

**UNIVERSITY OF TEXAS AT TYLER  
DEPARTMENT OF KINESIOLOGY**

**COURSE SYLLABUS**

**SPORTS NUTRITION  
KINE 4321.460  
SUMMER 2026**

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**COURSE DESCRIPTION:** Study of nutrition as it relates to optimal training and performance of sports activities.

**PREREQUISITE:** ALHS 4315 or equivalent; A&P; Exercise Physiology

**REQUIRED TEXT:** Jeukendrup, Asker E. and Michael Gleeson. Sport Nutrition: An Introduction to Energy Production and Performance, 3rd Edition(978-1492529033), Human Kinetics Publishers, 2018.

**COURSE OBJECTIVES:** The main objectives of this course are for the student to be able to identify and understand the body's need for certain nutrients prior to, during, and after exercise, the interrelationships between nutrient intake, body content and exercise performance, and the effects exercise and training have on nutrient requirements. Specific objectives will be given with each learning unit.

## **EVALUATION:**

Discussions (20 pts x 10)	200 pts
Assignments (20 pts x 2)	40 pts
<u>Sport Nutrition Plan</u>	<u>60 pts</u>

Total 300 pts

A: 270 - 300 pts

B: 240 - 269 pts

C: 210 - 239 pts

D: 180 – 209 pts

F: <180 pts

Standard rounding procedures to the nearest whole number will be used, no exceptions.

*Discussion Assignment Grading:* 0 points will be given for responses that are not related to the chapter or sport/activity. Rubrics will be provided for each assignment and submissions will be graded based upon the rubric. Only 1 submission will be graded. Feedback will be left in the rubric comments area.

*Chapter Quizzes:* Chapter quizzes will be available on Canvas. These quizzes are designed to encourage reading of the chapter and help advance knowledge for both in-class quizzes and tests. Chapter quizzes are for review only and will be left up for students to retake.

*Assignments:* **Any work turned in late will be penalized 50% each 24 hour period after the due date. If you miss the announcement for an assignment, it is your responsibility to contact the instructor for information about any assignment issued out and the due date. There will be a 15 minute grace period for late assignments; so on the 16<sup>th</sup> minute that it is late it will incur a 50% penalty.**

*Scheduling Conflicts for exams and assignments:* Make-up exams and assignments will be given only for University-approved activities (i.e., athletic events, performances, religious observance, etc.). Flat tires, vacations, etc. are not valid reasons for missing an exam or assignment. Since university-approved absences are generally known at the beginning of the semester, it is up to the student to notify the instructor during the first two weeks of class if there is a conflict with any of the scheduled exams. In such an event, a make-up exam will be given prior to the exam to be missed. If a student misses the submission of an assignment due to an approved absence, the student must contact the instructor to inquire into any assignments that were missed and schedule a time to submit or complete an assignment within 1 week of the missed assignment.

*Exam Re-grades:* Re-grade requests for exams containing addition/subtraction errors or answer key reading errors will be accepted. All other re-grade requests must be made in writing and must

address the specific question(s) to be regarded. Re-grade requests will not be accepted for exams written in pencil, in ink other than blue or black, or where white-out has been used. Written re-grade requests will only be accepted for essay questions when more than 5 points are in question. I reserve the right to re-grade the entire exam, and the grade may be affected positively or negatively.

### **COURSE POLICIES/EXPECTATIONS:**

1. It is expected that everyone will complete the assignments for each class meeting *prior* to class or by the due date posted for online submissions or courses.
2. If you have special learning needs, please inform me on the first day of class.
3. Please allow a couple of days for test grades to be posted and up to one week for written assignment grades to be posted.
4. Academic dishonesty (cheating, plagiarism, copying, etc.) will not be tolerated and will result in a failing grade for the semester. Additionally, these will be reported to the Institution.
5. Emails will be responded to within 48 hours on weekdays and emails sent over the weekend will be responded to the following week.

### **PLAGIARISM/FRAUD:**

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at [www.uttyler.edu/mopp/chapter8.html](http://www.uttyler.edu/mopp/chapter8.html). Any act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

### **COPYRIGHT:**

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

## **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](mailto: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 includes 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 [Military and Veterans Affairs](#).

\* 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 [UT Tyler accessible learning](#) 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. For more information, including filling out an application for services, please visit the [SAR webpage](#), the SAR office located in the Robert Muntz Library, LIB 460, email [saroffice@uttyler.edu](mailto:saroffice@uttyler.edu), or call 903.566.7079."

### **Military and Veterans**

UT Tyler honors the service and sacrifices of our military-affiliated and veterans 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 Affairs](#) has campus resources for military-affiliated students. The MVSC can be reached at [MVSC@uttyler.edu](mailto: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 [UT Tyler's Policy 7.01: Family Educational Rights and Privacy Act](#). 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 UT Tyler's [Excused Absence 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](mailto: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 [UT Tyler Campus Concealed Carry Policy webpage](#).

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### **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.

**AI is permitted only for specific assignments or situations, and appropriate acknowledgement is required.**

- 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.

## ***TENTATIVE SCHEDULE***

July 6-10

**Module 1** Syllabus; Discussions: Chapter 1-2

***July 9 - LAST DAY TO WITHDRAW FROM COURSE WITHOUT PENALTY  
(CENSUS DAY)***

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July 6-17

**Module 2** Discussions: Chapter 3-5

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July 6-24

**Module 3** Discussions: Chapter 6-8

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July 6-July 31

**Module 4** Discussions: Chapter 9-10  
*Assignment: Sweat Rate Due*  
*Assignment: Ergogenic Aid for Sport Due*

***July 28 - LAST DAY TO WITHDRAW FROM COURSE WITH AUTOMATIC  
"W"***

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August 4-8

**Module 5** *Sport Nutrition Plan Due*