HHPH, 336, 01E, NUTRITIONAL PHYSIOLOGY

COURSE SYLLABUS: FALL 2025
TR 12:30-1:45PM; NHS 161

INSTRUCTOR INFORMATION

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD
Office Location: NHS 134
Office Hours: M: 11-12; TR: 10:30-12:30
Office Phone: 903-866-5549
University Email Address: 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: Biochemical, Physiological, and Molecular Aspects of Human Nutrition (2018), 4th Edition, Martha H. Stipanuk & Marie A. Caudill, ISBN: 9780323441810

Note: If you opted out of Inclusive Access when registering for the course you will need to purchase e-text with Connect access to complete coursework. Reach out to your instructor if you have issues purchasing or accessing the text.

Course Description

This course expands on foundational nutritional concepts of physiological and metabolic processes involved in processing nutrients. Topics range from gaining understanding of the organs involved in digestion, to the biochemical processes that transform nutrients for cellular utilization. The course discusses nomenclature methodology for major macronutrients. This course introduces students to pathophysiological pathways of metabolism and nutritional interactions. The student learns to interpret data,

incorporate knowledge into practical applications, and make inferences regarding the cause-and-effect relationships within nutrition.

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

1. Describe the anatomical and biochemical process of nutrient intake and processing
2. Describe, write, and apply the nomenclature methods for carbohydrates, lipids, and proteins
3. Develop an understanding of the chemical and physical principles that unite all life forms, and of biological organization at the molecular, cellular, tissue, organ, organism and system levels.
4. Describe and discuss the specific cellular mechanisms, biochemical reactions, and interactions within organ systems for carbohydrates, lipids, and proteins.
5. List and describe the role of macronutrients within physiological systems of growth, development, and energy management.
6. List and describe the role of micronutrients within physiological systems of growth, development, and energy management.

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.

Instructional Methods

We will review foundational nutritional concepts of physiological and metabolic processes involved in processing nutrients through lecture, in-class activities (discussion), assignments and exams.

Student Responsibilities or Tips for Success in the Course

This is a college level course requiring students to be disciplined, self-motivated, and good managers of their time. This 3-hour credit course and **can require up to nine hours of commitment each week**. Time will be spent reading course materials, responding to discussions and completing assignments.

Please see syllabus for due dates on all assignments. **LATE WORK WILL RECEIVE A 10% DEDUCTION FOR EACH DAY AFTER THE DUE DATE. Exceptions are made for university approved excuses.** Communication is important! If you have questions, concerns, are struggling with understanding material, will be missing class, require an extension, etc. please notify the instructor. Students are highly encouraged to not wait until the last minute to complete assignments, discussion boards or exams.

The *syllabus/schedule are subject to change.*

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GRADING

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

A = 90%-100%
B = 80%-89%
C = 70%-79%
D = 60%-69%
F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.
Example:

Quizzes	20%
Projects	25%
Exams	25%
Final Exam	25%
Attendance/Participation	5%
TOTAL	100%

Assessments

Attendance and Participation (5%)
Students are expected to attend all regularly scheduled classes. If a student has a religious, athletic or medical conflict, the student must acquire proper approval to miss class.

Quizzes (20%)
Weekly quizzes measure comprehension of class topics and aid students in preparing for exams.

Projects (25%)
Projects allow students to engage in active learning and develop knowledge about specialized topics unique to their sport or area of interest.

- **Build a Protein Model**
- **Krebs (TCA) Cycle Poster**
- **Pick a Literature Review Topic – Begin Literature Review Process to be expanded on in Advanced Nutrition I & II.**

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KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

In-Class Exams (25%)
There are three 75-minute exams administered during class throughout the semester. The dates for in-class exams are set, and there are no make-up exams. The exams are not cumulative; they will cover only the material presented since the last exam. Materials from class lecture as well as any additional assigned reading are covered on exams.

Final Exam (25%)
The cumulative final exam is administered on the last day of class. Although the final is cumulative, only topics covered in the review session will be included on the final exam.

KRDN 1.3 Apply critical thinking skills.

TECHNOLOGY REQUIREMENTS

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

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**.**

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.

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

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

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
Website: Office of Student Disability Resources and Services
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.

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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.

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Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

DATE	AREA OF FOCUS	ASSIGNMENTS DUE BY SUNDAY @11:59PM unless otherwise stated
Week ONE: 8/26 & 8/28	Nutrients: History and Definitions	Quiz # 1
Week TWO: 9/2 & 9/4	Guidelines for Food and Nutrient Intake	Quiz # 2
Week THREE: 9/9 & 9/11	Structure, Nomenclature, and Properties of Carbohydrates	Quiz # 3 Pick Lit Review Topic
Week FOUR: 9/16 & 9/18	Structure, Nomenclature, and Properties of Lipids	Quiz # 4
Week FIVE: 9/23 & 9/25	Structure, Nomenclature, and Properties of Proteins and Amino Acids	Quiz # 5
Week SIX: 9/30 & 10/2	Exam 1 – Unit 1 – Nutrient Intake and Nomenclature Overview of Digestion and Absorption	Quiz # 6
Week SEVEN: 10/7 & 10/9	Digestion and Absorption of Carbohydrates	Quiz # 7 Lit Review Draft/Begin Presentations
Week EIGHT: 10/14 & 10/16	Digestion and Absorption of Lipids	Quiz # 8
Week NINE: 10/21 & 10/23	Digestion and Absorption of Protein	Quiz # 9 Protein Model

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Week TEN: 10/28 & 10/30	Exam 2 - Digestion Central Aspects of Macronutrient Metabolism	Quiz # 10
Week ELEVEN: 11/4 & 11/6	Overview of the Regulation of Macronutrient Metabolism	Quiz # 11
Week TWELVE: 11/11 & 11/13	Overview of the Regulation of Micronutrient Metabolism	Quiz # 12 Krebs Cycle Poster
Week THIRTEEN: 11/18 & 11/20	Overview of Pathophysiological Disease Patterns in Nutrition	Quiz #12
Week FOURTEEN: 11/25	Exam 3 – Macro and Micronutrients	Lit Review Paper and Presentation
Week FIFTEEN: 12/2 & 12/4	Project Presentations	
THURSDAY 12/11 @ 10:30AM	**Final Exam**	

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