

KINE 3030: Foundations of Sport Nutrition & Metabolism
Department of Kinesiology, Health Promotion, and Recreation
University of North Texas, Winter Semester – 2025-2026

Instructor Information

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Class location: Canvas Online

Undergraduate Text (optional)

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Course Description

This course is designed to merge the basic principles and latest evidence-based knowledge and scientific understanding of sports nutrition with real-world practical applications and examples.

Course Objectives

This course is offered in a fully online format, which is very different than a traditional class. You will be expected to watch lectures and complete graded assignments in an online environment. Upon successful completion of this course, students will be able to:

1. Identify and describe basic macronutrients (i.e., carbohydrate, protein, and fat) and their respective sources.
2. Identify and describe the role of vitamins, minerals, electrolytes, and water in sport performance.
3. Demonstrate how to optimize one's nutrition to maximize sport performance.
4. Demonstrate knowledge on how to evaluate and modify one's dietary habits to improve sport performance.

Course Expectations

1. You are expected to keep up with course assignments and due dates. While this course offers you the flexibility to complete your assignments when you choose, this type of structure requires self-discipline and motivation to ensure that you do not miss important deadlines. The modules in this course are released on specific dates (see course schedule) and after quiz requirements (at least 60% on the previous module quiz) are met. If you feel like you are falling behind in this course, you need to make every effort to catch up as quickly as possible.
2. If you have special learning needs, inform me immediately.
3. If at any point during the semester you are unhappy with your performance in this class, contact me immediately.
4. Academic dishonesty will not be tolerated (e.g., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Course Delivery

The Canvas platform will be used to enhance the delivery of course materials and content. Students must check the Canvas site regularly for course updates and become familiar with their Canvas account. Canvas will provide students with important announcements, lecture notes and quizzes, assignment information, and other important materials necessary for successful completion of this course.

Technical Support

For any technical issues that you may encounter during the duration of this class, contact the UNT Student Helpdesk at:

UIT Helpdesk

Location: Sage Hall, 130

Phone: 940-565-2324

Email: helpdesk@unt.edu

Technical Skill Requirements

Students will be required to understand how to download and upload files, send and receive emails, and navigate the Canvas online learning platform.

Use of Artificial Intelligence (AI)

You are encouraged, in a limited fashion on certain assignments, to use AI tools (e.g., Claude, ChatGPT, Gemini, etc.) to support your learning and develop skills for an AI-oriented workforce. This use will help us stay technically proficient and ethically grounded. However, AI should complement, not replace, your critical thinking and original work. If something seems unclear, please seek clarification.

I use AI to enhance course materials, streamline tasks, generate prompts, create

scenarios, draft syllabi, build study guides, and analyze performance. I will always disclose how I use AI, and I expect the same from you.

In accordance with the UNT Honor Code, unauthorized use of AI tools is prohibited. Using AI content without proper credit or substituting your own work with AI undermines the learning process and violates UNT academic integrity policy. If you're unsure whether something is allowed, please seek clarification.

Communication, Interaction, and Netiquette Expectations

Due to the importance of communication in an online environment, I will expect each of you to log in to the Canvas course site at least 3 evenly spaced out times during the week. Check the Announcements area first since this is where I will put the most important information. Communication online is different than that of face-to-face classes. Try to use good "netiquette" when communicating with your classmates, TAs, and instructors. Remember, through online communication we can't see your facial expression, hear you giggling, or notice your gestures. All of these elements of non-verbal communication occur daily through our face-to-face interactions, yet we rarely notice it until it is taken away. Please keep this in mind when you are commenting on others' ideas/posts, giving constructive criticism on a writing project, or interacting with the class in general. In addition, students are expected to carefully and thoughtfully write professional emails. For example, make it a point to use a meaningful and specific subject line (e.g., KINE 3030: LM1 Quiz), a greeting (e.g., Hello Dr. Olson), and a signature with your name at the end (e.g., Best regards, John Doe). Writing professional emails is an important skill for all students so proofread before sending and avoid using abbreviations and all lower/upper case lettering.

If you need to speak with me and have a conflict with a scheduled appointment/office hours, I will be happy to make a separate appointment at a time that is convenient for us both. Be punctual when meeting for a scheduled appointment/office hours. For example, showing up 20 minutes after a scheduled appointment/office hours may result in my door being closed, the remote session being deactivated, and cancellation of the meeting. Additionally, come to scheduled appointments/office hours focused and ready to talk about your ideas, questions, and/or concerns.

I expect that everyone will treat others in this class with the same respect that they would wish to be treated with! Fortunately, I do have confidence that this will happen from the start. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state

you live in. You may find that you actually have a classmate that you can meet at the local coffee shop and continue a conversation with.

To learn more about online etiquette, visit the [Core Rules of Netiquette website](#).

Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates.
- Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
- Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
- Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using “text-talk” unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

See these [Engagement Guidelines](#) for more information.

Americans with Disabilities Compliance (Policy 04.015)

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new

letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the [Office of Disability Access](https://studentaffairs.unt.edu/office-disability-access/) website (<https://studentaffairs.unt.edu/office-disability-access/>). You may also contact ODA by phone at 940-565-4323.

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate. This policy can be reviewed online at <https://policy.unt.edu/policy/16-004>.

Ethical Standards and Academic Dishonesty (Policy 06.003)

Students are expected to conduct themselves in a manner consistent with the University's status as an institution of higher education. In the class setting, students shall follow their instructors' directions and observe all academic standards and requirements published in course syllabi and other course materials. A student is responsible for responding to an academic dishonesty report issued by an instructor or other University authority. If a student fails to respond after proper attempts at notification, the University may take appropriate academic actions in the absence of the student.

UNT policy will be followed in cases of academic dishonesty (e.g., cheating, plagiarizing, copying, etc.). Students caught cheating during an exam/quiz or plagiarizing a written assignment will be charged under the University's Code of Student Conduct. Among other punishments, students found guilty run the risk of having their score changed to a zero, receiving a grade of F for the course, and/or dismissal from the University. Students should be familiar with the Student Standards of Academic Integrity. Please review the student rights and responsibilities information online at <https://policy.unt.edu/policy/06-003>.

Family Educational Rights and Privacy Act (FERPA) Information (Policy 07.018)

Students have the right to expect their grades will be kept confidential. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in you being identified by other students or faculty members. The FERPA policy can be reviewed online at <https://policy.unt.edu/policy/07-018>.

Retention of Student Records (Policy 04.008)

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See [UNT Policy 04.008, Records Management and Retention](https://policy.unt.edu/policy/04-008) (<https://policy.unt.edu/policy/04-008>) for additional information.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT's [Code of Student Conduct](https://deanofstudents.unt.edu/conduct) (<https://deanofstudents.unt.edu/conduct>) to learn more.

Access to Information - Eagle Connect

Students' access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains [Eagle Connect](https://it.unt.edu/eagleconnect) (<https://it.unt.edu/eagleconnect>).

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during the end of the semester to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email that the survey has been submitted. For additional information, please visit the [SPOT website](http://spot.unt.edu) (<http://spot.unt.edu>) or email spot@unt.edu.

Survivor Advocacy

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex

as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565-2648.

Attendance Standards

It is vital that students attend class (i.e., check Canvas, review lecture slides, complete lecture quizzes, submit projects, complete exams) to improve understanding of course content and stay up to date with course requirements, as the course calendar is subject to change. In the event of illness, students are responsible for notifying the instructor in advance and for making up any missed work. All university excused absences must be accompanied by appropriate documentation. In the event that you are scheduled to take part in an official University function on the date of a quiz or an exam, contact me in order to schedule a make-up test session.

Important Notice for F-1 Students taking Distance Education Courses

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at <http://ecfr.gpoaccess.gov>. The specific portion concerning distance education courses is located at "Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)" and can be found buried within this document: <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&PART=214&SECTION=2&TYPE=TEXT>

The Paragraph Reads

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken online or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An online or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no online or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities

such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to:

1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
2. Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services (ISSS) Office. The ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office by phone (940-565-2195) or email (internationaladvising@unt.edu) to get clarification before the one-week deadline.

Course Evaluation

Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below:

ACTIVITY	PERCENT (%)	POINTS	YOUR POINTS
Learning Module Quizzes (10 @ 15 pts)	30	150	
Graded Discussions (2 @ 25 pts)	10	50	
Project 1: Research Article Summary	10	50	
Project 2: Nutrition Planning Assignment	10	50	
Exams (2 @ 100 pts)	40	200	
TOTALS	100	500	

Grading Scale

- A: 89.5-100% (447.25-500+ points)
- B: 79.5-89.4% (397.25-447.24 points)
- C: 69.5-79.4% (347.25-397.24 points)
- D: 59.5-69.4% (297.25-347.24 points)
- F: 0-59.4% (0-297.24 points)

Late Work

Late work will not be accepted. Adhere to all assignment due dates listed below.

Incompletes

Students will not be allowed to take an Incomplete in this course due to poor planning on their part. However, if you find you do have a legitimate reason for an Incomplete, talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Consult the UNT catalog or [Office of the Registrar](#) to review conditions under which an Incomplete may be granted.

Exams

Two non-cumulative exams will be administered via Canvas during this class. Exam 1 will cover learning modules (LMs) 1-6 while Exam 2 will cover LMs 7-12. Each exam will consist of 50 questions worth 2 points per question (100 points per exam; 200 total points). The format and questions will be similar in style to the LM quizzes. However, for both exams you will only be allowed **2 attempts** versus the unlimited number of attempts that are allowed on LM quizzes. Your grade will be reported as the “highest” of your two attempts. **If you fail to complete the exams by the respective due dates and times, NO make-up exams will be offered.**

Learning Modules (LM)

Students will complete a total of 12 LMs (+1 syllabus module) during the course of the semester. Each LM will consist of two main components: 1) a lecture and 2) a graded quiz. You will have until **11:59PM on the due date listed below to complete and finalize all LM components (i.e., lecture and quiz). Note the release and availability dates listed on the tentative course schedule.**

LM Lectures

The LM lectures are provided to students in PowerPoint format. You may view the LM lectures as many times as you like. **Viewing LM lectures is required to “unlock” LM quizzes.** If you experience difficulties accessing the LM lectures, make sure that you have received the required 100% on the syllabus quiz and the required 60% on any prior LM quizzes. Additionally, confirm that the release date listed in the syllabus has passed, as LM lectures will not be posted until the date listed in the syllabus.

LM Quizzes

After you have completed a learning module (LM lecture for a given topic), you are required to take a LM quiz on Canvas to test your level of knowledge and understanding. You will complete a total of 12 quizzes worth 15 points each; however, only the 10 highest scoring quizzes will count toward your final grade (150 points total). You will be allowed an unlimited number of attempts to take each quiz and your grade will be reported as the “highest” of your attempts. Each time you attempt the quiz you will be given a new random set of questions from the quiz question bank, and you will not be provided the answers to the questions that you miss. Thus, you may have to take the quiz several times to “unlock” the next module and/or achieve your desired score. To “unlock” new LMs, you must get at least 60% of the questions correct on the previous LM. For example, to unlock LM 2, you must earn a score of 60% or higher on

LM 1. To unlock LM 1, you will have to get 100% on the syllabus quiz. Once you “unlock” a LM and its associated quiz, it will remain open for the remainder of the time prior to the due date. Leaving quizzes available should allow you to use these as a study tool to prepare for your exams.

Project 1: Research Article Summary

This assignment is designed to help you: 1) learn how to search for and identify credible sources of evidence-based research and 2) critically evaluate and summarize nutrition research topics. You will first search for and select one research article focusing on a nutrition topic of your choice (e.g., supplements and sport performance, dietary and metabolic assessment in athletes, etc.). Searches will be conducted using PubMed or the UNT library. **Note that the use of lay references (e.g., Google Searches, Magazines, Blog Posts, Wikipedia, etc.) will not be counted as research articles. If you decide to use these as “sources” you will receive an automatic grade of zero for this assignment.** You will then prepare a 2-page Microsoft Word document that will be submitted to the Research Article Summary submission link found on Canvas. The first page of the assignment will include the APA citation for the article you selected followed by an approximately 250-300 word (double-spaced, 12-point Arial font, 1” margins) synopsis of the key knowledge obtained from reading the selected article. The second page will include a score for the article based on the Paper to Podium Matrix (PPM). The PPM scoring guide can be found in the Research Article Summary module on Canvas. You should provide a total sum score and the score for each of the categories listed in Figure 1 (9 total categories). Upon submitting your assignment, it will be checked for plagiarism, originality, and AI use via Turn-it-in. **If your submission comes back as a >20% match to previous submissions, you will be assigned a grade of zero.** Full credit will be given if all requirements are met while points will be deducted for missing requirements. While word counts that are slightly below the 250-300 word limit may receive full credit (as long as all other components are addressed), submissions of approximately 150 words would receive 50% credit and submissions of approximately 50 words would receive 20% credit. Additionally, points will be deducted on submissions exceeding the 2-page limit (page 1: APA reference and synopsis; page 2: assigned scores from the PPM). **If you fail to submit your assignment via Canvas by the due date, you will receive a grade of zero for the assignment. Late assignments will not be accepted for any reason.**

Project 2: Nutrition Planning Assignment

This assignment is designed to help you: 1) apply information learned during this class to real-world scenarios and 2) learn about the pros and cons of AI use for developing a personalized meal plan. Based on the information you have learned in this course, you will be asked to assess a client’s caloric needs (e.g., metabolism) and plan a week’s worth of meals. The client can be you, a family member, or a friend. You will develop a 5-day meal plan that takes into account physical activity habits, nutritional needs, and is based on the recommended dietary guidelines. The assignment will consist of six main components that you will submit: 1) data collection sheet; 2) initial 5-day meal plan; 3)

AI output evaluation; 4) refined AI prompt; 5) finalized 5-day meal plan, and 6) reflection. You will submit all assignment components to the Nutrition Planning Assignment submission link found on Canvas. You will be graded on your ability to apply the information from the course to a real-life situation and assessed on the thoroughness of your meal plan and application to nutritional guidelines. Full assignment details can be found in the Nutrition Planning Assignment module on Canvas. **If you fail to submit your assignment via Canvas by the due date, you will receive a grade of zero for the assignment. Late assignments will not be accepted for any reason.**

Graded Discussions

For the purposes of understanding the topics covered in this class, it is useful to have regular class discussions on Canvas. The instructor or a designated teaching assistant (TA) will post a discussion topic on the date indicated in the syllabus. Students in the course are expected to post responses to the original post or posts of other students in the class. During the discussion process, you should treat your peers, TA, and instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Each discussion forum requires a total of 3 posts. One post will be comprised of your well thought out response to the article/discussion topic. In general, an adequate response should take around 150 words. This primary response is worth 15 points. You should also have two responses to your classmate's posts, each consisting of 50-75 words. These posts are each worth 5 points (10 total). Full credit of 25 points will be given to those meeting these criteria and not violating the rules of netiquette (see above). The use of AI is not allowed for this assignment. Partial credit will not be given to posts not meeting these criteria and standards. **Two Graded Discussions will be available beginning at 6:00AM and expire at 11:59PM on the release and due dates shown below, respectively. If you miss a discussion, NO make-up discussion will be offered.**

Academic Support & Student Services **Student Support Services**

Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center) (https://studentaffairs.unt.edu/student-health-and-wellness-center)
- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
- [UNT Care Team](https://studentaffairs.unt.edu/care) (https://studentaffairs.unt.edu/care)
- [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)

- [Individual Counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, let the instructor know. Below is a list of resources for updating your chosen name at UNT.

- [UNT Records](#)
- [UNT ID Card](#)
- [UNT Email Address](#)
- [Legal Name](#)

**UNT eUIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.*

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can [add your pronouns to your Canvas account](#) so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- [What are pronouns and why are they important?](#)
- [How do I use pronouns?](#)
- [How do I share my pronouns?](#)
- [How do I ask for another person's pronouns?](#)
- [How do I correct myself or others when the wrong pronoun is used?](#)

Additional Student Support Services

- [Registrar](https://registrar.unt.edu/registration) (https://registrar.unt.edu/registration)
- [Financial Aid](https://financialaid.unt.edu/) (https://financialaid.unt.edu/)
- [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services) (https://studentaffairs.unt.edu/student-legal-services)
- [Career Center](https://studentaffairs.unt.edu/career-center) (https://studentaffairs.unt.edu/career-center)
- [Multicultural Center](https://edo.unt.edu/multicultural-center) (https://edo.unt.edu/multicultural-center)
- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
- [Pride Alliance](https://edo.unt.edu/pridealliance) (https://edo.unt.edu/pridealliance)
- [UNT Food Pantry](https://deanofstudents.unt.edu/resources/food-pantry) (https://deanofstudents.unt.edu/resources/food-pantry)

Academic Support Services

- [Academic Resource Center](https://clear.unt.edu/canvas/student-resources) (https://clear.unt.edu/canvas/student-resources)
- [Academic Success Center](https://success.unt.edu/asc) (https://success.unt.edu/asc)
- [UNT Libraries](https://library.unt.edu/) (https://library.unt.edu/)
- [Writing Lab](http://writingcenter.unt.edu/) (http://writingcenter.unt.edu/)

Tentative Class Outline and Schedule

OPEN DATE	TOPIC/ASSIGNMENT	DUE DATE
12/15/25	Online Orientation & Syllabus Quiz	1/9/26
12/15/25	LM1: Introduction to Nutrition for Health, Fitness, and Sport Performance	12/29/25
12/15/25	LM2: Healthful Nutrition for Fitness and Sport	12/29/25
12/15/25	LM3: Human Energy	12/29/25
12/15/25	LM4: Carbohydrates: The Main Energy Food	12/29/25
12/15/25	LM5: Fat: An Important Energy Source during Exercise	12/29/25
12/15/25	LM6: Protein: The Tissue Builder	12/29/25
12/29/25	LM7: Vitamins: Fat-Soluble, Water-Soluble, and Vitamin-Like Compounds	1/9/26
12/29/25	LM8: Minerals: The Inorganic Regulators	1/9/26
12/29/25	LM9: Water, Electrolytes, and Temperature Regulation	1/9/26
12/29/25	LM10: Body Weight and Composition for Health and Sport	1/9/26
12/29/25	LM11: Weight Maintenance and Loss through Proper Nutrition and Exercise & Weight Gaining through Proper Nutrition and Exercise	1/9/26
12/29/25	LM12: Nutritional Supplements and Ergogenic Aids	1/9/26
12/15/25	Graded Discussion 1	12/29/25
12/29/25	Graded Discussion 2	1/9/26
12/15/25	Research Article Summary	12/29/25
12/29/25	Nutrition Planning Assignment	1/9/26
12/15/25	Exam 1	12/29/25
12/29/25	Exam 2	1/9/26

***** This schedule is tentative and will more than likely change throughout the semester. It is your responsibility to adhere to any changes. *****