HHPH, 334, 01W, NUTRITION THROUGH THE LIFE CYCLE
WEB BASED
COURSE SYLLABUS: SPRING 2026

INSTRUCTOR INFORMATION

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD
Office Location: Virtual
Office Hours: By Appointment
Office Phone: 908.866.5549
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:
Brown, Judith E. (2020). Nutrition Through the Life Cycle (7th Edition.) Cengage
Learning. ISBN: 978-1337919333

Course Description

This course covers the nutritional needs and concerns throughout the life cycle beginning from preconception through the aging process. Emphasizes the role of nutrition in normal growth and development and methods/interventions for ensuring adequate nutrition throughout the life span. Analysis and methods of nutritional assessment for nutrition-related problems for each stage of the life cycle. Discussion of cultural, environmental, economic factors affecting nutritional status throughout the life cycle.

The *syllabus/schedule are subject to change.*

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

1. Describe how nutrition affects growth and development and the physiological basis of nutritional requirements throughout the life cycle.
2. Identify eating patterns, nutritional problems and selected chronic diseases characteristic of age groups throughout the life cycle.
3. Provide examples of how nutrient needs change during the life cycle and how nutritional status at one stage during the cycle can influence health status during another.
4. Determine nutrient requirements through the life cycle and identify strategies to meet those needs at each stage of the life cycle.
5. Discuss factors affecting the health of the community and identify public food and nutrition programs.
6. Demonstrate an analysis of a nutrition related problem and identify solutions.
7. Describe the steps of the nutrition care process and identify the basic components of nutritional assessment throughout the life cycle.

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 nutritional topics and the role of nutrition during the life cycle and the conditions or concerns that may arise throughout the life cycle. Activities include discussions of timely topics, application of knowledge through quizzes and exams, case studies and a project involving a literature review and presentation.

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. Some weeks may require less. Time will be spent reading course materials and completing assignments. It is expected that you read the material we are covering in class that day prior to arriving so you are prepared and ready to discuss in class.

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 assigned word. Communication is important! If you have questions, concerns,

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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:

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:

Attendance/Participation	10%
Quizzes	10%
Case Studies	15%
Literature Review and Presentation	25%
Exams	40%
TOTAL	100%

Assessments

Participation (10%)
Students are expected to login and engage within the course. Weekly quizzes, discussions, assignments and other course activities will be assigned throughout the semester. Timely submission of work and regular participation within the course will be evaluated.

Quizzes (9 Quizzes = 10%)
There will be 9 quizzes given throughout the course semester with the purpose to have you continuously review the material and to serve as a review resource for exams. Each will be worth 5 points. The lowest scoring quiz will be dropped. The lecture content in which the quizzes will cover are provided in the course schedule.

Case Studies (8 Case Studies)
At the end of each module students will complete a case study from chapter reading. The case study will help students to remember content covered in the chapter readings and apply them to a scenario. Students will choose 1 case study out of the chapter reading or choose a topic taken from a real-life scenario they may have encountered.

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Answer the questions in the chapter case study to write a 1 page response in paragraph form. Rubric for case study grading will be provided in D2L.

Project Report and Presentation (25%)
Students will explore a population and nutrition related concern of their choice within the life cycle. They will identify and analyze current research related to their selected topic and population then propose a program/intervention/solution to address the issue. The project will be completed in two main parts: Written Report and Presentation. Further details will be provided in the course calendar and D2L.

Exams (3 Exams = 40%)
You will take 3 exams over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. Check your course calendar for exam dates. The purpose of the exams are to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing about a variety of nutritional topics, and issues related to them.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University 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@tamuc.edu.

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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. All assignments will be graded and grades posted in a timely manner. Office hours are posted by my office door and announced at the beginning of the semester. Also see instructor information at the beginning of syllabus.

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.

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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 University 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 University 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 University 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 University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

East Texas A&M University Supports Students' Mental Health

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit **www.tamuc.edu/counsel**

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

Module	Week	Date	Chapter	Assignment Due All Assignments below are due by 11:59PM CST on the dates below!
1	1	1/12-1/18	Syllabus Review, Expectations, Introductions Ch. 1 Nutrition Basics	**Syllabus Quiz**
	2	1/20-1/25	Ch. 2 – Preconception Nutrition Ch. 3 – Preconception – Conditions and Interventions	**Quiz # 1** **Case Study #1**
	3	1/26-2/1	Ch. 4 – Nutrition During Pregnancy	**Project Topic Selection**
	4	2/2-2/8	Ch. 5 – Pregnancy – Conditions and Interventions	**Quiz #2** **Case Study #2**
	5	2/9-2/15	Ch. 6 – Nutrition During Lactation Ch. 7 – Lactation – Conditions and Interventions	**Quiz #3** **Case Study #3**
	6	2/16-2/22	Ch. 8 – Infant Nutrition	**Exam 1 (Ch. 2-7)**
2	7	2/23-3/1	Ch. 9 – Infant – Conditions and Interventions	**Quiz #4** **Case Study #4**
	8	3/2-3/8	Ch. 10 – Toddler and Preschooler Nutrition	**Food Textures Assignment**
	9		**SPRING BREAK**	
	10	3/16-3/22	Ch. 11 – Toddler and Preschooler – Conditions and Interventions	**Quiz #5** **Case Study #5**
	11	3/23-3/29	Ch. 12 – Child and Preadolescent Nutrition	**Project Part 1 – Written Report**
3	12	3/30-4/5	Ch. 13 – Child and Preadolescent – Conditions and Interventions	**Quiz #6** **Case Study #6**
	13	4/6-4/12	Ch. 14 – Adolescent Nutrition Ch. 15 – Adolescent – Conditions and Interventions	**Quiz #7** **Case Study #7** **Exam 2 (Ch. 8-13)**
	14	4/13-4/19	Ch. 16 – Adult Nutrition Ch. 17 – Adults – Conditions and Interventions	**Quiz #8** **Case Study #8**
	15	4/20-4/26	Ch. 18 Nutrition and Older Adults Ch. 19 Older Adults – Conditions and Interventions	**Quiz #9** **Case Study #9**

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	16	4/27-5/3	Presentations	**Project Part 2 - Presentation Modified Mobility Assignment**
	17	5/8	**EXAM 3 (Ch. 14-19)**	

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