

University of Texas at Tyler
Department of Health and Kinesiology
Introduction to Nutrition
Course Syllabus - Fall 2026 ALHS 1315.004

Instructor:

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“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 for a changing world published by MacMillan, authored by Pope, Nizielski, and McCook. Second Edition (2022). ISBN: 978-1-319-42295-0 eBook or ISBN: 978-1-319-42293-6 Loose-Leaf

Course Description:

This course is a survey of current nutrition science principles, with emphasis on the development of skills to discern nutrition facts from fiction using scientific methods 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 is a STEM course.

Course Student Learning Outcomes:

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

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.)

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.)

Access nutrition information by searching scientific databases (PubMed, ScienceDirect, etc.)

for primary literature, which supports the use of specific nutrients. (Assessed by working as a team to design and present a nutrition care plan for a specific nutrition concern or disease using recognized nutrition standards.)

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.)

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 scientific method to analyze data and draw conclusions from selected readings. Students must exhibit computer skills through use of Canvas and completion of assignments.

Response Policy:

E-mail: Please do not hesitate to e-mail or message me in Canvas 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: Attendance is graded. This is a face-to-face course with two classes per week. Class attendance is key to successfully completing this course. It also means that you must participate in class 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, classes, or so on. *Please do communicate with me (before your submissions are due) if you have any problems/situations that prevent timely submission. If you do not let me know of problems, issues, concerns, I cannot help.*

Assignments: Due Dates are listed in Canvas.

Academic Activities –

1. Research vs. Popular Press Paper – 100 points possible. Three pages, double spaced, using Scientific Format. (See example and rubric in Canvas). 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 TikTok, Facebook, Instagram, Twitter, or other popular blog/magazine. You will write up to a 3-page report comparing the two articles.

2. Nutrition and Disease Group Project (paper & presentation)– 100 points possible.

Group Paper - For this assignment you will be working on a team. Your team will choose a specific disease to focus on for the whole semester. By the end of the semester your team will be able to describe the disease, current national statistics, current research trend, role of nutrition & lifestyle, and preventive/treatment approach. To complete your project, your team will create a 4-page (excluding references) written report on the disease and nutritional intervention and present (15 minutes per group) your findings to the class.

Class Presentations - Nutrition and Disease Group Project (see above) will be held in class during the last two weeks of semester (see syllabus). Each member of the team will present a section from the project. Students will need to work as a team to prepare a single PowerPoint presentation (to be uploaded on Canvas), and each student will need to learn how to divide and present their sections. You will need to get familiar with presenting at a desk in front of the class. If you are uncomfortable with this, you will need to practice with your team. This will be a learning opportunity to practice and present your findings in front of your class as you will be giving presentations in your other courses as well as your careers. There will be additional details regarding the group assignment and presentations on Canvas. **Note that each student must present to receive full credit for this assignment.**

3. Dietary Analysis

- **ASA24 diet recall** – 25 points possible. In this activity you will record a 2-day (one weekday and one weekend) diet 24-hour recall at the beginning of the semester using the ASA24 website.

- **Carbohydrate** - 20 points possible. In this activity, you will analyze your carbohydrate intake. In class, you will calculate % of calories from carbohydrates and answer questions.
- **Lipids** - 20 points possible. In this activity, you will analyze your lipid intake. In class, you will calculate % of calories from lipids and answer questions.
- **Protein** - 20 points possible. In this activity, you will analyze your protein intake. In class, you will calculate % of calories from protein and answer questions.
- **Vitamins** - 20 points possible. In this activity, you will analyze your vitamin intake and answer questions.
- **Minerals** - 20 points possible. In this activity, you will analyze your mineral intake and answer questions.
- **Physical Activity Analysis** - 20 points. In this activity, you will analyze your physical activity and energy expenditure using the MyFitnessPal or other smart app that tracks your activity.

4. Personal Health Report (PHI)– 100 points possible. Using the information from your Dietary Analyses Assignment/ASA24, you will write a report in Scientific Format. Additional instructions and the rubric are available on Canvas.

In Class Activities/Discussions - Participation

- **Introduce Yourself** – 10 points possible (in Canvas)
- **Get to Know Your Team** – 10 points possible (Group Activity in Canvas)
- **Analyze My Plate Discussion**– 35 points possible (in Canvas)
- **Attendance** – 50 points possible (must have >80% in-person attendance for the semester to get full 50 points. Anything less than (<80%) attendance will result in “0” (no Attendance points)).

Exams:

Two exams and a Comprehensive Final Exam will be given. **All exams must be taken.** If an exam must be missed, you **MUST** contact the instructor prior to the exam, if possible, to make alternative arrangements.

Grading

Attendance	50 points
Academic Activities	200 points
Class Activities/Discussion	55 points
Diet Analysis Activities	245 points
Quizzes 5 @	15 points 75 points
Two exams @	100 points 200 points

Final exam 100 points

Total possible points 925 points

Grading Scale:

90% to 100% = 832.5 to 925 points = A
80% to 89% = 740 to 832.4 points = B
70% to 79% = 647.5 to 739.9 points = C
60% to 69% = 555 to 647.4 points = D
< 60% = ≤ 549.9 points = F

Please note that 832.4 points is a B, NOT an A.

All assignments will be explained during class times and uploaded to Canvas for full details and instructions. Assignments are due on the dates specified on Canvas.

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 Spring, the Census Date is Jan 27.) 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 (January 26, 2026) 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.

“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.

“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.

“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. 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. 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

Course disclosure – Please note that this course covers a variety of topics which can be considered triggering. These topics include (but not limited to) body weight, body image, sugars, fat, obesity, eating disorders, etc. In addition, assignments will involve calorie counting, physical activity analysis, calorie intake, fat intake, sugar intake, body weight and BMI estimations. Some of these topics are considered as potential triggers for people with eating disorders. If you are experiencing or recovering from an eating disorder, it is highly encouraged to take necessary steps towards your emotional safety. This may include consulting with your therapist / practitioner / psychologist / dietitian before enrolling or about the course content. If any of these topics are potential triggers and can potentially cause any distress, you can drop out of this course (before the census date). Additionally, at any time if you feel distressed you can reach out to Student Counseling Center - The University of Texas at Tyler (903.566.7254).

ALHS 1315.004
 Fall 2026
 MWF— 11:15 AM - 12:10 PM
 HPC 3055

Module 1: Nutrition as a Science

Week	Week Of	Module	Chapter/ Spotlight	Topic	Lecture/In-Class Activity	What's Due:
1	8/24	1- Nutrition as a Science	1	Syllabus & Course Expectations	8/24 Intro ALHS 1315 (Lecture) 8/26 & 28: Ch.1 (Lecture)	8/30: Getting Started Quiz 8/30: "Introduce Yourself" Discussion
2	8/31		1	The Science & Scope of Nutrition	8/31: Ch. 2 (Lecture) 9/2 & 9/4: Ch. 2-3 (Lecture) & In Class Demo (ASA24 website)	9/6: "Analyze My Plate" Discussion (in Canvas)
3	9/7		2 & 3	Healthy Diets & Digestion	9/7: NO CLASS 9/9 & 9/11: Ch. 3 (Lecture) & Assign Groups for Group Project	9/13: Chapters 1-3 (Nutrition as Science, Healthy Diets & Digestion) Quiz 9/13: "Get to Know Your Team" Activity 9/13: ASA24 AnalyzeMyDiet Diet Entry Reports



Due by 9/20: Research VS Popular Press Paper



Module 2: Macronutrients

Week	Week of	Module	Chapter/ Spotlight	Topic	Lecture/In-Class Activities	What's Due:
4	9/14	2- Macronutrients	4 Spotlight A	Carbohydrates Nutrition & Diabetes	9/14: Ch. 4 (Lecture) 9/16 & 9/18: Ch.4 + 4A (Lecture) & In Class Carbohydrate Analysis	9/20: Carbohydrate Analysis

ALHS 1315.004
 Fall 2026
 MWF— 11:15 AM - 12:10 PM
 HPC 3055

Week	Week of	Module	Chapter/ Spotlight	Topic	Lecture/In-Class Activities	What's Due:
5	9/21		5 Spotlight B	Lipids Lipids in Health & Disease	9/21: Ch. 5 & 5B 9/23 & 9/25: Ch. 5 & <i>In Class Lipid Analysis</i>	○ 9/27: Lipid Analysis
6	9/28		6 Spotlight C	Protein Plant-Based Diets	9/28: Ch. 6 & 6C 9/30 & 10/2: Ch. 6 & 6C <i>In-Class Protein Calculation</i>	○ 10/4: Protein Analysis ○ 10/4: Macronutrient Quiz



Due By 9/27: Exam #1 Chapters 1-5 (In Canvas)



Module 3: Micronutrients

Week	Week of	Module	Chapter/ Spotlight	Topic	Lecture & In-Class Activities	What's Due:
7	10/5	3- Micronutrients	7 8	Fat-Soluble Vitamins Water-Soluble Vitamins	10/5: Ch. 7 (<i>Lecture</i>) 10/7 & 10/9: Ch. 8 (<i>Lecture & In-Class Vitamin Activity & Analysis</i>)	○ 10/11: Vitamins Analysis
8	10/12		9 Spotlight D	Major Minerals & Water Dietary Supplements	10/12: Ch. 9 (<i>Lecture</i>) 10/14 & 10/16: Ch. 9+Spotlight D (<i>Lecture & In-Class Mineral Analysis</i>)	
9	10/19		10	Trace Minerals	10/19: Ch. 10 (<i>Lecture</i>) 10/21 & 10/23: Ch 10 (<i>Lecture & In Class Mineral Analysis</i>)	○ 10/25: Mineral Analysis ○ 10/25: Micronutrients Quiz

ALHS 1315.004
 Fall 2026
 MWF— 11:15 AM - 12:10 PM
 HPC 3055



Due by 11/1: Exam #2 Chapters 6-10 (In Canvas)



Module 4: Energy Balance, Obesity, & Fitness

Week	Week of	Module	Chapter/ Spotlight	Topic	Lecture & In-Class Activities	What's Due:
11	10/26	4- Energy & Fitness	11	Energy Balance & Obesity	10/26: Ch. 11 Energy Balance & Obesity 10/28 & 10/30: Ch. 11	
12	11/2		12	Nutrition & Fitness	11/2: Ch. 12 (Lecture) 11/4 & 11/6: Ch. 12 (Lecture & In-Class Energy Balance Analysis)	- o 11/8: Energy Balance Analysis - o 11/8: Energy Balance Quiz

Module 5: Nutrition for Life

Week	Week of	Module	Chapter/ Spotlight	Topic	Lecture & In-Class Activity	What's Due:
13	11/9	5- Nutrition for Life	Spotlight E	Pregnancy, Breastfeeding, & Infancy	11/9, 11/11 & 11/13 Pregnancy, Breastfeeding, Infancy (Lecture)	
14	11/16		Spotlight F 13	Childhood Nutrition The College Years	11/16: Childhood Nutrition 11/18 & 11/20: College Nutrition	- o 11/22: Nutrition for Life Quiz - o 11/22 Group Project Paper - o 11/22 Personal Health Report
	11/23-11/27	NO CLASS				
15	11/30	Group Presentations			11/30, 12/2 & 12/4 Group Presentations	o Attendance WILL be taken both days



Due By 12/9: Comprehensive Final Exam (in Canvas)



ALHS 1315.004
Fall 2026
MWF— 11:15 AM - 12:10 PM
HPC 3055

Important Dates

- 9/7: NO CLASS
- 9/20: Research vs Popular Press **Paper**
- 9/27: Exam #1 (Chapters 1-6) (*in Canvas*)
- 11/1: Exam #2 (Chapters 6-10) (*in Canvas*)
- 11/22: Group Project Nutrition & Disease **Paper** (*Submit one paper per group*)
- 11/22: Personal Health Report **Paper** Due
- 11/23-11/27: Thanksgiving Break **NO Classes**
- 11/30, 12/2, 12/4: Group Project Nutrition & Disease **Presentations** (*Attendance required*)
- 12/9: Comprehensive Final Exam Due (*In Canvas*)