailed to you as well. If you do not
see a numerical grade either I haven’t graded it (I will grade all previous week’s work by Wed of the week after it is due if not sooner). If you feel you turned it in and still see not grade email or text me and I will look into it.

a. Feedback comment bubbles are in any papers in word docs that you turn into to me. To view those double click on the thing in the right hand margin that looks like a bubble OR go to the review tab at the top and click on VIEW COMMENTS.

b. READ AND APPLY ALL FEEDBACK I GIVE YOU IN YOUR COMMENT BUBBLES, IN YOUR BLACKBOARD FEEDBACK AREA, AND READ ALL ANNOUNCEMENTS.