

The University of Texas at Tyler
Course Syllabus
Department of Health and Kinesiology
Spring 2026

Course Name: Nutrition Through the Life Cycle
Course Number: ALHS 1315.060 – Online Course
Credit Hours: 3
Instructor: Jill Campbell, MS, RD, LD, CDE
Adjunct Faculty, Department of Health and Kinesiology
University of Texas at Tyler
Consulting Dietitian
Certified Diabetes Educator
Office Hours: On-line and by appointment
Cell Phone: 903-258-0357 (text or call)
UT Email: JCcampbell@uttyler.edu

UT Tyler Honor Code: “I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.”

Course Description and Delivery

This course is a survey of current nutrition science principles, with emphasis on the development of skills to discern nutrition fact from fiction using scientific method and how to apply nutrition science principles to daily life. As a result of taking this course you will gain nutritional science knowledge and analytical skills that can be used to protect your health and wellbeing throughout your life. This course is 3 credits and has no prerequisites. This course is a STEM course.

Required Textbook

Nutrition for a Changing World, 2nd edition. Authors Pope, Nizielski, and McCook. Copyright 2022. This book may be purchased from The UT Tyler Bookstore or from any other source you wish.

Print ISBN: 978-1-319-42293-6

eText ISBN: 978-1-319-42295-0

Course Objectives and Student Learning Outcomes:

By the completion of the course students will be able to:

1. Apply the principles of scientific inquiry and use critical thinking skills to differentiate between nutrition science that utilizes rigorous methods to validate information and nutrition myths used to make health claims. (Assessed by Research Assignment in which you critically review and summarize the findings in a peer-reviewed article from the scientific literature and compare those findings with health claims made in popular press.)
2. Articulate points and counterpoints to support accepted nutrition practices. (Assessed by Discussions that will be used to evaluate your ability to reason verbally and in written form.)
3. Access nutrition information by searching scientific databases (PubMed, Science Direct, etc.) for primary literature, which supports the use of specific nutrients. (Assessed by presenting a nutrition care plan for a specific nutrition concern or disease using recognized nutrition standards.)

4. Differentiate nutrition facts from opinion with regard to nutritional recommendations using empirical reasoning. (Assessed by embedded test questions that will evaluate your ability to connect evidence with accurate health claims within FDA regulations and dietary standards.)
5. Collect and analyze personal health data using scientific methodology. (Assessed by the formal written presentation of your personal food intake and activity data as graphs and charts that are correctly titled and labeled, appropriately designed, and accurately emphasize important data. You will present data in an ethical and professional manner.)

Course Requirements:

Students must demonstrate math and writing skills by completing assignments.

Students must use the scientific method to analyze data and draw conclusions from selected readings.

Students must exhibit computer skills through use of Canvas and completion of assignments.

Course Schedule

Date	Weekly Assignments
January 12	First Day of Classes
January 12 – January 18	Module 1 Read Chapter 1: The Science and Scope of Nutrition Review Chapter 1 Lecture Post answers to Introductions Discussion Board. Due by 1/18/26. Quiz over Chapter 1. Due by 1/18/26.
January 19	Martin Luther King, Jr. Day
January 19 – January 25	Module 2 Read Chapter 2: Healthy Diets Read Chapter 3: Digestion Review Chapter 2 Lecture Review Chapter 3 Lecture Analyze My Plate. Due 1/25/26. Analyze My Diet Assignment. Due by 1/25/26.
January 26 – February 1	Module 3 Read Chapter 4: Carbohydrates Read Spotlight A: Nutrition and Diabetes Review Chapter 4 Lecture Carbohydrate Analysis. Due by 2/1/26. Quiz over Chapter 4. Due by 2/1/26.
February 2 – February 8	Module 4 Read Chapter 5: Lipids Read Spotlight B: lipids in Health & Disease Review Chapter 5 Lecture Lipid Analysis. Due by 2/8/26. Research vs Popular Press Assignment. Due by 2/8/26.
February 9 – February 15	Module 5

Read Chapter 6: Proteins
Read Spotlight C: Plant-Based Diets
Review Chapter 6 Lecture
Protein Analysis. Due by 2/15/26.
Quiz over Chapter 6. Due by 2/15/26.

February 16 – February 22 Module 6

Read Chapter 7: Fat-Soluble Vitamins
Read Spotlight D: Dietary Supplements.
Review Chapter 7 Lecture
Discussion Board: Vitamins. Due by 2/22/26.

February 23 – March 1 Module 7

Read Chapter 8: Water-Soluble Vitamins
Review Chapter 8 Lecture
Vitamins Analysis. Due by 3/1/26.
Quiz over Chapter 8. Due by 3/1/26.

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

March 2 – March 8 Module 8

Read Chapter 9: Major Minerals and Water
Read Chapter 10: Trace Minerals
Review Chapter 9 Lecture
Review Chapter 10 Lecture
Mineral Analysis. Due by 3/8/26.
Quiz over Chapters 9 and 10. Due by 3/8/26.

March 9 – March 15 Spring Break

March 16 – March 22 Module 9

Read Chapter 11: Energy Balance and Obesity.
Review Chapter 11 Lecture
Discussion Board: Physical Activity. Due 3/22/26.
Chapter 11 Quiz. Due 3/22/26.

March 23 – March 29 Module 10

Read Chapter 12: Nutrition and Fitness.
Review Chapter 12 Lecture
Physical Activity Analysis. Due by 3/29/26.
Weekly Quiz over Chapter 12. Due by 3/29/26.

March 30 – April 5 Module 11

Read Spotlight E: Nutrition for Pregnancy, Breastfeeding, and Infancy
Read Spotlight F: Childhood Nutrition
Discussion Board: Life-Stages. Due by 4/5/26.

April 6 – April 12 Module 12

Read Chapter 13: The College Years
Read Spotlight G: Nutrition and The Aging Adult.
Review Chapter 13 Lecture
Nutrition and Disease Paper. Due by 4/12/26.

April 13 – April 19 Module 13

ALHS 1315-060
Fall 2025

Read Chapter 14: Global Nutrition
 Read Spotlight H: Food Safety
 Review Chapter 14 Lecture
 Discussion Board: The College Student. Due by 4/19/26.
 Weekly Quiz Chapter 14. Due by 4/19/26.

April 20 – April 26

Module 14

Read Chapter 15: Energy Metabolism
 Review Chapter 15 Lecture
 Personal Health Report. Due by 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.

Grading

Assignment	Possible Points
Introductions DB	20
Quiz Chapter 1	25
Analyze My Diet	25
Analyze My Plate	20
Carbohydrate Analysis	20
Quiz Chapter 4	25
Lipids Analysis	20
Research v. Popular Press	100
Protein Analysis	20
Quiz Chapter 6	25
Vitamins Analysis	20
Discussion Board: Vitamins	20
Quiz Chapter 8	25
Mineral Analysis	20
Quiz Chapters 9 and 10	25
Discussion Board: Activity	20
Quiz Chapter 11	25
Physical Activity Analysis	20
Quiz Chapter 12	25
Life Stage DB	20
Quiz Spotlight E and F	25
Nutrition and Disease Paper	100
College Student DB	20
Quiz Chapter 13	25
Quiz Chapter 14	25
Quiz Chapter 15	25
Personal Health Report	100
Mid Term Exam	100
Final Exam	100
Total	1040

Grades:

936-1040 points A
 832-935 points B
 728-831 points C
 624-727 points D
 <624 points F

Assignments: Due Dates are listed in Canvas and Launchpad

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.

1. Academic Activity:

Research vs. Popular Press – 65 points possible. For this assignment, you will choose a peer-reviewed research article regarding some aspect of nutrition or nutrient of interest to you and compare it with an article on the topic in popular press such as Fitness, Shape, Cosmopolitan, or other popular magazine. You will write a one-page report comparing the two articles.

Nutrition and Disease Paper - 100 points possible. For this assignment you will choose a specific disease to focus on. Maybe try to choose a disease that we don't spend much time on in class or one that affects someone in your life. You will describe the disease, current national statistics, current research trend, role of nutrition & lifestyle, and preventive/treatment approach. You will write a 3 page (excluding references), double spaced, 12 font size paper.

2. **Discussions** - Throughout the semester, you will participate in discussion boards on various topics on Canvas.

3. **Dietary Analysis**

- a. Chronometer diet recall – 50 points possible. In this activity you will record a 3-day (two weekdays and one weekend) diet 24-hour recall at the beginning of the semester using the Chronometer Website. You can get a free account for the website.
- b. Carbohydrate - 20 points possible. In this activity, you will analyze your carbohydrate intake. In class, with your team, you will calculate % of calories from carbohydrates.
- c. Lipids - 20 points possible. In this activity, you will analyze your lipid intake. In class, with your team, you will calculate % of calories from lipids.
- d. Protein - 20 points possible. In this activity, you will analyze your protein intake. In class, with your team, you will calculate % of calories from protein.
- e. Vitamins - 20 points possible. In this activity, you will analyze your vitamin intake.
- f. Minerals - 20 points possible. In this activity, you will analyze your mineral intake.
- g. Physical Activity Analysis - 20 points. In this activity, you will analyze your physical activity and energy expenditure using the MyFitnessPal app.
- h. Personal Health Report on food intake and expenditure – 100 points possible. Using the information from your Nutrient Analyses and your Physical Activity Analysis, you will write a report in Scientific Format. Additional instructions and the rubric are available on Canvas.

4. **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.

5. **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. Mid term covers Modules 1-7 and Final covers Modules 8-15. 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 of Texas at Tyler Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/rightsresponsibilities.php>

Campus Carry

We respect the right and privacy of students 21 and over 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>

UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Fall, the Census Date is Sept. 11.) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Sept. 10th) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.

- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)

- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)

- Being reinstated or re-enrolled in classes after being dropped for non-payment

- Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

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 you have 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 Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Revised 05/17

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

i. "Cheating" includes, but is not limited to:

copying from another student's test paper;

using, during a test, materials not authorized by the person giving the test;

failure to comply with instructions given by the person administering the test;

possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;

using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;

collaborating with or seeking aid from another student during a test or other assignment without authority;

discussing the contents of an examination with another student who will take the examination;

divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;

substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;

paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;

falsifying research data, laboratory reports, and/or other academic work offered for credit;

taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and

misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.

- ii. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.
- iii. "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- iv. All written work that is submitted will be subject to review by plagiarism software.

UT Tyler Resources for Students

[UT Tyler Writing Center](#) (903.565.5995), writingcenter@uttyler.edu

[UT Tyler Tutoring Center](#) (903.565.5964), tutoring@uttyler.edu

The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.

[UT Tyler Counseling Center](#) (903.566.7254)

Important Covid-19 Information for Classrooms and Laboratories

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of

Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Recording of Class Sessions

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.