



## **KINE 5312 – Advanced Human Nutrition – Summer 2025**

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**Associate Professor in Kinesiology**

**Preferred Method:**

**Email:** [Christopher.herrera@sulross.edu](mailto:Christopher.herrera@sulross.edu)

**\*\*\*Please include you're A# and KINE + course number in subject of ALL emails)**

**Office Hours:** By Virtual APPT – email to

**Office:** VIRTUAL

**Phone:** 432/837-8120 department office

**Class Meeting:** None / Asynchronous Web Course

**Required Textbook:** Nutrition for Health, Fitness, and Sport 12th edition Author: Williams  
Publisher: McGraw-Hill Education ISBN: 9781260258974

For this course you will be required to access McGraw-Hill Education Connect®. 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 gain Connect access. You can access Connect directly from the link in Week 1.

REMINDER: A print-upgrade option is available 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 use 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.

**STUDENT LEARNING OUTCOMES – “The student will...”**

- A. Understand the metabolism of foods and the role of nutrients in various tissues of the human body.
- B. 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. Be able to interpret food labels and grams/servings.
- D. Understand ACSM recommendations for energy nutrients.
- E. Understand the changes in body composition as a result of some dietary regimens.
- F. Critically evaluate the role of diet in the development and treatment of chronic diseases.

**EXPECTATION OF STUDENTS**

Students are responsible for keeping up with reading and SmartBook assignments by due dates. The assigned chapters and/or other posted readings must be completed in order to contribute to online discussions. Handouts distributed through Blackboard should be saved for reference during the course and later for comprehensive exams.

**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 GroupMe or 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.

**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 and acceptance.

**ALL COURSE REQUIREMENTS DEADLINE**

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' by Friday in Week 8 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.

## 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.

## METHODS OF EVALUATION

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Connect\Smartbook Chapter Readings	Varies	13	200	20%
Journals	15	4	60	6%
Discussion	60	4	240	24%
Assignments	100	4	400	40%
Course Project	100	1	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. In most cases, this means a 'B' or better in each class is considered satisfactory progress.*

## COURSE REQUIREMENTS

### Connect SmartBook

-200 points total; varies points per chapter

SmartBook 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.

### Journals

60pts total; 15pts each, 4 in total

These are unique student-centric activities that allow for application and reflection of course materials within a private learning environment with the professor. Students answer prompts and follow the instructions that are given.

### Discussions – 240pts total

-60 points each; 50 points for post / 5 points for each 'response'; 10pts total for responses

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 a 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 how the learning topics applies to the world around you – giving an application to sports, health or performance, as well as providing constructive criticism / a different viewpoint. **Using the phrase 'For example....' And sharing how the content relates to the world around you will be important.**

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 a reply. Title the subject of your response with your "Last name" and "response to Authors Last Name Week 3 post" (eg. Moody'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. Some assignments will be provided through the McGraw Hill Connect platform.

### Course Project-100 points total

This Course Project will require an 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.

**TENTATIVE COURSE CALENDAR**  
**Spring 2025**

Unit	Dates	Content	Due
1	Jul 7-13	<ul style="list-style-type: none"> <li>● SmartBook Ch. 1-3 <ul style="list-style-type: none"> <li>○ Ch 1 Nutr for Health, Fitness and Sports Performance</li> <li>○ Ch 2 Nutr for Fitness and Sport</li> <li>○ Ch 3 Human Energy</li> </ul> </li> <li>● SmartBook Ch. 4-6 <ul style="list-style-type: none"> <li>○ Ch 4 Carbohydrates</li> <li>○ Ch 5 Fat</li> <li>○ Ch 6 Protein</li> </ul> </li> </ul>	<p>Discussion #1</p> <p>Assignment #1</p> <p>Journal #1</p>
2	July 14-20	<ul style="list-style-type: none"> <li>● SmartBook Ch. 4-6 <ul style="list-style-type: none"> <li>○ Ch 4 Carbohydrates</li> <li>○ Ch 5 Fat</li> <li>○ Ch 6 Protein</li> </ul> </li> <li>● SmartBook Ch. 7-9 <ul style="list-style-type: none"> <li>○ Ch 7 Vitamins</li> <li>○ Ch 8 Minerals</li> <li>○ Ch 9 Water, Electrolytes, Temperature</li> </ul> </li> </ul>	<p>Discussion #2</p> <p>Assignment #2</p> <p>Journal #2</p>
3	July 21-27	<ul style="list-style-type: none"> <li>● SmartBook Ch. 7-9 <ul style="list-style-type: none"> <li>○ Ch 7 Vitamins</li> <li>○ Ch 8 Minerals</li> <li>○ Ch 9 Water, Electrolytes, Temperature</li> </ul> </li> <li>● SmartBook Ch. 10-11 <ul style="list-style-type: none"> <li>○ Ch 10 Body Wt. &amp; Composition</li> <li>○ Ch 11 Wt Management</li> </ul> </li> </ul>	<p>Discussion #3</p> <p>Assignment #3</p> <p>Journal #3</p>
4	Jul 28-3 Aug	<ul style="list-style-type: none"> <li>● SmartBook Ch. 12-13 <ul style="list-style-type: none"> <li>○ Ch 12 Wt Gain</li> <li>○ Ch 13 Supplements &amp; Ergogenic Aids</li> </ul> </li> <li>● Review Course Project Requirements</li> </ul>	<p>Discussion #4</p> <p>Assignment #4</p> <p>Journal #4</p>
5	Aug 4-13	<ul style="list-style-type: none"> <li>● Complete Course Project</li> </ul>	<p>Course Project Due</p>

## **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

There is a new 24/7 Blackboard online support desk and toll free hotline. The Blackboard online support desk toll free number is available to SRSU faculty and students to use 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](mailto: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.

### **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>