Foundations of Sport Nutrition & Metabolism
KINE 3030.401 Fall 2026 ONLINE COURSE

Instructor: Sarah E. Deemer, PhD, CSCS Sarah.Deemer@unt.edu
Office hours will be available via Zoom only, please email me at least 24h in advance to set up an appointment.

Welcome to UNT!!

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT's full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

E-Textbook (required):

Williams' Nutrition for Health, Fitness and Sport w/ Connect Access (by Eric Rawson, David Branch and Tammy J. Stephenson)

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.

🗣️ Dr. Deemer's Mean Green Guidelines

- Final grades will be rounded up based on the nearest 0.51 percentage points (e.g., 79.51% = B; 79.49% = C). **This is non-negotiable**.
- Late work will not be accepted unless extenuating circumstances exist. If something arises, please contact me *IN ADVANCE* of the due date and we can arrange something.
- I may offer extra credit during the semester to the WHOLE class; I WILL NOT offer extra credit opportunities to an individual person, this would not be fair to your classmates, so please don't ask.
- Remember, YOU EARN your grade, I don't give you a grade. Do the work, interact with me and your classmates, and you should be successful in this class. I am always an email or Zoom call away and happy to help you succeed in this class.

Course Objectives:

This course is offered in a fully online format and is designed to help students develop an evidence-based understanding of sport nutrition through adaptive learning, application activities, and critical evaluation of nutrition information. Students will engage with course content through SmartBook assignments, chapter quizzes, application assignments, and exams.

Upon successful completion of this course, students will be able to:

1. Describe the roles of carbohydrates, proteins, fats, vitamins, minerals, electrolytes, and water in supporting health, exercise, and athletic performance.
2. Explain how nutrition influences energy metabolism, training adaptations, recovery, body composition, and sport performance.
3. Apply evidence-based sports nutrition principles to evaluate dietary intake and develop nutrition recommendations for physically active individuals.
4. Critically evaluate sports nutrition research and distinguish evidence-based recommendations from misinformation commonly encountered in the media and online.

The UNT Department of Kinesiology, Health Promotion, and Recreation is recognized by the NSCA Education Recognition Program (ERP) and maintains the standards for the Council on Accreditation of Strength and Conditioning Education (CASCE). This course is designed to equip students with the knowledge, skills, and abilities in strength and conditioning. In alignment with CASCE Professional Standards and Guidelines, this course curriculum includes competencies in sports nutrition (III.C.4.a, c-o).

Course Expectations:

1. **Keeping up with course materials:** It is imperative that you stay on task and prepare for each class period in a timely manner. You will be responsible for completing new chapter activities each week, and completing the associated quizzes prior to the due date. Exam 1 will occur at approximately the midpoint of the semester, and Exam 2 at the end of the semester. There will be no make-up opportunities for these exams.
2. If you have special learning needs, please inform the instructor immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact the instructor **immediately**.
4. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Course Delivery

This course uses both **Canvas** and **McGraw Hill Connect** to deliver course content and assessments.

Canvas serves as the primary course management system and will be used for course announcements, supplemental course materials, grades, assignment information, and communication. Students are responsible for checking Canvas regularly for updates throughout the semester.

McGraw Hill Connect is the primary learning platform for this course. Students will complete SmartBook reading assignments, chapter quizzes, selected application assignments, and exams through Connect. Students are expected to access Connect regularly and complete all assigned activities by the posted due dates.

Successful completion of this course requires regular use of **both Canvas and McGraw Hill Connect**.

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:

Component	% Final Grade
Knowledge Builder – Chapter Readings	15%
Chapter Quizzes	15%
Application Assignments	20%
Exam 1 (Chapters 1-6)	25%
Exam 2 (Chapters 7-13)	25%
Total	**100%**

Grading Scale

FINAL GRADE	PERCENTAGE
A	89.51% – 100%
B	79.51% – 89.50%
C	69.51% – 79.50%
D	59.51% – 69.50%
F	< 59.51%

Students will not be allowed to take an incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the UNT catalog to review conditions under which an incomplete may be granted.

Learning Modules:

There are 13 learning modules in this course + syllabus module. Each learning module consists of two main components: [1] an interactive chapter reading [2] a graded quiz. You will have until 11:59PM on the date listed on the calendar to complete the learning modules and quizzes.

Chapter Modules

Each chapter in this course is organized into a learning module within McGraw Hill Connect. To complete each module, you will:

1. Complete the assigned SmartBook reading.
2. Answer the embedded SmartBook questions throughout the reading to check your understanding of the material.
3. Complete the associated chapter quiz.

SmartBook is an adaptive learning tool that personalizes your reading experience by asking questions as you progress through the chapter. Concepts that require additional practice will be presented more frequently, helping you build a strong foundation before moving on to the quiz.

Modules should be completed in the order they are assigned, as concepts build upon one another throughout the semester. You will be expected to complete one chapter module per week during this long-semester course. You will have up to 5 days to complete a given Smartbook activity if you miss the deadline to make-up missed points. *Completion of the SmartBook readings is worth 15% of your final grade*.

Chapter Quizzes:

After completing each SmartBook assignment, you will take a chapter quiz designed to assess your understanding of the material. There will be 13 chapter quizzes, each worth 10 points.

Each quiz:

- Consists of 10 randomly selected questions drawn from a larger question bank.
- Has a 20-minute time limit.
- Allows two attempts, with your highest score recorded in the gradebook.
- Allows you to review and revise your previous attempt before submitting a second attempt.
- Includes hints for each question, and you may use your eBook and course notes as resources while completing the quiz.

These quizzes are designed to reinforce your learning rather than simply assess memorization. Use them as an opportunity to identify areas that may require additional review before the exams. Completing the SmartBook assignment carefully before taking the quiz will provide the best preparation for success.

Quizzes are available until the posted due date. You may submit a quiz up to 5 days after the due date; however, late submissions will receive a 30% deduction in accordance with the course late work policy. *Completion of the chapter quizzes is worth 15% of your final grade*.

Exams:

Two non-cumulative exams will be administered through McGraw Hill Connect during the semester. **Exam 1** will cover Chapters 1–6, and **Exam 2** will cover Chapters 7–13. Each exam will consist of **100 randomly selected multiple-choice questions**, with each question worth **1 point**, for a total of 100 points per exam. You will have 90 minutes to complete each exam, and only one attempt will be permitted. Although the exams are open-book and open-note, the time limit is designed to reward students who have prepared by completing the SmartBook assignments and chapter quizzes rather than relying on looking up every answer. Exam questions will be similar in style and difficulty to the chapter quizzes.

Because the exams are timed, you should ensure you have a reliable internet connection and sufficient uninterrupted time before beginning an exam. Once an exam has been started, it should be completed in a single sitting. *Each exam is worth 25% of your final grade*.

If you fail to complete the exams by the respective due dates and times, NO make-up exams will be offered. This is non-negotiable.

Application Assignments:

You will also be asked to complete four application assignments throughout the semester. These assignments are designed to help you apply sports nutrition concepts to real-world situations and develop skills that are commonly used by health and fitness professionals.

Detailed instructions, grading rubrics, and submission requirements for each assignment will be provided within the corresponding assignment module in Canvas or McGraw Hill Connect.

Unless otherwise specified, application assignments must be submitted by the posted due date. Assignments submitted through Canvas may be evaluated using Turnitin to verify originality. Students are expected to submit their own work and appropriately cite all sources used. *In total, these assignments will be worth 20% of your final course grade*.

Tentative Course Outline & Schedule

OPEN DATE	TOPIC/ASSIGNMENT	DUE DATE
10/12/2026	Online Orientation & Syllabus Quiz	
10/12/2026	Chapter 1	10/15/2026
10/15/2026	Chapter 2	10/18/2026
10/19/2026	Chapter 3	10/22/2026
10/22/2026	Chapter 4	10/25/2026
10/26/2026	Chapter 5	10/29/2026
10/29/2026	Chapter 6	11/1/2026
10/12/2026	**Application Assignment 1**	**10/18/2026**
10/19/2026	**Application Assignment 2**	**10/25/2026**
10/26/2026	**Application Assignment 3**	**11/6/2026**
11/2/2026	**Exam 1 (Chapters 1-6)**	**11/5/2026**
11/5/2026	Chapter 7	11/8/2026
11/9/2026	Chapter 8	11/12/2026
11/12/2026	Chapter 9	11/15/2026
11/16/2026	Chapter 10	11/19/2026
11/19/2026	Chapter 11	11/22/2026
11/23/2026	🍁 **FALL BREAK!** 🦃	11/29/2026
11/30/2026	Chapter 12	12/3/2026
12/3/2026	Chapter 13	12/6/2026
11/9/2026	**Application Assignment 4**	**12/6/2026**
12/7/2026	**Exam 2 (Chapters 7-13)**	**12/10/2026**

ALL QUIZZES, ASSIGNMENTS, & EXAMS MUST BE SUBMITTED BY 11:59PM ON THE DATE LISTED ABOVE. NO EXCEPTIONS.

Note: The following information is designed to help the class run smoothly. **The instructor reserves the right to make additions and adjustments as necessary**. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.

Technical Support
Student Helpdesk: UNT IT Helpdesk (940) 565-2324 or email helpdesk@unt.edu

Minimum Technology Requirements
Minimum technology requirements include:

- Computer
- Reliable internet access
- Speakers
- Microphone
- Plug-ins
- **Microsoft Office Suite**
    - **All assignments will be submitted as a Microsoft Word documents**. Microsoft Office 365 is provided free to you from the university and instructions for installation can be found here: https://it.unt.edu/installoffice365. **Assignments submitted/uploaded as a document other than Word will not be graded and receive a grade of zero (0)**. Please let me know if you have questions about this policy.
- Canvas Technical Requirements (https://clear.unt.edu/supported-technologies/canvas/requirements)

Computer Skills & Digital Literacy
Course-specific technical skills learners must have to succeed in the course include:

- Using Canvas
- Using email with attachments
- Downloading and installing software
- Using spreadsheet programs
- Using presentation and graphics programs

Technical Assistance
Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UNT IT Help Desk: UNT IT Student Help Desk site (http://www.unt.edu/helpdesk/index.htm)
Email: helpdesk@unt.edu
Phone: 940-565-2324
Telephone Availability:

- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm

For additional support, visit Canvas Technical Help (https://community.canvaslms.com/docs/DOC-10554-4212710328).

UNT Policies

Academic Integrity Policy
Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one's specific course needs. Students may request accommodations at any time, however, ODA notices of 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 accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website (https://disability.unt.edu/).

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.

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.

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 do the following:

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.

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Retention of Student Records

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 10.10, Records Management and Retention 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) 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 and how to forward e-mail Eagle Connect (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. 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/) or email spot@unt.edu.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit 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. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648.

Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.

Student Verification

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.

See UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses (https://policy.unt.edu/policy/07-002).

Use of Student Work

A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student's permission unless all of the following criteria are met:

- The work is used only once.
- The work is not used in its entirety.
- Use of the work does not affect any potential profits from the work.
- The student is not identified.
- The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student's written permission.

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)
- Counseling and Testing Services (https://studentaffairs.unt.edu/counseling-and-testing-services)
- UNT Care Team (https://studentaffairs.unt.edu/care)
- UNT Psychiatric Services (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
- 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, please 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)
- Financial Aid (https://financialaid.unt.edu/)
- Student Legal Services (https://studentaffairs.unt.edu/student-legal-services)
- Career Center (https://studentaffairs.unt.edu/career-center)
- Multicultural Center (https://edo.unt.edu/multicultural-center)
- Counseling and Testing Services (https://studentaffairs.unt.edu/counseling-and-testing-services)
- Pride Alliance (https://edo.unt.edu/pridealliance)
- UNT Food Pantry (https://deanofstudents.unt.edu/resources/food-pantry)

Academic Support Services

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