## GEORGE MASON UNIVERSITY School of Recreation, Health, and Tourism

## HEAL 330–003 Nutrition (3) KINE 320-002 Principles of Human Nutrition (3) Fall 2014

DAY/TIME: Wed 4:30pm-7:10pm LOCATION: Enterprise Hall 274 Fairfax

PROFESSOR: Jeanmarie Gallagher MS, RCEP \*EMAIL ADDRESS: jgallag8@gmu.edu

\* Preferred method

OFFICE HOURS: By Appointment Only

#### **PREREQUISITES**

None

## CATALOG COURSE DESCRIPTION (HEAL 330)

Assesses dietary habits and patterns in relation to nutrient requirements. Emphasizes weight control, diet and fitness, and current nutritional controversies.

## CATALOG COURSE DESCRIPTION (KINE 320)

Assesses dietary habits and patterns in relation to nutrient requirements across the age spectrum and for a variety of populations. Emphasizes weight control, diet in relation to physical activity, and current nutritional controversies.

#### **COURSE OBJECTIVES (HEAL 330)**

At the completion of this course, students will be able to:

- 1. Define and describe the basic macronutrients and recommendations in the American diet.
- 2. Understand the relationship between nutrition and chronic diseases.
- 3. Define and describe healthful nutrition practices for weight control and fitness/sport.
- 4. Define and describe Nutrition, Fitness, and Ergogenic Aids
- 5. Define and describe the nutrient needs for varying stages of the human life cycle.

### **COURSE OBJECTIVES (KINE 320)**

At the completion of this course, students will be able to:

- 1. Differentiate the roles of carbohydrates, protein, fats, vitamins, and minerals in one's diet across the lifespan.
- 2. Describe the digestive process as it relates to the utilization of nutrients for energy production and metabolism.
- 3. Explain the various methods utilized to measure body composition.
- 4. Explain the importance of nutrition as it relates to exercise and physical activity for a healthy lifestyle.
- 5. Evaluate a variety of diets reported in the popular literature.
- 6. Plan a nutrition program for both weight loss and weight gain for clients.

#### **COURSE OVERVIEW**

The course focuses on the basic principles of nutrition and its application in practice and overall health. It will be lecture based to elicit thought provoking discussion to help emphasize key components of the lecture. Current topics and cases will be presented and discussed throughout the course to help students translate theory into practice.

The first part of the course will focus on the components of a nutritious diet, nutrition standards, macro and micronutrients. The second part of the course will delve further into nutrition and its relationship to health, disease, fitness, ergogenic aids, obesity, and nutrition through the life cycle.

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, and fulfill all assignments. Excessive absence will be handled individually. All assignments must be turned in at the beginning of each class 4:30pm (hard copy or electronic) on the specified date due or late penalty will be applied with severity of penalty related to amount of time elapsed from due date/time.

#### **ACCREDITATION STANDARDS**

This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine's Knowledge-Skills-Abilities (KSA's):

KSA	Description	Lecture, Lab,					
		or both					
	GENERAL POPULATION/CORE:						
	NUTRITION AND WEIGHT MANAGEMENT						
1.8.1	Knowledge of the role of carbohydrates, fats, and proteins as	Lecture					
	fuels for aerobic and anaerobic metabolism.						
1.8.2	Knowledge of the following terms: obesity, overweight, percent	Lecture					
	fat, BMI, lean body mass, anorexia nervosa, bulimia, metabolic						
	syndrome and body fat distribution.						
1.8.6	Knowledge of the difference between fat-soluble and water-	Lecture					
	soluble vitamins.	Lecture					
1.8.8	Knowledge of the USDA Food Pyramid and Dietary Guidelines	Lecture					
	for Americans.	Lecture					
1.8.9	Knowledge of the importance of calcium and iron in women's	Lecture					
	health.	Lecture					
1.8.11	Knowledge of the number of kilocalories in one gram of	Lecture					
	carbohydrate, fat, protein, and alcohol.	Lecture					
1.8.12	Knowledge of the number of kilocalories equivalent to losing 1						
	pound of body fat and the ability to prescribe appropriate	Lecture					
	amount of exercise to achieve weight loss goals.						
1.8.13	Knowledge of the guidelines for caloric intake for an individual	Lecture					
	desiring to lose or gain weight.	Lecture					

## NATURE OF COURSE DELIVERY

Face to face

## **REQUIRED READINGS**

Sizer and Whitney, (2013). **Nutrition Concepts and Controversies, 13th Edition.** Wadsworth Cengage Learning.

#### **EVALUATION**

This course will be graded on a point system, with a total of 500 possible points.

### **Requirements Points**

## EXAMS - Short Answer and Fill in Blank

#1	Chapters 1-5	100
#2	Chapters 6-10	100
#3	Chapter 11-15	100
#4	Final Exam Chapter 1- 15 Essay/Short Answer Format	100

# PAPERS: Analysis of following topics

Personal Dietary Analysis utilizing my fitness pal
Healthy Weight, why is it so hard to maintain....

50 50

**TOTAL** 

500

## **Grading Scale**

A	= <b>94-100</b> (468-500)	<b>B</b> +	= <b>88-89</b> (438–447)	<b>C</b> +	= <b>78-79</b> (388–397)	D	= <b>60-69</b> (298– 347)
<b>A</b> -	= <b>90-93</b> (448 –467)	В	= 84-87 <i>(418-437)</i>	C	= <b>74-77</b> (368- 387)	F	= <b>0-59</b> (297 or less)
		В-	= <b>80-83</b> (398–417)	C-	= <b>70-73</b> (348 –367)		

DATE		TOPIC/ASSIGNMENTS	MATERIAL COVERED
August 27		KINES 320 Intro	Syllabus & Chapter 1
		Food Choices and Human Health	
September	3	Nutrition Tools- Standards and Guidelines	Chapter 2 (preview my fitness pal, rate
			your plate, supertracker)
	1.0		
	10	The Remarkable Body and Carbohydrates	Chapter 3& 4
		Paper #1 Due –	
	17	Carbohydrates & Exam Review	Chapter 4
	24	Lipids	Chapter 5 & Supersize Me
October	1	Exam 1 – Chapter 1-5	Chapter 6
3 213321		Protein and Amino Acids	
	8	Vitamins & Water and Minerals	Chapter 7 & 8
	15	Energy Balance and Healthy Body Weight	Chapter 9 & Research
	22	Paper 2 Due -	Chapter 10
		Nutrients, Physical Activity and Body's	
		Responses	
	29	Exam 2-Chapter 6-10	Chapter 11
		Diet and Health & Food	
November	5	Food Safety Concerns	Chapter 12 & Food Inc,
		Lifecycle Nutrition	Chapter 13
	12	Child, Teen and Older Adult	Chapter 14
		Hunger and the Global Environment	Chapter 15
	19	Exam 3 – Chapter 11-15	No Lecture
		Nutrition Research	
	3	Final Exam Review	Research Articles on Blackboard
	10	Final Exam – Essay /Short Answer Format	Chapter 1-15
December		& Cumulative	

#### **Professionalism**

Kinesiology students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For undergraduate Kinesiology students in a classroom setting professionalism generally comprises the following components:

**Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

**Communication** – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

**Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

**Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

*Honesty/Integrity* – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

#### Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <a href="http://oai.gmu.edu/the-mason-honor-code/">http://oai.gmu.edu/the-mason-honor-code/</a>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See http://ods.gmu.edu/].
- Students must follow the university policy for Responsible Use of Computing [See <a href="http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/">http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/</a>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

## Campus Resources

• The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <a href="http://caps.gmu.edu/">http://caps.gmu.edu/</a>].

- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <a href="http://writingcenter.gmu.edu/">http://writingcenter.gmu.edu/</a>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <a href="http://rht.gmu.edu">http://rht.gmu.edu</a>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

