



## **NUTR 333 – Nutrition for Health COURSE SYLLABUS: FALL 2026**

### **INSTRUCTOR INFORMATION**

Instructor: Dr. Choongsung Yoo  
Office Location: NHS 138  
Email Address: [choongsung.yoo@etamu.edu](mailto:choongsung.yoo@etamu.edu)  
Office Hours: Monday and Wednesday 10-11am, or by appointment

### **Course Meeting Information**

Meets 8/20/2026 through 12/11/2026  
Web-Based Class  
Campus: Main

### **Course Information**

- Required: Williams' Nutrition for Health, Fitness, and Sport. 13th Edition. Jones & Bartlett Learning. Available through Inclusive Access.
- Additional Readings: Evidence-based articles, multimedia resources, and supplemental materials will be assigned throughout the semester and posted in D2L.
- Course Materials: Lecture slides, recorded lectures, weekly learning modules, assignments, and course announcements will be available through D2L Brightspace.

## Course Description

This course is designed to help students understand the role of nutrition in promoting health, physical activity, and lifelong wellness. Students will examine the scientific principles of human nutrition, nutrient metabolism, energy balance, weight management, and the relationship between nutrition and chronic disease. Emphasis is placed on evaluating nutrition information using evidence-based guidelines, analyzing dietary habits, comparing healthy food choices, and applying nutrition principles to support healthy lifestyles and physical performance. Throughout the course, students will develop the knowledge and critical thinking skills necessary to make informed nutrition decisions for themselves and others.

Prerequisites: None.

## Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Explain the fundamental principles of human nutrition and the role of nutrients in supporting health, physical activity, and overall wellness.
2. Evaluate dietary habits, food choices, and nutrition-related behaviors using evidence-based nutrition principles.
3. Describe the relationships among nutrition, energy metabolism, body composition, weight management, and physical performance.
4. Apply current dietary guidelines and nutrition recommendations to promote health and reduce the risk of chronic disease.
5. Critically evaluate nutrition information, dietary supplements, and nutrition-related claims using scientific evidence.
6. Develop practical nutrition strategies that support healthy lifestyles across the lifespan and for physically active individuals.
7. Utilize reliable nutrition resources and current technologies to locate, interpret, and communicate evidence-based nutrition information.

## COURSE REQUIREMENTS

### Minimal Technical Skills Needed

Students are expected to demonstrate proficiency with the following technologies:

- Accessing and navigating the D2L Learning Management System.
- Creating and submitting assignments using Microsoft Word, PowerPoint, and Excel.
- Accessing and reviewing course materials in Adobe Acrobat PDF format.
- Accessing online learning modules, recorded lectures, and supplemental multimedia resources.
- Participating in electronic communication through university email and D2L.

## Instructional Methods

This course is delivered entirely online through D2L Brightspace. Weekly learning modules may include recorded lectures, textbook readings, PowerPoint presentations, supplemental multimedia resources, evidence-based articles, and applied learning activities. Online assignments, discussions, case analyses, reflections, and examinations will be used to reinforce learning and assess student achievement.

Weekly modules will generally open on Mondays and remain available throughout the week. Unless otherwise specified, weekly activities are due by Sunday at 11:59 PM (Central Time).

## Student Responsibilities

- Stay up to date with weekly modules, announcements, and course content posted in D2L.
- Watch recorded lectures and complete assigned readings prior to completing weekly activities.
- Demonstrate understanding of course concepts through discussions, assignments, case analyses, and other online learning activities.
- Complete all assignments and examinations by the posted deadlines.
- Apply critical thinking and evidence-based reasoning when evaluating nutrition information and dietary recommendations.
- Communicate professionally and participate actively in all online course activities.

## Grading Scale

A = 90–100%

B = 80–89%

C = 70–79%

D = 60–69%

F = 59% or below

| Assessment          | Percentage |
|---------------------|------------|
| Weekly Activity     | 30%        |
| Midterm Examination | 35%        |
| Final Examination   | 35%        |

| Assessment   | Percentage  |
|--------------|-------------|
| <b>Total</b> | <b>100%</b> |

## Assessments

### Exams

There will be two major examinations in this course.

The Midterm Examination will cover Chapters 1–6.

The Final Examination will cover Chapters 7–13.

Examinations may include material from recorded lectures, assigned textbook readings, supplemental learning resources, weekly learning activities, and other course materials provided through D2L.

Recorded lectures are designed to emphasize key concepts, clarify challenging material, and provide practical examples and applications. Lectures may not cover every topic presented in the assigned textbook chapters. Students are responsible for completing the assigned readings, and examination questions may be drawn from both the textbook and the course materials provided through D2L.

### Assignments (Weekly Activities)

Students will complete 14 weekly learning activities throughout the semester, including 1 orientation activity and 13 chapter-based activities. Collectively, Weekly Learning Activities represent **30% of the final course grade**, and unless otherwise indicated, all activities will be weighted equally.

Weekly activities are designed to reinforce course concepts and promote the practical application of evidence-based nutrition principles. Depending on the topic, activities may include quizzes, case studies, nutrition calculations, food label analyses, dietary assessments, current-event discussions, evidence summaries, reflections, and other applied learning exercises. Some activities may also involve collaborating with classmates and submitting an individual or group summary based on discussion.

Detailed instructions, grading criteria, and submission deadlines will be provided through D2L.

### Engagement/Participation

Successful completion of this online course requires consistent participation in weekly learning modules.

Each module will generally include recorded voice-over PowerPoint lectures, assigned textbook readings, weekly learning activities, and supplemental learning resources designed to enhance understanding of course concepts.

Students are expected to complete all weekly activities by the posted deadlines and actively engage with course materials throughout the semester.

Specific instructions and grading criteria for all activities will be provided through D2L.

### Extra Credit

There may be extra credit opportunities during the semester. Extra credit is capped at 4% of the total course grade. No individual extra credit opportunities will be provided at the end of the semester.

### Tentative Course Schedule

| Week | Module Opens | Topic                                                                            | Assessment (Due Sunday) |
|------|--------------|----------------------------------------------------------------------------------|-------------------------|
| 0    | Aug 20 (Thu) | Course Introduction, Syllabus, D2L Orientation                                   | Orientation Activity    |
| 1    | Aug 24       | Chapter 1. Introduction to Nutrition for Health, Fitness, and Sports Performance | Weekly Activity         |
| 2    | Aug 31       | Chapter 2. Healthful Nutrition for Fitness and Sport                             | Weekly Activity         |
| 3    | Sep 7        | Chapter 3. Human Energy                                                          | Weekly Activity         |
| 4    | Sep 14       | Chapter 4. Carbohydrates                                                         | Weekly Activity         |
| 5    | Sep 21       | Chapter 5. Fat                                                                   | Weekly Activity         |
| 6    | Sep 28       | Chapter 6. Protein                                                               | Weekly Activity         |
| 7    | Oct 5        | Midterm Exam (Chapters 1–6)                                                      |                         |
| 8    | Oct 12       | Chapter 7. Vitamins                                                              | Weekly Activity         |
| 9    | Oct 19       | Chapter 8. Minerals                                                              | Weekly Activity         |
| 10   | Oct 26       | Chapter 9. Water & Electrolytes                                                  | Weekly Activity         |
| 11   | Nov 2        | Chapter 10. Body Weight and Composition                                          | Weekly Activity         |
| 12   | Nov 9        | Chapter 11. Weight Management                                                    | Weekly Activity         |
| 13   | Nov 16       | Chapter 12. Gaining Lean Body Mass                                               | Weekly Activity         |
| 14   | Nov 23       | Thanksgiving Holiday                                                             | No module               |
| 15   | Nov 30       | Chapter 13. Nutritional Supplements and Ergogenic Aids                           | Weekly Activity         |
| 16   | Dec 7        | Final Exam (Chapters 7–13)                                                       |                         |

## 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 (D2L Brightspace). Course materials, grades, announcements, and assignment submissions will be managed through D2L.

#### LMS Requirements:

<https://community.d2l.com/brightspace/kb/articles/1477-browser-support>

#### Browser Support:

<https://community.d2l.com/brightspace/kb/articles/1779-browser-support>

## 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).

Personal computer and internet connection problems do not excuse the requirement to complete coursework in a timely manner. Students should maintain a backup plan for accessing course materials and completing assignments.

## COMMUNICATION AND SUPPORT

### Communication

The preferred method of communication is university email.

Students can expect responses within approximately 48 business hours. Questions regarding assignments, course expectations, and scheduling should be directed to the instructor through university email.

### Technical Support

If you are experiencing technical difficulties with D2L Brightspace, contact Brightspace Support:

Phone: 1-877-325-7778

Support Website:

<https://community.d2l.com/brightspace/kb/categories/123-support>

### Counseling Center

The Counseling Center at East Texas A&M University provides counseling services, educational programming, and referrals to community resources.

**Location:** Halladay Building, Room 203

**Phone:** 903-886-5145

Website:

<https://www.tamuc.edu/counseling-center/>

Students have access to crisis support services 24 hours a day, 7 days a week.

## **COURSE POLICIES**

### **Course Procedures**

- Course materials, announcements, grades, and assignment submissions will be managed through D2L.
- Students are responsible for regularly monitoring D2L and university email.
- Assignments (weekly activities and examinations) are due on the dates listed in the course schedule.
- Late assignments will receive a 10% deduction for each day they are late unless prior arrangements have been approved by the instructor.
- Written examination will be administered through D2L unless otherwise announced by the instructor.

### **Attendance**

Regular attendance is strongly encouraged and contributes to student success. Students are responsible for obtaining information and materials missed due to absences. University attendance policies apply.

## **ACADEMIC INTEGRITY AND ARTIFICIAL INTELLIGENCE**

Students are expected to maintain the highest standards of academic honesty and integrity.

The use of Artificial Intelligence tools (e.g., ChatGPT, Gemini, Claude, Copilot, etc.) is permitted only when explicitly authorized by the instructor.

Any use of AI-assisted tools must be appropriately disclosed and documented.

Undocumented use of AI-generated content may constitute academic dishonesty.

Regardless of AI use, students remain fully responsible for the accuracy, originality, and integrity of all submitted work.

For additional information, refer to East Texas A&M University Academic Integrity policies.

## **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.

Students requiring accommodations should contact:

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

Gee Library, Room 162

Phone: 903-886-5150

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website:

<https://www.tamuc.edu/student-disability-resources-services/>

## **NONDISCRIMINATION STATEMENT**

East Texas A&M University complies with all applicable federal and state laws prohibiting discrimination on the basis of race, color, religion, sex, national origin, age,

disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.

## **CAMPUS CONCEALED CARRY STATEMENT**

Texas Senate Bill 11 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 valid Texas License to Carry.

Pursuant to applicable state law and university regulations, license holders may not carry concealed handguns in designated restricted areas.

The open carrying of handguns is prohibited on all East Texas A&M University campuses.

Report violations to University Police at 903-886-5868 or call 911 in emergencies.

## **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 class, through D2L, or by university email.

## **Suggested Websites for Fitness Professionals**

A variety of websites are available for fitness professionals. These sites are often updated or removed. The following sites are some of the most commonly used in the area of health and fitness. Organizations sponsoring these sites provide materials, handouts, and information that can be useful when counseling clients in a health and fitness setting.

Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)

American College of Sports Medicine: [www.acsm.org](http://www.acsm.org)

National Strength and Conditioning Association: [www.nsca.com](http://www.nsca.com)

American Congress of Obstetricians and Gynecologists: [www.acog.org](http://www.acog.org)

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

National Heart, Lung, and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Joslin Diabetes Center: [www.joslin.org](http://www.joslin.org)

American Heart Association: [www.heart.org/heartorg](http://www.heart.org/heartorg)

American Lung Association: [www.lung.org](http://www.lung.org)

American Dietetic Association: [www.eatright.org](http://www.eatright.org)

United States Department of Agriculture MyPlate: [www.myplate.gov/](http://www.myplate.gov/)

National Institutes of Health: [www.nih.gov](http://www.nih.gov)

Healthy People 2030: <https://health.gov/healthypeople>

National Weight Control Registry: [www.nwcr.ws](http://www.nwcr.ws)

Physical Activity Guidelines and Dietary Guidelines for Americans:  
<https://health.gov/our-work/nutrition-physical-activity>

Exercise is Medicine: [www.exerciseismedicine.org](http://www.exerciseismedicine.org)

## **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.

