



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE**  
**COURSE SYLLABUS: Fall 2024**  
**HHPH 333-01W: Nutrition for Health and Fitness**

**Instructor:** Rebecca Bridgefarmer, M.S., RDN, LD

**Office Location:** NHS 145

**Office Hours:**

- *Tuesday 9am-11:30am (Virtual – By Appointment Only)*
- *Wednesday 8:30am-11:00am*

**Office Phone:** 903.886.5549

**Office Fax:** N/A

**University Email Address:** Rebecca.Bridgefarmer@tamuc.edu

**Preferred Form of Communication:** e-mail

**Communication Response Time:** 24-48 hours

**REQUIRED TEXT:** Williams' Nutrition for Health, Fitness, and Sport 13<sup>th</sup> Edition; E. Rawson, J.D. Branch, R. Stephenson. You will be provided with the e-book within D2L. You do not need to purchase this text on your own, as the cost is included in the course fees.

**Course Description:** This course is designed to help students understand the importance of exercise and healthy eating habits presently and for a lifetime. Students will participate in a wide variety of exercise activities, as well as cook, and prepare healthy and delicious food. This course will enhance students' understanding of their fitness needs and guide them in making wise decisions to improve their health and wellness. Students will analyze and compare healthy food choices, as well as, analyze their health risk, fitness levels, nutritional habits, lifestyles and attitude toward wellness. A personal wellness plan will be developed and implemented by the students during this yearlong class. The individualized wellness plan accompanied with time spent working hands-on in the laboratory preparing nutritional food will help the students understand how exercise and health behavior management will assist them to attain personal goals.

### **Course Objectives**

At the end of this course the students will be able to:

1. Through self-evaluation of fitness levels, health habits including nutrition and exercise, attitudes toward wellness, and family health history, the effects of fitness choices and heredity on wellness can be determined.
2. Analyzing, preparing, and tasting healthy food choices will help promote healthy decision-making about food.
3. The decision-making skills necessary to promote physical, intellectual, emotional, and social wellness.
4. The relationship between good nutrition and physical fitness throughout the life cycle to promote a positive self-concept.
5. The relationship between health and safety and its impact in the quality of life.
6. Identify the components of a healthy physical fitness/nutrition program.
7. Identify resources and technological advances to enhance the quality of life, achieve personal goals and advance career choices.
8. How to evaluate their personal wellness and how it is important to set goals to improve or maintain their level of wellness, and develop and implement a long term plan to reach such goals.

## **Instructional Methods**

This course is 100% online, and information will be delivered through a combination of resources such as the e-book, **McGraw Hill Connect**, PowerPoints, supplementary multimedia content, or reading materials. Online quizzes, discussion boards, projects, and exam serve as assessment methods for this course.

## **McGraw Hill Connect**

You will be using Connect to complete many assignments in this course. Links will be provided within each module that will take you to these assignments. Please make sure you have created an account using your student email in order to access these assignments. Click on the following link for instructions on how to create an account with Connect.

[Student Registration for D2L Brightspace with Regular Deep Integration \(mhhe.com\)](http://mhhe.com)

## **Student Responsibilities or Tips for Success in the Course**

- **Communicate effectively:** Reach out via email with any questions or concerns as soon as they arise. Waiting until the last moment may result in the issue not being resolved appropriately.
- **Manage your time wisely:** Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.
- **Review all course materials:** assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

## **GRADING**

Final grades in this course will be based on the following scale:

### **Letter Grade / Point Value**

A	900-1000
B	800-899
C	700-799
D	600-699
F	0-599

## **ASSESSMENTS**

### **Chapter Readings:**

Students are expected to read the assigned chapters and review all material in the modules for that week.

## Assignment Point Values

Chapter Quizzes	13 x 15 points	195
Assignments	16 x 25 points	400
Project	2 x 85 points	170
Midterm	1 x 85 points	85
Exam	1 x 150 points	150
<b>Total Points</b>		1000

### Quizzes

Quizzes will consist of 10 questions each that cover material in the associated chapters for the week, and any additional resources provided in the module. The quizzes will be multiple choice, timed (30 minutes), and you will have 1 attempt. Please make sure to prepare for these quizzes by reviewing chapter material and all resources.

### Assignments

Assignments will be given each week, and will be submitted in D2L. Assignments could consist of discussion boards, essays, Connect, or other. All assignments will be due on Sunday of each week, at 11:59pm, except for the final Exam. Please see the schedule for Final Exam details.

### Project

There will be two projects in this course. The projects are due on Sunday of the assigned week at 11:59pm, and will be submitted in D2L.

### Midterm

The Midterm will be given half way through the course, and will cover the chapters covered up to that date. Please see the course calendar for additional details.

### Exam

The final exam will be on Friday, December 13<sup>th</sup>. This exam will be taken through D2L and will only be open for one day. The exam will cover chapters assigned after the midterm, and consist of 50 multiple choice, matching, or fill in the blank questions.

## LATE WORK POLICY

**Late work will not be accepted** unless accompanied by a documented medical reason. Please note that vacations are not excepted as a reason. The policy is implemented to maintain fairness, consistency, and academic integrity within the course. All projects, quizzes, and other course-related tasks are expected to be submitted by the due date outlined in the course calendar. Any submissions received after the specified due date will not be considered.

Students seeking to submit late work due to a medical reason must provide appropriate documentation, such as a medical certificate or note from a healthcare professional clearly outlining the nature and duration of the medical condition that prevented timely completion of the assignment. The document must be submitted within 1 week of the original due date, unless extenuating circumstances warrant an extension, as determined by the instructor on a case-by-case basis.

## AI USE POLICY

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

Students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements:

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support: [https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your instructor.

### Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### **University Specific Procedures**

#### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance For more information about the attendance policy please visit the Attendance webpage and Procedures 13.99.99.R0.01 <http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

#### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

#### **Graduate Student Academic Dishonesty Form**

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

#### **Students with Disabilities-- ADA Statement**

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 have a disability requiring an accommodation, please contact:

#### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148 Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu) Website: Office of Student Disability Resources and Services <http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



**Department or Accrediting Agency Required Content**

**COURSE OUTLINE / CALENDAR**

\*Subject to Change

<b>HHPH 333</b>		
<b>Fall 2024 Schedule</b>		
<b>Week</b>	<b>Topic</b>	<b>Assignments Due</b> (All assignments due Sunday's at 11:59pm unless noted otherwise)
<b>1</b> 8/26-9/1	Ch. 1 – Introduction to Nutrition for Health, Fitness, and Sport Performance	Assignments will be added upon start of course
<b>2</b> 9/2-9/8	Ch. 2 – Healthful Nutrition for Fitness and Sport	
<b>3</b> 9/9-9/15	Ch. 3 – Human Energy	
<b>4</b> 9/16-9/22	Ch. 4 – Carbohydrates: The Main Energy Food <b>Project 1</b>	
<b>5</b> 9/23-9/29	Ch. 5 – Fat: An Important Energy Source during Exercise	
<b>6</b> 9/30-10/6	Ch. 6 – Protein: The Tissue Builder	
<b>7</b> 10/7-10/13	Ch. 7 – Vitamins: Fat-soluble, Water-Soluble, and Vitamin-Like Compounds	
<b>8</b> 10/14-10/20	<b>Midterm</b>	
<b>9</b> 10/21-10/27	Ch. 8 – Minerals: The Inorganic Regulators	
<b>10</b> 10/28-11/3	Ch. 9 – Water, Electrolytes, and Temperature Regulation	
<b>11</b> 11/4-11/10	Ch. 10 – Body Weight and Composition for health and Sport	
<b>12</b> 11/11-11/17	Ch. 10 - Continued <b>Project 2</b>	
<b>13</b> 11/18-11/24	Ch. 11 – Weight Maintenance and Loss through Proper Nutrition and Exercise	
<b>14</b> 11/25-11/27	Ch. 12 – Gaining Lean Body Mass through Proper Nutrition and Exercise	
<b>15</b> 12/2-12/8	Ch. 13 – Nutritional Supplements and Ergogenic Aids	
<b>16</b> 12/9-12/13	<b>Finals Week</b>	