COURSE DESCRIPTION
This course is an introduction to the physiological, anatomical, and psychological aspects of nutrition in relation to human performance and optimal health. Special emphasis is placed on sport and fitness enhancement and achievement of peak training levels, through proper nutrient ingestion.

COURSE OBJECTIVES AND OUTCOMES
This course is designed to enable students to:
1. Identify and discuss the six essential nutrients and their roles in basic health and sport performance.
2. Identify and discuss nutritional factors related to common chronic pathologies of health and fitness.
3. Demonstrate an ability to design a nutritional plan for athletes in varied sports.
4. Identify and discuss ergogenic aids and supplements, and their role in sport performance.
5. Demonstrate a basic knowledge of current laws/regulations regarding the use of ergogenic aids/supplements.
6. Identify and discuss physiological and psychological factors involved in weight gain and weight loss, and the potential ramifications to athletic performance.
7. Demonstrate the ability to analyze nutrient content of individual foods, food groups, and meal plans.

MAJOR COURSE REQUIREMENTS
Evaluation and Grade Assignment
The methods of evaluation and the criteria for grade assignment are:
A. Methods and Percentage of Final Course Grade Each Assessment constitutes

<table>
<thead>
<tr>
<th>Assessment Type</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Learnsmart Assignments</td>
<td>40%</td>
</tr>
<tr>
<td>Discussions</td>
<td>15%</td>
</tr>
<tr>
<td>Tests</td>
<td>40%</td>
</tr>
<tr>
<td>Assignments</td>
<td>5%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
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Note: All written work must exhibit a college level of competency. Written work with three or more errors in any combination of spelling, grammar, punctuation, and/or capitalization is considered unacceptable and will receive a score of ZERO (0).

Learnsmart Assignments: Interactive activities will be given for each chapter’s reading. The purpose of these activities is to improve your content knowledge of each topic covered. These activities will consist primarily of multiple choice questions. All interactive activities will be
open on Monday at 12am during the week of the chapter listed on the course schedule. You have until 11:59pm on Sunday of that week to complete the activity. You will be given 25 minutes to complete each activity.

**Discussions:** There will be a required discussion related to most chapters throughout the course. You are required to post your own response to 2 discussion questions, as well as posting and interacting with at least 3 other students in the course regarding their responses. You will be graded on your response as well as the amount and quality of your interactions with other students. It should be meaningful engagement. All discussions will open on Monday at 12am during the week of the chapter listed on the course schedule. You have until 11:59 pm on Sunday of that week to complete the discussion.

**Tests:** Each test will cover information related to the readings, discussions, and assignments. Information concerning these exams is posted on the Blackboard course calendar. You should find them under “Assessments” on the Blackboard menu.

**Assignment:** You will log your food/fluid intake for 3 days using NutritionCalc Plus. Use the “All Daily Report” function save to your computer and upload to the 3-Day DiaryAssignment in Blackboard for credit.

**B. Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
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<tbody>
<tr>
<td>A</td>
<td>90 – 100</td>
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<tr>
<td>B</td>
<td>80 – 89</td>
</tr>
<tr>
<td>C</td>
<td>70 – 79</td>
</tr>
<tr>
<td>D</td>
<td>60 – 69</td>
</tr>
<tr>
<td>F</td>
<td>Below 59</td>
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</tbody>
</table>

“Students majoring in Kinesiology must complete ALL kinesiology courses (e.g. courses with a KINE or HLTH prefix) with a grade of “C” or better.” Undergraduate Catalog 2017-2018.

**REQUIRED OR RECOMMENDED READINGS**

**Textbook:** McGraw-Hill Connect® access card for: Williams, M., Rawson, E., & Branch, D. (2017). *Nutrition for health, fitness, and sport* (11th ed.). Blacklick, OH: McGraw-Hill. (The access card provides you with an electronic copy of the textbook as well as access to connect.mheducation.com to complete required online assignments.) You will need to register your account with the first assignment (Ch. 1) using the access card. If you do not have an access card, you will need to go to the McGraw-Hill website to gain access to the assignment.

**Recommended or Supplemental Reading:** The online access code above comes with an e-book version of the text. You may additionally purchase the textbook if you prefer to have a paper copy.
Website: The Website that accompanies and is coordinated with this course is Blackboard, which can be accessed at bb9.tamucc.edu. Because this course is 100% online, consistent attention to instructions and deadlines on Blackboard is critical to your success in this course. Blackboard is the means through which materials will be distributed and announcements will be made. Grades for assignments and examinations can also be found here. If I need to contact individual students, I will do so through your University email account. It is the student’s responsibility to check Blackboard AND University email account at least once daily!

List of Supplies: N/A

STATE ADOPTED PROFICIENCIES/TExES COMPETENCIES (COE)
N/A

COURSE POLICIES

Attendance
This class meets asynchronously online, meaning that due to everyone’s schedule we will be online at different times. Webex will be utilized to meet online, but only if needed.

Late work and Make-up Exams
Assignments are due the day they are scheduled to be due at the time they are scheduled. MAKE-UP EXAMS are given only under dire circumstances in which prior permission from the instructor is required.
Late work is not accepted and exams may not be made up. Failure to complete an assignment or exam by the deadline will automatically result in a score of ZERO (0) for that item. That being said, I recognize that there are many legitimate reasons that could potentially cause a student to miss an assignment, which is why I “drop” your lowest assignment grade at the end of the semester (See Section VI: Evaluation and Grade Assignment).

Academic Integrity/Plagiarism
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.
See the University Catalog for more information.

NOTE: Printing online tests and/or quizzes is strictly prohibited.

**Dropping a Class**
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

**Preferred methods of scholarly citations - APA Format**
https://owl.english.purdue.edu/owl/resource/560/01/

**Classroom/professional behavior**
Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

**Grade Appeals**
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

**Disabilities Accommodations**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides
comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116.
If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

**Statement of Civility**
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of gender, ethnic/racial origin, religious background, age, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated. [http://falcon.tamucc.edu/~students/JAffairs/ja_hndbk_academic_info.htm](http://falcon.tamucc.edu/~students/JAffairs/ja_hndbk_academic_info.htm)

**Statement of Academic Continuity**
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

**Course Schedule**
This is a tentative course outline that is subject to change throughout the semester. Actual dates for topics to be covered and corresponding readings, assignments, and assessments will be announced.

*Week 1:* Orientation/introduction/Ch. 1-2, interactive activities for each chapter  
*Week 2:* Chapters 3-4, interactive activities and discussions for each chapter  
*Week 3:* Chapters 5-7, interactive activities and discussions for each chapter,  
**Test #1 (Ch. 1-7)**  
*Week 4:* Chapters 8-11, interactive activities and discussion for each chapter  
*Week 5:* Chapters 12-13, interactive activities and discussion for each chapter,  
**Test #2 (Ch. 8-13)**

*Assignments and quizzes will deploy on Monday at midnight and will be due on Sunday night at 11:59pm.*

You have a one-week window in which to complete each assignment and exam in this course, however, you are highly encouraged to complete assignments and exams earlier in the week rather than later. When you wait until shortly before a deadline, you risk something happening that prevents you from successfully getting your work done on time.