

**KES 5312 – Advanced Human Nutrition -5.5-Week Syllabus**  
**Department of Kinesiology & Human Performance**  
**Sul Ross State University**

**INSTRUCTOR INFORMATION**

Instructor: Dr. Chris Herrera, PhD, MBA

Email: [Christopher.Herrera@sulross.edu](mailto:Christopher.Herrera@sulross.edu) (Response time: 24hrs M-Thur; 48-72hrs Fri-Sun).

Please include course number, name, and A# in your emails.

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

Office Hours: M-T-W, 9-1pm; Thur & Fri by appointment only

**Required Textbook:**

Title: Nutrition for Health, Fitness, and Sport **11<sup>th</sup> edition**

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: [https://connect.mheducation.com/class/c-herrera-su-i-2020\\_kes-5312](https://connect.mheducation.com/class/c-herrera-su-i-2020_kes-5312)

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. ***Either 11<sup>th</sup> or 12<sup>th</sup> edition are fine for print copies.***

You will also need to access the SRSU Library to locate and download peer-review, scholarly articles. For assistance, [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.

## **DISTANCE EDUCATION STATEMENT**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website.

Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard or designated platform, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook.

Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

## **PROGRAM LEARNING OUTCOMES & MARKETABLE SKILLS**

This course is aligned with the following program learning outcomes & marketable skills:

**HHP Content Knowledge:** Students in the HHP program will demonstrate content knowledge in exercise physiology, nutrition, sports law, tests and measurements, research methods, motor learning, group dynamics and health and human behavior necessary for successful performance in their field.

**Critical Thinking/Problem Solving:** Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

**Oral/Written Communications:** Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.

## 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.

## TENTATIVE COURSE CALENDAR

Week	LearnSmart Chapters Q&A	Assessments
Week 1: May 20-24  <i>Group Collaborate Session Available</i>	LearnSmart Chapters 1-3	Discussion 1 / Assignment 1
Week 2: May 25-31	LearnSmart Chapters 4-6	Discussion 2 / Assignment 2 Quiz 1: Chapters 1-6
Week 3: June 1-7	LearnSmart Chapters 7-9	Discussion 3 / Assignment 3
Week 4: June 8-14	LearnSmart Chapters 10-11	Discussion 4 / Assignment 4 Quiz 2: Chapters 7-11
Week 5: June 15-21	LearnSmart Chapters 12-13  <i>Recommend review all previous work and final assignment</i>	Quiz 3: Chapters 12-13  <i>Recommend: Begin Final Assignment</i>
Week 5.5: June 22-26	<i>Recommend: Complete Final Project</i>  <i>***Recommend copy/save all discussions from yourself and others, and all submitted work so you can have this material for your COMP exam at the end of the program.</i>	Submit Final Project

## Methods of Evaluation (See next page '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	100	400	40%
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. LearnSmart readings must be completed by the due date for credit – no exceptions. All other 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.

### 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 *Friday in Week 8, 6/26/2020 at 11:59pm CST* 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>

## **COURSE REQUIREMENTS**

### 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.

### Discussions – 200pts total

-50 points each; 40 points for post / 5 points for each ‘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. Macronutrient aspects to sports nutrition-Week 3). Please only respond directly in the message area, no attachments unless requested.

‘Response’ = “Applied”

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 at least 100 words** and 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, an “applied” response would discuss the content in a new way – including but not limited to: adding to the discussion with further information you find (cite your source), describing application to sports, health or performance, as well as providing constructive criticism / a different viewpoint. Responses should be professional and 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).

Assignments-400 points total; 100 points per assignment

The assignments assigned will provide a real-world / practical application of the course content. There will be assignments throughout the semester that will focus on specific topics covered in the text. Assignments will be provided through the McGraw Hill Connect platform.

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.

HHP Virtual Classroom - Blackboard Collaborate

No points provided

Blackboard Collaborate is a virtual classroom that may be used during this course. Attendance is not required but it will provide students with an opportunity to interact in real-time with each other and/or the professor. Students can use this tool anytime using 'BB Collaborate Room' link; the same link can be used at a scheduled time with your professor (please email to setup a time; or a Zoom link may be used if preferred).

Notes

- Contact SRSU Blackboard support should you need technical assistance. See syllabus for contact info.

**PS!!!**

*Yes, students can use this video conferencing tool to connect and discuss course materials ANYTIME - it's here for you to use so make a friend and use it :)*

## **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

Our new 24/7 Blackboard online support desk and toll free hotline are set to debut next Monday, **May 18th, the Blackboard online support desk toll free number will go live and will be made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues.**

#### **SRSU 24/7 Blackboard Technical Support**

Online Support Desk Contact Info:

**Toll Free:** 888.837.6055

**Email:** blackboardsupport@sulross.edu

### 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.