



## **HHPH, 333, 01W, NUTRITION FOR HEALTH AND FITNESS**

COURSE SYLLABUS: FALL 2025  
WEB BASED

### **INSTRUCTOR INFORMATION**

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD  
Office Location: NHS 134  
Office Hours: M: 11-12; TR 10:30-12:30; Virtual By Appointment  
Office Phone: 903-866-5549  
University Email Address: [kaylie.campbell@etamu.edu](mailto:kaylie.campbell@etamu.edu)  
Preferred Form of Communication: **Email**  
Communication Response Time: 24-48 hours

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Williams' Nutrition for Health, Fitness, and Sport 13th 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, lifestyle 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.

*The syllabus/schedule are subject to change.*

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

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.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

**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.

<https://video.mhhe.com/watch/vjUamLCTLAE2R3GxPkHUUC>

### **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.

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

- Stay up-to-date with announcements and content of the course via D2L. I recommend downloading the pulse app or turning on notifications for any courses updates/changes.
- Read the textbook and others course materials as assigned.
- Demonstrate knowledge of material covered in class through assignments, discussion and in class participation.

*The syllabus/schedule are subject to change.*

- Complete assignments and exams on scheduled dates and time deadlines.
- Use critical thinking skills by independently gathering information and then developing your own opinion.

### **Late Assignments**

Please see syllabus for due dates on all assignments. **Late assignments will lose one letter grade (10%) per day late.** One day begins at Midnight (12AM) and continues to 11:59PM. (For example: if the assignment is due Sunday at 11:59PM and you turn it in at 12:01AM Monday morning it will be deducted 10%; if you turn it in Tuesday it will be deducted 20%). Highly recommended that students do not wait until the last minute to complete assignments, discussion boards or exams. Communication is important! If you have questions, concerns, are struggling with understanding material, will be missing class, etc. please notify the instructor.

## **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

Student's academic progress will be evaluated by the following assignments.

### **Assessments**

#### **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
Final Exam	1 x 150 points	150
<b>Total Points</b>		<b>100</b>

### **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.

*The syllabus/schedule are subject to change.*

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 12th . 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.

## **LMS**

All course sections offered by East Texas A&M 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)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## **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@etamu.edu](mailto:helpdesk@etamu.edu).

*The syllabus/schedule are subject to change.*

**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 ETAMU 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>

### **Interaction with Instructor Statement**

Students can expect a response to email messages and/or phone calls within 24-48 hours from the time that your communication was sent. Communication may be slower on weekends and can expect a response by the next business day. All assignments will be graded and grades posted in a timely manner. Office hours are posted in office (NHS 134) window.

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

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

**Electronic Devices & Acceptable Use Policy:** Research indicates student performance is significantly (negatively) correlated with cell phone use. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the professor. It is also considered extremely disrespectful and unprofessional in a classroom or work setting. Cell phones should be silenced and put away upon entry into the classroom. (This means out of reach, like in your backpack or off your desk; NOT in your lap, pocket, purse, or other place where you try to hide its' use.) Excessive texting in the classroom will NOT be tolerated.

**Religious observations:** Any student in this course who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor at the beginning of the semester to discuss alternative accommodations.

*The syllabus/schedule are subject to change.*

## **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>

### **ETAMU Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 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 East Texas A&M 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>

*The syllabus/schedule are subject to change.*

East Texas A&M 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).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, 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.

### **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**

East Texas A&M University

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/)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

East Texas A&M University 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.

*The syllabus/schedule are subject to change.*

## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University 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 East Texas A&M 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 East Texas A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## **East Texas A&M Supports Students' Mental Health**

### **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**

*The syllabus/schedule are subject to change.*



<b>Week</b>	<b>Date</b>	<b>Chapter</b>	<b>Assignment Due</b> All Assignments below are due by 11:59PM CST on Sunday!
1	8/25	Ch. 1 – Introduction to Nutrition for Health, Fitness and Sport Performance	<b>Other Assignments to be posted in D2L upon start of course.</b>
2	9/1	Ch. 2 – Healthful Nutrition for Fitness and Sport	
3	9/8	Ch. – Human Energy	
4	9/15	Ch. 4 – Carbohydrates	<b>Project 1</b>
5	9/22	Ch. 5 – Fat	
6	9/29	Ch. 6 – Protein	
7	10/6	Ch. 7 - Vitamins	
8	10/13	<b>Midterm</b>	
9	10/20	Ch. 8 - Minerals	
10	10/27	Ch. 9 – Water, Electrolytes and Temperature Regulation	
11	11/3	Ch. 10 – Body Weight and Composition for Health and Sport	
12	11/10	Ch. 10 – Continued	<b>Project 2</b>
13	11/17	Ch. 11 – Weight Maintenance and Loss through Proper Nutrition and Exercise	
14	11/24	Ch. 12 – Gaining Lean Body Mass through Proper Nutrition and Exercise	

*The syllabus/schedule are subject to change.*

15	12/1	Ch. 13 – Nutritional Supplements and Ergogenic Aids	
16		<b>Final Exam</b>	

*The syllabus/schedule are subject to change.*