



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE  
COURSE SYLLABUS: SUMMER II 2026 (7/6/2026-8/6/26)  
HHPH 330-01W: Sports Nutrition (WEB)**

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

**Office Location:** NHS 134

**Office Hours:**

- *(Virtual by appointment only)*

**Office Phone:** 903.886.5549

**Office Fax:** N/A

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

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

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

**Communication:** If you have a question regarding the course or course materials, please email me OR use the “class questions” discussion board. When you email, please include your name and the course you are referring to so that I can quickly access your assignment(s) and respond.

## **COURSE INFORMATION**

### **Materials – Textbooks, Readings, Supplementary Readings**

Textbook(s) Required: Sports Nutrition 4<sup>th</sup> Ed. (2024). Authors: Asker Jeukendrup; Michael Gleeson. You will be provided with the link to the textbook within the “e-book” module in the D2L course.

### **Course Description**

This nutrition course introduces you to the relationship of food, its nutrients, and other components to health and human performance. Topics covered include the biological functions and food sources of each nutrient; nutrition guidelines; digestion and absorption of nutrients; nutrition throughout the lifecycle; food safety and technology; energy balance and weight management; and physical activity/athletic performance.

### **Student Learning Outcomes:**

By the end of the course, the successful student should be able to:

- Explain how the body utilizes different fuel sources during exercise and how intensity and duration influence substrate use.
- Calculate total energy needs for athletes and evaluate how energy balance impacts performance and recovery.
- Describe the processes of digestion and absorption and explain how they affect nutrient availability for exercise.

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- Analyze the role of carbohydrates in athletic performance and determine appropriate intake strategies for different types of training.
- Explain the role of dietary fats in energy production and overall health, and evaluate fat intake recommendations for athletes.
- Assess protein needs for athletes and design strategies to support muscle repair, growth, and recovery.
- Evaluate hydration status and develop fluid and electrolyte replacement strategies for various environmental and training conditions.
- Examine the role of vitamins and minerals in energy metabolism and performance, and identify risks of deficiency or excess in athletes.
- Critically evaluate dietary supplements for safety, effectiveness, and regulatory considerations in sports nutrition.
- Assess body composition and explain how nutrition and training adaptations influence performance outcomes.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.
2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties
3. Ability to use the learning management system, McGraw Hill Connect, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing, and navigating sites like YouTube
4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments
5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.
6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

### **Instructional Methods**

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

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### 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

Assignment	Quantity	Points	Total
Orientation Assignments	2	25	50
Quiz	4	75	300
Assignments	4	75	300
Project	1	150	150
Final Exam	1	200	200
<b>Total Points</b>			1000

### Possible Assignments in this Course

#### Discussion Board

Discussion boards serve as virtual forums for students to engage in thoughtful discourse on course topics. Active participation in discussion boards cultivates a collaborative learning environment, promotes deeper understanding of course concepts, and enhances critical thinking skills. Please see the following discussion board requirements:

- Student response to the prompt given (200 word minimum): 45 points
- First substantive student response to peer (100 word minimum): 15 points
- Second substantive student response to peer (100 word minimum): 15 points

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A substantive peer response on a discussion board demonstrates critical engagement with a peer's post by offering meaningful insights, thoughtful reflections, or constructive feedback. It goes beyond mere agreement or acknowledgment and contributes to the ongoing conversation by adding new perspectives, asking probing questions, or presenting additional evidence or examples. See below for an example of a substantive peer response.

**Example of an **INAPPROPRIATE** peer response:**

"Great post. I really liked it and agree with everything you said. I think it's cool that you said the heart beats 60 times per minute. Very thoughtful and insightful post!"

**Example of an **APPROPRIATE** peer response:**

"John,

Thanks for a thorough description of the anatomy of the heart! I did not realize that 60 beats per hour was normal. I have a smartwatch and I'm usually over 70 while at rest, and I thought that was too high. I also learned in A&P that if the beats per minute were too low, that is referred to as bradycardia, and if too high, tachycardia. I appreciate your recommendation on how to determine your ideal heart rate for exercise, as I exercise a lot and would like to learn more about heart rates and metabolism. I'm now curious if there are maximum heart rates that are recommended before posing any health concerns."

### **Quizzes**

Each week you will be given a quiz that covers information in the chapters assigned for that week. The quizzes will consist of 25 questions. Please review all module materials and resources before attempting each quiz.

### **Case Studies**

A case study presents a real-life or hypothetical scenario focused on nutrition and health. It includes detailed background information, a description of the problem or challenge, and relevant data (such as dietary patterns, clinical markers, and lifestyle factors). Students analyze the situation, identify key issues, apply evidence-based nutrition principles, and propose practical solutions or interventions.

### **Project**

There will be one project in this course. The project is due on Sunday of the assigned week at 11:59pm and will be submitted in D2L.

### **Final Exam**

The final exam will be during the last week of the course. The exam will be administered via D2L, and will include questions from each chapter. Please see the syllabus for the final exam date.

### **Extra Credit**

Extra credit is not guaranteed in this course. Occasionally, opportunities may arise throughout the semester, but they will only be offered at the instructor's discretion. To be eligible for any extra credit, students must be in good standing and have no more than 1 zero for previous assignments. These opportunities are designed to enhance learning, not to replace missing work, so staying up to date with course materials and deadlines is essential.

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## **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. When possible, please reach out to the instructor **BEFORE** the due date to discuss options.

## **ETAMU AI USE POLICY**

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).

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

## **BRIDGEFARMER AI USE POLICY**

If the use of AI is suspected, the instructor reserves the right to withhold grading until the student provides supporting documentation. This may include resources used, an explanation of how the assignment was completed, or any other relevant materials to verify the originality of the work.

If the instructor has reason to believe that an assignment was completed using AI in violation of the above ETAMU policy, the student will be required to attend a meeting, either in person or via Zoom, to verbally defend their work without the aid of the submitted assignment. The meeting will allow the students to demonstrate their understanding of the material and their ability to discuss the assignment topic independently. Failure to adequately explain or justify the work may result in a grade penalty or further academic action, in accordance with the university's academic integrity policy.

## **TECHNOLOGY REQUIREMENTS**

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## **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](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.etamu.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.etamu.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@etamu.edu](mailto: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, an 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>

## **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**

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## **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.etamu.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 Procedures 13.99.99.R0.01

<http://www.etamu.edu/admissions/registrar/generalInformation/attendance.aspx>

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

## **Graduate Student Academic Dishonesty Form**

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

<http://www.etamu.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 Service**

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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@etamu.edu Website: Office of Student Disability Resources and Services  
<http://www.etamu.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.

### **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 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.etamu.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 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.



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**Department or Accrediting Agency Required Content**

**COURSE OUTLINE / CALENDAR**

\*Subject to Change

<b>HHPH 330 Summer II 2026 Schedule</b>		
<b>Week</b>	<b>Chapters Covered</b>	<b>Assignments Due</b> (All assignments due Sunday's at 11:59pm unless noted otherwise)
<b>1</b> 7/6-7/12	<ul style="list-style-type: none"><li>• Ch 3 Fuel Sources for Muscle and Exercise Metabolism</li><li>• Ch 4 Energy</li><li>• Ch 5 Digestion and Absorption</li></ul>	
<b>2</b> 7/13-7/19	<ul style="list-style-type: none"><li>• Ch 6 Carbohydrates</li><li>• Ch 7 Fat</li><li>• Ch 8 Protein</li></ul>	
<b>3</b> 7/20-7/26	<ul style="list-style-type: none"><li>• Ch 9 Fluid and Electrolytes</li><li>• Ch 10 Vitamins and Minerals</li><li>• Ch 11 Supplements</li></ul>	
<b>4</b> 7/27-8/2	<ul style="list-style-type: none"><li>• Ch 12 Nutrition and Training Adaptations</li><li>• Ch 14 Body Composition</li></ul>	
<b>5</b> 8/3-8/6		<b>FINAL EXAM</b>

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