

# SUL ROSS | KINESIOLOGY DEPARTMENT

KINE 5312 – Advanced Human Nutrition – 2W1 Spring 2026

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Office Hours: By appointment

## REQUIRED TEXTBOOK

**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.

## GRADING

Component	Points / %
Connect Assignments (13 @ 50 pts)	650 (65%)
Final Exam	350 (35%)
Total	1000

## LATE WORK POLICY

**DR. RENSHAW ACCEPTS ABSOLUTELY NO LATE WORK. No exceptions.**

## **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, 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.

## **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

## **Academic Integrity Statement**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual,

prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. The Student Handbook can be found at: <https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01>

In addition, please note that plagiarism detection software will be used in this class for written assignments.

### **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

### **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

### **Libraries**

The Bryan Wildenthal Memorial Library in Alpine.

Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LobolD and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

### **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

### **ADA Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.