

Fall 2026
Online

University of Texas at Tyler
Department of Kinesiology
NUTRITION, HEALTH, AND DISEASE
Course Syllabus - Fall 2025 KINE 5322.060

Instructor: Madhura Maiya, PhD.
Office – HPC 3100 and via Zoom
Meetings Office Hours: By appointment
E-mail: mmaiya@uttyler.edu

"I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do."

UT Tyler Honor Code

Required Text: Nutrition, Health and Disease: A Lifespan Approach, 3rd Edition; by Simon Langley-Evans, published by Wiley Blackwell. ISBN: 978-1-119-71754-6 eBook or ISBN: 978-1-119-71751-5 Hard copy.

Course Description:

Reinforcement and application of nutritional facts through study of research, analysis of diets, and critiquing of nutritional information from a variety of sources. This course is a survey of current nutrition science principles in relation to health and disease. After finishing this course, you will gain nutritional science knowledge and analytical skills that can be used to evaluate primary research related to health and specific disease states.

Course Student Learning Outcomes:

By the completion of this course, students will demonstrate knowledge of evidenced-based scientific nutrition principles and use that knowledge to impact health at the personal level throughout life.

This course is designed for health care majors with some science background or an advanced interest in Nutritional Science.

As a student completing this course, the following requirements will be expected of you:

CSLO 1. Apply the principles of scientific inquiry and use critical thinking skills to analyze nutrition research literature for specific life stages.

CSLO 2. Access nutrition information by searching scientific databases (PubMed, Agricola etc.) for primary literature which supports the use of specific nutrients that impact long-term health.

CSLO 3. Analyze personal health data using scientific methodology to determine nutritional status.

Course Requirements:

This course will require at least 5 to 9 hours of your time each week. In taking this course you must:

- Demonstrate math and writing skills by completing assignments.
- Use scientific methods to analyze data and draw conclusions from selected readings in scientific literature.
- Exhibit computer skills through use of Canvas and completion of assignments.

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Response Policy:

E-mail: Please do not hesitate to e-mail me with any questions. Please allow 48 hours for an email response. However, it will typically be quicker. **Include the course number in the subject line.**

Graded Quizzes, Assignments, Activities, and Exams: Grades will be available within 2 weeks of the due date. Much of the time you will be able to see grades sooner than the times listed. However, there are times when it takes longer to grade some assignments.

If you send me an email and do not have a response from me within 48 hours, please contact me again as it means I did not get the message!

Attendance: This course is 100% online. Consistent canvas activity is key to successfully completing this course. It also means that you must participate in online discussion and submissions (in Canvas) to receive all the participation points. Work hard and have a good attitude to get the most out of this course!

Communication: You MUST read emails and announcements from me. These will be posted on or sent through Canvas. You not reading emails/announcements from me is NOT an excuse for missed assignments, discussions, or so on. *Please do communicate with me (before your submissions are due) if you have any problems/situations that is preventing timely submission. If you do not let me know of problems, issues, concerns, I cannot help.*

Grading

Introduction & Getting started quiz	20 points
Appendix Quiz	70 points
Unit Quizzes 4 @ 25 points	100 points
Critical Reading Paper	100 points
Research Paper	100 points
Discussions 5 @ 30 points each	150 points
Team Project	200 points
Midterm Exam	100 points
Final Exam	100 points
Total possible points	950 points

Grading Scale:

90% to 100% = 855 to 950 points = A
80% to 89% = 760 to 854.9 points = B
70% to 79% = 665 to 759.9 points = C
60% to 69% = 570 to 664.9 points = D
< 60% = ≤ 569.9 points = F

Please note that 854.5 points is a B, NOT an A.

All assignments will be explained in Canvas and will be uploaded to. Assignments are due on the dates specified on Canvas.

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Late assignments will be penalized 10% for each day they are late. Contact me before the due date if you will be unable to complete it due to being sick, athletics, or emergencies and want to avoid a penalty. A missed quiz or exam without a prior excuse receives an automatic zero. An excused missed quiz or exam must be arranged with the instructor.

UTT 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. 8) 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.

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The Census Date (Sept. 8th) 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)

Artificial intelligence (AI) Tools use: UT Tyler is committed to exploring and using 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 (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler’s Academic Integrity Policy.

For this course: This course has specific assignments where artificial intelligence (AI) tools (such as ChatGPT or Copilot) are permitted and encouraged. When AI use is permissible, it will be clearly stated in the assignment directions, and all use of AI must be appropriately acknowledged and cited. Otherwise, the default is that AI is not allowed during any stage of an assignment

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Assignment Details:

All items are due by 11:59 pm, Central Standard Time on the assigned due date. If assignments are late, 10% will be deducted for each day past the deadline.

Assignment 1 - Critical reading and summary of assigned journal Article. After critical reading an assigned paper, write a summary. This written summary should include the following elements: Sample Outline for an Empirical Article Summary (100 points possible)

- I. Introduction
 - A. General topic of study (5 pts)
 - B. Author's research question (10 pts)
 - C. Variables and hypotheses (10 pts)
- II. Methods
 - A. Participants (10 pts)
 - B. Experiment design - study procedure and statistical analysis (10 pts)
 - C. Materials used (5 pts)
- III. Findings and discussion (could be 2 paragraphs)
 - A. Key results (10 pts)
 - B. Did the results support the hypotheses? (10 pts)
- IV. Conclusion
 - A. Implications or applications of the study (15 pts)
 - B. Major limitations of the study (10 pts)
 - C. References (APA format) (5pts)

Assignment 2 - Research Paper – 100 points possible

- A. Format: 4-6-page research review paper on a nutritional deficiency or excess that impacts an aspect of health. This topic is flexible and of your choosing but the information you reference must be from peer-reviewed journals (i.e., only research papers and not review papers – such as metareview, narrative review or systematic review). Complete your report in - 12 pt Times New Roman Font, double spaced, APA format. The page suggestions do not include the references you use to support your point and are as follows:
- B. A descriptive title (5 points)
- C. Abstract (250 words, 25 points)
- D. Introduction (half a page of how this relates to health, 10 points)
- E. Background - 2-5 Research references 5 years old or older (as background or premise for current research 1-1.5 page, 10 points)
- F. Current Research (10-20 references 2012 to 2022, 2-4 pages, 30 points)
- G. Future Trends and the usefulness of the information (0.5-1.0, 20 points)

Assignment 3— Team Project. Your team will be assigned a particular nutrient for a specific age group to evaluate. Your team will create a 5-to-10-minute video presentation using Studio (in Canvas) and a written summary of the script with references. The presentation will include

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the current standard recommendations for the nutrient, optimal amount stated in research literature and the difference to the standard, toxicity risk and side effects, health benefits of use, controversies of the nutrient, limitations of the research available, and a recommendation on uses.

Additional instructions are posted on Canvas. (200 points possible)

Discussion Assignments 1 through 5 - Each discussion session will have specific questions for you to answer based on the course materials, your readings, your experience, and personal perspective. Additional instructions are posted on Canvas. 30 points are possible for each discussion session for a total of 150 Discussion points.

Tentative Schedule - This schedule is subject to change at any time. Watch for any updates on the Syllabus on Canvas.

Weeks of August 24th through September 20th— Module 1: Introduction and as Life Begins

Read: Chapter 1, 2, and 3

Assignment #1: Critical article review

Complete the Appendix Quiz and the Unit One Quiz

Discussion—1 Genetics and nutrition

Weeks of September 21st through October 4th – Module 2: Fetal Nutrition & Infant Feeding

Read: Chapters 4 and 5

Complete Unit Quiz Two

Discussion 2— Nutrient deficiency during development: who is to blame?

Midterm Exam (Exam 1): October 18th (Module 1 & 2)

Weeks of October 5th through November 1st – Module 3: Childhood and Adolescence

Read: Chapters 6 and 7

Assignment #2: Research Paper due November 5th.

Complete Unit Quiz Three

Discussion #3—Childhood Obesity

Weeks of November 2nd through December 8th – Module 4: Adulthood and Elder Years

Read: Chapters 8 and 9

Complete Unit Quiz Four

Assignment #3: Team Project Due (Hard deadline: December 6, 2026)

Discussion #4—Disease states

Discussion #5—Aging as a disease?

Comprehensive Final (Exam 2): December 9, 2026 - multiple choice, true/false, matching, and short answer