

The University of Texas at Tyler

Course Syllabus

Department of Health and Kinesiology

Spring Semester 2026

Course Name: Nutrition Through the Life Cycle

Course Number: KINE 3315.060 – Online Course

Credit Hours: 3

Instructor: Jill Campbell, MS, RD, LD, CDE
Adjunct Faculty, Department of Health and Kinesiology University of Texas at Tyler
Christus TMF Pediatric GI Dietitian
Consulting Dietitian
Certified Diabetes Educator

Office Hours: On-line and by appointment

Cell Phone: 903-258-0357 (text or call)

UTT Email: JCampbell@uttyler.edu

Course Description and Delivery

An overview of nutritional needs during all stages of life. The class will start with a brief overview of basic nutrition and then focus on nutritional needs throughout the life cycle. The course will cover pre-conception, pregnancy, lactation, infancy, toddler/preschool, child/preadolescence, adolescent, adult, and elderly nutrition. This course is designed for the student who has taken a basic nutrition class and wants a deeper understanding of the science of nutrition.

It is my goal that you leave this course with a better understanding of how to assess the nutritional needs of each person during every stage of life. I also hope that you will have a better sense of how to nourish yourself and be able to offer others scientific based nutrition information in your future healthcare endeavors.

This course is part of the undergraduate offerings for the Allied Health Science program at The University of Texas at Tyler. Since this course is different from the normal face-to-face class instruction and is designed to impart information via the internet, information can be exchanged in a variety of channels. Since there are no scheduled meeting times for the course, you can access online discussions and assignments when it fits your schedule. Although you can work at your own pace for this course, there are deadlines for assignments throughout the semester.

Textbook

Nutrition Through the Life Cycle, 8th edition. Author Judith E. Brown. Copyright 2024.

This book may be purchased from The UT Tyler Bookstore or from any other source you wish.

ISBN: 978-0-357-73042-3

Course Objectives

This course is designed to assist in the mission of teaching students in a health-related field to understand the basic nutrition needs throughout the life cycle. Topics included:

- | | | |
|-----|------------|---|
| 1. | Chapter 1 | Nutrition Basics |
| 2. | Chapter 2 | Preconception Nutrition |
| 3. | Chapter 3 | Preconception Nutrition: Conditions and Interventions |
| 4. | Chapter 4 | Nutrition During Pregnancy |
| 5. | Chapter 5 | Nutrition During Pregnancy: Conditions and Interventions |
| 6. | Chapter 6 | Nutrition During Lactation |
| 7. | Chapter 7 | Nutrition During Lactation: Conditions and Interventions |
| 8. | Chapter 8 | Infant Nutrition |
| 9. | Chapter 9 | Infant Nutrition: Conditions and Interventions |
| 10. | Chapter 10 | Toddler and Preschooler Nutrition |
| 11. | Chapter 11 | Toddler and Preschooler Nutrition: Conditions and Interventions |
| 12. | Chapter 12 | Child and Preadolescent Nutrition |
| 13. | Chapter 13 | Child and Preadolescent Nutrition: Conditions and Interventions |
| 14. | Chapter 14 | Adolescent Nutrition |
| 15. | Chapter 15 | Adolescent Nutrition: Conditions and Interventions |
| 16. | Chapter 16 | Adult Nutrition |
| 17. | Chapter 17 | Adult Nutrition: Conditions and Interventions |
| 18. | Chapter 18 | Nutrition and Older Adults |

Expectations for the course include:

1. 85% of students will be able to describe a healthy diet for all phases of life
2. 85% of students will be able to describe major conditions for all phases of life and how diet relates to those conditions.

Course Schedule

Date

Weekly Assignments

January 12 First Day of Class

January 12 – January 18 Module 1

Read Chapter One (Nutrition Basics)

Review Chapter 1 Lecture

Post answers to Introductions Discussion Board. Due 1/18/26.

Weekly Quiz over Chapter 1. Due 1/18/26.

January 19 – Martin Luther King, Jr. Day

January 19 – January 25 Module 2

Read Chapter Two (Preconception Nutrition)

Read Chapter Three (Preconception Nutrition: Conditions and Interventions)

Review Chapter 2 Lecture

Review Chapter 3 Lecture

Pre-Conception Case Study. Due 1/25/26.

Weekly Quiz over Chapters 2 & 3. Due 1/25/26.

January 26 – February 1 Module 3

Read Chapter 4 (Nutrition During Pregnancy)

Review Chapter 4 Lecture

Assignment: Nutritional Requirements during Pregnancy. Due 2/1/26.

Weekly Quiz over Chapter 4. Due 2/1/26.

February 2 – February 8 Module 4

Read Chapter 5 (Nutrition During Pregnancy: Conditions and Interventions)

Review Chapter 5 Lecture

Type 1 Diabetes and Pregnancy Case Study. Due 2/8/26.

Weekly Quiz over Chapter 5. Due 2/8/26.

February 9 – February 15 Module 5

Read Chapter 6 (Nutrition During Lactation)

Read Chapter 7 (Nutrition During Lactation: Conditions and Interventions)

Review Chapter 6 Lecture

Review Chapter 7 Lecture

Assignment: Maternal Weight Loss during Breastfeeding. Due 2/15/26.

Weekly Quiz over Chapter 6 and 7. Due 2/15/26.

February 16 – February 22 Module 6

Read Chapter 8 (Infant Nutrition)

Review Chapter 8 Lecture

Discussion Board: Infant Formula. Due 2/22/26.

Weekly Quiz over Chapter 8. Due 2/22/26.

February 23 – March 1 Module 7

Read Chapter 9 (Infant Nutrition: Conditions and Interventions)

Review Chapter 9 Lecture

Assignment: Nutritional Needs of the Preterm Infant. Due 3/1/26.

Weekly Quiz over Chapter 9. Due 3/1/26.

February 22 – February 27 Mid Term Exam will be available 6:00 am 2/22/26 until 11:59 on 2/27/26.

March 2 – March 8**Module 8**

Read Chapter 10 (Toddler and Preschooler Nutrition)

Read Chapter 11 (Toddler and Preschooler Nutrition: Interventions and Conditions)

Review Chapter 10 Lecture

Review Chapter 11 Lecture

Assignment: Monitoring Growth and Development. Due 3/8/26.

Weekly Quiz over Chapters 10 & 11. Due 3/8/26.

March 9 – March 15 – Spring Break**March 16 – March 22 Module 9**

Read Chapter 12 (Child and Preadolescent Nutrition)

Read Chapter 13 (Child and Preadolescent Nutrition: Interventions and Conditions)

Review Chapter 12 Lecture

Review Chapter 13 Lecture

Assignment: Treatment of Overweight and Obesity in Childhood. Due 3/22/26.

Weekly Quiz over Chapters 12 & 13. Due 3/22/26.

March 23 – March 29 Module 10

Read Chapter 14 (Adolescent Nutrition)

Read Chapter 15 (Adolescent Nutrition: Conditions and Interventions)

Review Chapter 14 Lecture

Review Chapter 15 Lecture

Assignment: Mental Health in Adolescence. Due 3/29/26.

Weekly Quiz over Chapters 14 & 15. Due 3/29/26.

March 30 – April 5 Module 11

Read Chapter 16 (Adult Nutrition)

Review Chapter 16 Lecture

Discussion Board: Nutrition and Health Assignment due 4/5/26.

Weekly Quiz over Chapter 16. Due 4/5/26.

April 6 – April 12 Module 12

Read Chapter 17 (Adult Nutrition: Conditions and Interventions)

Review Chapter 17 Lecture

Assignment: Adult Nutrition Case Study. Due 4/12/26.

Weekly Quiz over Chapter 17. Due 4/12/26.

April 13 – April 19 Module 13

Read Chapter 18 (Nutrition and Older Adults)

Review Chapter 18 Lecture

Assignment: Elderly Case Study. Due 4/19/26.

Weekly Quiz Chapter 18. Due 4/19/26.

April 20 – April 26 Module 14

Read Chapter 19 (Nutrition and Older Adults: Conditions and Interventions)

Review Chapter 19 Lecture

Nutrition Education Project. Due 4/26/26.

Weekly Quiz Chapter 19. Due 4/26/26.

April 26 – May 1 Final Exam will be available 6:00 am on 4/26/26 until 11:59 pm on 5/1/26.

Grades will be turned in Monday, May 4th, 2026.

Grading

| Assignments | Possible Points |
|---------------------------|------------------------|
| Quiz Chapter 1 | 25 points |
| Introductions DB | 20 points |
| Quiz Chapters 2 & 3 | 25 points |
| Pre-Conception Case Study | 20 points |
| Quiz Chapter 4 | 25 points |
| Nutrition in Pregnancy | 20 points |

| | |
|---------------------------------|-------------------|
| Quiz Chapter 5 | 25 points |
| Pregnancy Type 1 Case Study | 20 points |
| Quiz Chapters 6 & 7 | 25 points |
| Weight Loss and Breastfeeding | 20 points |
| Quiz Chapter 8 | 25 points |
| Infant Nutrition DB | 20 points |
| Quiz Chapter 9 | 25 points |
| Preterm Infant | 20 points |
| Quiz Chapters 10 & 11 | 25 points |
| Growth and Development | 20 points |
| Quiz Chapters 12 & 13 | 25 points |
| Childhood Obesity | 20 points |
| Quiz Chapters 14 & 15 | 25 points |
| Mental Health Assignment | 20 points |
| Quiz Chapter 16 | 25 points |
| Quiz Chapter 17 | 25 points |
| Adult Nutrition Case Study | 20 points |
| Quiz Chapter 18 | 25 points |
| Elderly Case Study | 20 points |
| Quiz Chapter 19 | 25 points |
| Nutrition & Health Assignment | 100 points |
| Life Cycle Education PowerPoint | 100 points |
| Midterm test | 100 points |
| Final Exam | 100 points |
| Total | 990 points |

Grades:

| | |
|-----------------|---|
| 891-990 points: | A |
| 792-890 points: | B |
| 693-791 points: | C |
| 594-692 points: | D |
| <594 points: | F |

Class Assignments

All items are due by 11:59 pm. Central Standard Time on the assigned due date. **No late assignments will be accepted.** If you have an issue with a deadline, please contact me prior to the assignment being due.

Nutrition & Health Assignment:

Our book discusses several disease states and their relation to nutrition like diabetes, cancer and hypertension. There are so many other diseases that benefit from nutrition management. Please choose a disease and write a 3-page, double spaced paper on how nutrition relates or plays a part in the management of that disease. Post your results in the Discussion Board so that everyone can review your material. You cannot do a disease that has already been posted. You are free to reserve your topic at any time during the semester even if you haven't posted your paper yet. Please put your disease in the subject line of your posting so that everyone can see what disease you have reserved. Later you can add on to your thread or just upload your paper. Please use Scientific Format.

Nutrition Education Assignment:

Education is a huge part of nutrition... whether it is our patients, our family, or our friends. Here is your chance to educate those around you. You need to develop a PowerPoint presentation on some aspect of nutrition as it relates to one of the stages of life that we have learned about this year. You need to specify who your population is... elementary age kids or elderly heart patients, guys in your fraternity, or your church's women's group, etc.... Develop at least 15 PowerPoint slides to relay your message.... make sure you make the presentation according to your population. I want to see a fully developed presentation... make sure to cover why you think this group of people/persons need this education, what your suggestions are, and you might also look into resources in the community in case your population needs more information.... referring them to the American Cancer Society, American Heart Association, WIC, etc.... Have fun with this! Record yourself presenting the presentation (it doesn't have to be in front of people... just for the class to see) and upload in Discussion Board.

Quizzes

You will have several quizzes over the course of the semester. The quizzes are the same format as the mid-term and final exams. You can use all notes and your book to take the quizzes. They are not timed and consist of about 25 questions with true-false, multiple-choice, and/or matching questions.

Discussion Boards

Discussion Board questions are for everyone in the class to see. Feel free to comment on your fellow student's posts if you have something to add to the discussion.

Mid-Term and Final

You have from 6 am when the exams open until 11:59 pm when the exams close to take the tests. Please be at a secure site to take the exams as you might get kicked off if you lose your internet connection. Do not touch on anything else on the screen or you might get kicked off. The test will automatically shut off after 4 hours so please do not start the test at 10:30 pm at night and expect to finish. If you are unable to complete the exam during the set time, please arrange with me for a different time to take the exam before the exam is available to the rest of the class. The test is given one question at a time. It will cover material from the book and lectures. Midterm covers Modules 1-7 and Final covers Modules 8-14. If you get kicked off, please text me at 903-258-0357 (make sure and tell me your full name on a text) and we will discuss the situation. Once you start the exam, you have four hours to finish it so do not think that you can get out and come back as once the clock starts, it stops in four hours.

University Policies and Information

Withdrawing from Class

Students may withdraw (drop) from this course using the Withdrawal Portal. Withdrawing (dropping) this course can impact your Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please speak with your instructors, consider your options, speak with your advisor, and visit the One-Stop Service Center (STE 230) or email enroll@uttyler.edu to get a complete review of your student account and the possible impacts to withdrawing. We want you to make an informed decision. UT Tyler faculty and staff are here for you and often can provide additional support options or assistance. Make sure to carefully read the implications for withdrawing from a course and the instructions on using the Withdrawal portal.

Texas law prohibits students from dropping more than six courses during their entire undergraduate career*. The six courses dropped include those from other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and Enrollment Services for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the Tuition and Fee Refund Schedule. CAUTION #2: All international students must check with the Office of International Programs before withdrawing. All international students are required to enroll full-time for fall and spring terms. CAUTION #3: All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. CAUTION #4: All veterans or military-affiliated students should consult with the Military and Veterans Success Center.

* Students who began college for the first time before 2007 are exempt from this law.

Artificial Intelligence Statement

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools

that violate the guidelines specified for this course is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy. *Refer to the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).*

Final Exam Policy

Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

Incomplete Grade Policy

If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade *only when all of the following conditions are met*: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

Grade Appeal Policy

Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade. A grade appeal should be used when the student thinks the final course grade awarded does not reflect the grades earned on assessments or follow the grading scale as documented in the syllabus. The student should provide the rationale for the grade appeal and attach supporting document about the grades earned. The form should be sent via email to the faculty member who assigned the grade. The faculty member reviews the rationale and supporting documentation and completes the instruction section of the form. The instructor should return the form to the student, even if a grade change is made at this level. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean or the Dean's designee of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the Registrar's Form Library.

NOTE: The Grade Appeal Form is different from the Application for Appeal form submitted to the Student Appeals Committee, which does not rule on grade disputes as described in this policy.

Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA), the University of Texas at Tyler offers accommodations to students with learning, physical, and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler/> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with the Assistant Director Student Accessibility and Resources/ADA Coordinator has been made. For more information, including filling out an application for services, please visit the SAR webpage at <https://www.uttyler.edu/disability-services>, the SAR office located in the Robert Muntz Library, LIB 460, email saroffice@uttyler.edu, or call 903.566.7079."

Military Affiliated Students

UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. The Military and Veterans Success Center (MVSC) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

Students on an F-1 Visa

To remain in compliance with Federal Regulations requirements you must do the following:

- Traditional face-to-face classes: Attend classes on the regular meeting days/times.
- Hybrid Classes: Attend all face-to-face classes convened by the instructor according to the schedule set for your specific course.
- Online course: Only one online course can count toward your full-time enrollment. Students are expected to be fully engaged and meet all requirements for the online course.

Academic Honesty and Academic Misconduct

The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the Student Conduct and Discipline policy in the Student Manual Of Operating Procedures (Section 8).

FERPA

UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in University Policy 5.2.3. The course instructor will follow all requirements to protect your confidential information.

Absence for Official University Events or Activities

This course follows the practices related to Excused Absences for University Events or Activities as noted in the Catalog.

Absence for Religious Holidays

This course follows the practices related to Excused Absences for Religious Holy Days as noted in the Catalog.

Absence for Pregnant Students

This course follows the requirements of Texas Laws SB 412, SB 459, SB 597/HB 1361 to meet the needs of pregnant and parenting students. Part of the supports afforded pregnant students includes excused absences. Faculty who are informed by a student of needing this support should make a referral to the Parenting Student Liaison. NOTE: Students must work with the Parenting Student Liaison in order to receive these supports. Students should reach out to the Parenting Student Liaison at parents@uttyler.edu and also complete the Pregnant and Parenting Self-Reporting Form.

Campus Carry

We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>.