

**KES 5312 – Advanced Human Nutrition -8-Week Syllabus**  
**Department of Kinesiology & Human Performance**  
**Sul Ross State University**

**INSTRUCTOR INFORMATION**

Instructor: Dr. Chris Herrera, PhD

Email (preferred): [Christopher.Herrera@sulross.edu](mailto:Christopher.Herrera@sulross.edu) (Response time: 24hrs M-Thur; 48hrs Fri-Sun)

Phone: 432.837.8375 (Please leave a detailed message with call back number if out of office)

**Required Textbook:**

Title: Nutrition for Health, Fitness, and Sport 11<sup>th</sup> ed.

Author: Williams

Publisher: McGraw-Hill Education

ISBN: 9781259321856

For this course you will be required to purchase McGraw-Hill Education Connect® access for Nutrition for Health, Fitness, and Sport 11<sup>th</sup> ed. by Melvin Williams, Eric Rawson, and David Branch

You are not required to have a print text in addition to Connect access, so please be aware that if you purchase a used textbook you will still need to purchase Connect access. You can purchase Connect access directly from the Connect website at net cost when registering for your course section here [http://connect.mheducation.com/class/c-herrera-1st-8-weeks-fall 2018](http://connect.mheducation.com/class/c-herrera-1st-8-weeks-fall-2018) A print-upgrade option is available via Connect if you find yourself wanting a print companion at some point during the semester. This will be a full color binder-ready version of the text and can be mailed directly to you for an additional \$25.00 (including shipping and handling). Please note that Connect works best on Google Chrome or Firefox.

You will also need to access the SRSU Library to locate and download peer-review, scholarly articles. For assistance you may [Ask the Library](#) or contact the [Graduate Student Center](#) for help.

**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.

### **EXPECTATION OF STUDENTS**

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

### **STUDENT LEARNING OUTCOMES**

- 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.

## Methods of Evaluation (See below 'Course Requirements' for more details)

Outcome Measure	Points per unit	Available Points	Percentage of Grade
Connect LearnSmart Chapter Readings	11-12	150	15%
Connect Quizzes	50	150	15%
Discussions	50	200	20%
Assignments	50	300	30%
Collaborate Session (1/3 available)	100	100	10%
Final Project	100	100	10%
<b>Total/Final Grade*</b>	--	<b>1000</b>	<b>100%</b>

\*Letter Grading as per SRSU policy will be used in this course.

Note: Satisfactory progress in the HHP program means a cumulative GPA of 3.0 in all core classes (e.g. everything leading up to the final practicum course). In most cases, this means a 'B' or better in each class is considered satisfactory progress.

### LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. Late work will be subject to the following deductions: Discussions/Responses/Assignments/Quizzes/Final Projects carry a 5% deduction per day late; up to 30% maximum deduction. LearnSmart readings must be completed by the due date for credit.

### ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of *Wednesday in Week 8 at 11:59pm* to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per above policy.

### ACADEMIC DISHONESTY OR MISCONDUCT

Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

### DROP POLICY

Students are responsible to register and withdrawal from courses themselves, either through Banner (LoboOnline) or by contacting the University Registrar by published deadlines. For information regarding enrollment/registration changes please review the website at: <http://www.sulross.edu/page/967/schedule-changes-withdrawals>



### TENTATIVE COURSE CALENDAR

<b>Week</b>	<b>LearnSmart Chapters</b>	<b>Assessments</b>
1	LearnSmart Chapters 1-3	Discussion 1
2	LearnSmart Chapters 4-6	Quiz 1: Chapters 1-6, (Collaborate)
3	LearnSmart Chapters 7-9	Assignment 1, Discussion 2
4	LearnSmart Chapters 10-11	Quiz 2: Chapters 7-11, (Collaborate)
5	LearnSmart Chapters 12-13	Assignment 2, Discussion 3
6		Quiz 3: Chapters 12-13, (Collaborate)
7		Assignment 3, Discussion 4
8		Final Project

## **COURSE REQUIREMENTS**

### Discussions

-50 points total; 40 points for post / 10 points for 'response'

There will be a set of discussion prompts to choose from within the week in which an assignment is due. To create a thread, you click on the hyperlink to the discussion and then click on create new thread. Put a short title and the week number in the subject line (e.g. Maximum voluntary contraction in basketball players-Week 3). Please only respond directly in the message area, no attachments unless requested.

### 'Response'

Under each discussion post you must read and respond to one of your classmate's original discussion post. Each response is worth up to 10 points. Responses are due 48hrs after the original discussion due date. 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. Specifically, a substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, describing application to sports, health or performance, as well as providing constructive criticism / a different viewpoint. Responses should be professional/academic responses and not chat room or informal language. To respond to another's post, click on their post and then choose reply. Title the subject of your response with your "Last name" and "response to Authors Last Name Week 3 post" (eg. Herrera's response to Henderson's Week 3 post).

### Blackboard Collaborate

-100 points total

Blackboard Collaborate is a virtual classroom that will be used during this course. Attendance to at least one session is required. All sessions take place Wednesday at 6PM CST. The topics in each session are not assigned but will be related to the coursework of that week. Students must submit a final discussion post/assignment in Week 7 to receive the full points. A grading rubric will be posted in Blackboard.

### Connect LearnSmart

-150 points total; 11-12 points per chapter

LearnSmart is an interactive reading program provided through McGraw-Hill Connect. These modules will guide you through each individual chapter asking questions to assess your knowledge along the way. These assignments will cover information that will be on each of the chapter quizzes, as well as, information contained within your labs.

### Connect Quizzes

-150 points total; 50 points per quiz

There will be three quizzes throughout the semester that will assess your knowledge of the corresponding LearnSmart assignments. Each quiz contains a mixture of information from the various chapters assigned. The quizzes will consist of multiple choice and true/false questions.

Assignments-300 points total; 100 points per assignment with 50 points per associated discussion

The assignments provide a real-world / practical application of the course content. There will be three assignments throughout the semester that will focus on specific topics covered in the text.

Final Project  
-100 points total

This Final Project will require in depth application of knowledge gained throughout the course in relation to the Student Learn Outcomes stated previously in the syllabus. For detailed instructions on this assignment refer to Week 8 in Blackboard.

## **LEARNER SUPPORT**

### SRSU GRADUATE CENTER

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 other assistance by calling 432-837-8524.

### BLACKBOARD

Navigating Blackboard and this course is essential to your success as a student. If you have problems submitting assignments, contact the support staff listed below.

Mon-Fri 9:00 am - 6:00 pm

Sandy Bogus:

sbogus@sulross.edu

432-837-8523

Sat-Sun 11:00 am - 6:00 pm

Rusty Klein:

rklein@sulross.edu

432-837-8595

### MCGRAW HILL CONNECT

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.

### SRSU DISABILITY SERVICES

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432- 837-8178; fax is 432-837-8724.