

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

KINE 320 DL3 - Principles of Human Nutrition (3)
Spring 2016

DAY/TIME: Online LOCATION: Online
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OFFICE HOURS: By Appointment Only

PREREQUISITES

None

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 (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.**

DELIVERY METHOD:

This course will be delivered online using an Asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before "@masonlive.gmu.edu) and email password. The course site will be available on January 17th 2015.

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 fuels for aerobic and anaerobic metabolism.	Lecture
1.8.2	Knowledge of the following terms: obesity, overweight, percent fat, BMI, lean body mass, anorexia nervosa, bulimia, metabolic syndrome and body fat distribution.	Lecture
1.8.6	Knowledge of the difference between fat-soluble and water-soluble vitamins.	Lecture
1.8.8	Knowledge of the USDA Food Pyramid and Dietary Guidelines for Americans.	Lecture
1.8.9	Knowledge of the importance of calcium and iron in women's health.	Lecture
1.8.11	Knowledge of the number of kilocalories in one gram of 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 amount of exercise to achieve weight loss goals.	Lecture
1.8.13	Knowledge of the guidelines for caloric intake for an individual desiring to lose or gain weight.	Lecture

TECHNICAL REQUIREMENTS:

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard accounts, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements. For this course the website are USDA Supertracker <https://www.supertracker.usda.gov/default.aspx> My FitnessPal - <http://www.myfitnesspal.com>
IMPORTANT: When you create a profile for this or other course-related websites, please use a general user ID and password that is not very personal, as you may be asked to share this with the instructor and or group members.
- If you are having trouble logging into Blackboard, contact ITU at 703-993-8870 or support@gmu.edu.
For assistance within Blackboard, contact the Collaborative Learning Hub at or 703-993-3141 or club@gmu.edu
- Blackboard On Demand: For Students: <http://ondemand.blackboard.com/students.htm> This site features video tutorials on how to use many of Blackboard's features, including posting to a discussion board, posting an assignment, and checking your grades.
- Class announcements and reminders will be made through the Blackboard "Announcements" function. Be sure to check Blackboard and your email regularly. You are responsible for being aware of the information communicated through these venues.

REQUIRED READINGS

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

EXPECTATIONS:

- **Course Week:** Because asynchronous courses do not have a “fixed” meeting day, our week will **start** on Sunday, and **finish** on Saturday. Weekly discussion boards are due Saturday at 11:59pm. All assignments are due 11:59pm of the due date there will be no late submissions for partial credit allowed so do pay attention to due dates.
- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor not knowing about assignment will not be an acceptable excuse. The discussion boards will require one detailed comment and two response to other students comments.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester, which may include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course **at least 4 times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **COURSE SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.
- **Netiquette:** Our goal is to be **collaborative**, not combative. Experience shows that even an innocent remark in the online environment can be misconstrued. I suggest that you always re-read your responses carefully before you post them to encourage others from taking them as personal attacks. **Be positive in your approach to others and diplomatic with your words.** I will try to do the same. Remember, you are not competing with each other but sharing information and learning from one another as well as from the instructor.
- **E-mail Correspondence:** Only messages that originate from a George Mason university address will be accepted. Please address the **subject line** for all email pertaining to this course as: KINE 320: Last Name-purpose of email.

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

Requirements Points

EXAMS – Multiple choice (50 question) and final is a cumulative essay exam (10 questions)

#1	Chapters 1-5	50
#2	Chapters 6-10	50
#3	Chapter 11-15	50
#4	Final Exam Chapter 1- 15 Essay	100

Discussion Boards Participation in Discussion Boards (10 Topics each worth 10 points) **100**

Research Article Analysis **Due April 30th** **50**

Paper :

1. Personal Dietary Analysis utilizing my fitness pal **Due March 6th** **100**

TOTAL

500

Grading Scale

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

DATE		TOPIC/ASSIGNMENTS	Discusson Board & Exam Due Dates	Material Covered
Jan	17-23	KINES 320 Intro Food Choices and Human Health	1/23/15	Chapter 1
Jan- Feb	Jan 24-30	Nutrition Tools- Standards and Guidelines	1/30/2015	Chapter 2 My FitnessPal Supertracker
	Jan 31-Feb 6	The Remarkable Body and Carbohydrates	2/6/15	Chapter 3 & 4
	Feb 7-13	Carbohydrates & Lipids	2/13/15	Chapter 4 & 5
	Feb 14-20	Exam 1 Chapter 1-5 -Opens February 14 th 12:00am and due February 20 th 11:59pm	2/20/15	
Feb- Mar	Feb 21-27	Protein and Amino Acids & Vitamins	2/27/15	Chapter 6 & 7
	Feb 28-Mar 5	Water and Minerals & Energy Balance Healthy Body Weight	3/5/15	Chapter 8 &9
	Mar 13-19	Nutrients, Physical Activity and Body's Responses	3/19/15	Chapter 10
	Mar 20-26	Exam 2 Chapter 6-10 – Opens March 20 th 12:00am and due 11:59pm 3/26/2015	3/26/15	
April- May	Mar 27-Apr 2	Diet and Health Food Safety Concerns	4/2/15	Chapter 11 &12
	Apr 3-9	Lifecyle Nutrition Child, Teen and Older Adult	4/9/15	Chapter 13 Chapter 14
	Apr 10-16	Hunger and Global Environment	4/16/15	Chapter 15
	Apr 17-23	Exam 3 Chapter 10-15 – Opens April 17 th 12:00am and due April 23 rd 11:59pm	4/23/15	
	April 25-30	Research Discussion Board	4/30/15	Articles on Blackboard
		Final Exam Cumulative – Essay 10 question Opens May 4 th 12:00am and due May 10 th 11:59pm	5/10/2015	Chapter 1-15

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:

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 <http://oai.gmu.edu/the-mason-honor-code-2>]
- 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 <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- 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 <http://caps.gmu.edu/>].
- 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 <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

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.