

**George Mason University**  
**College of Education and Human Development**  
Kinesiology

KINE 320 DL3 - Principles of Human Nutrition  
3 Credits, Fall 2016

**Faculty**

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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

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 Overview**

The course focuses on the basic principles of nutrition and its application in practice and overall health. It will be video-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.

**Course Delivery Method**

This course will be delivered online using 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 **August 22, 2016**.

*Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- Students must maintain consistent and reliable access to their GMU email and Blackboard, 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 course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free

download:

- Adobe Acrobat Reader: <https://get.adobe.com/reader/>
- Windows Media Player: <https://windows.microsoft.com/enus/windows/downloads/windows-media-player/>
- Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

### *Expectations*

- Course Week: Because asynchronous courses do not have a "fixed" meeting day, our week will start on MONDAY, and finish on SUNDAY.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least FOUR times per week.
- Participation: Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues: Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload: Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support: Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette: The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations: Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Differentiate the roles of carbohydrates, protein, fats, vitamins, and minerals in diet across the lifespan.
2. Describe the digestive process as it relates to the utilization of nutrients for energy 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.

## Professional Standards

Upon completion of this course, students will have met the following professional 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):

<b>KSA</b>	<b>Description</b>
	<b>GENERAL POPULATION/CORE: NUTRITION AND WEIGHT MANAGEMENT</b>
1.8.1	Knowledge of the role of carbohydrates, fats, and proteins as fuels for aerobic and anaerobic metabolism.
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.
1.8.6	Knowledge of the difference between fat-soluble and water-soluble vitamins.
1.8.8	Knowledge of the USDA Food Pyramid and Dietary Guidelines for Americans.
1.8.9	Knowledge of the importance of calcium and iron in women's health.
1.8.11	Knowledge of the number of kilocalories in one gram of carbohydrate, fat, protein, and alcohol.
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.
1.8.13	Knowledge of the guidelines for caloric intake for an individual desiring to lose or gain weight.

## Required Texts

Digital First Package forSizer and Whitney, (2017). **Nutrition Concepts and Controversies, 14th Edition.** Wadsworth Cengage Learning.

\*This will give you access to the mandatory MindTap weekly activity program as well as an electronic copy of the textbook.

\*Purchasing the loose-leaf bundle paper copy of the textbook is optional.

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor on Blackboard.

### • Assignments and Examinations

#### **Weekly MindTap Assignments (13 weeks @ 2 pts each; 26 points total)**

- Each week will start with a posted announcement, lecture(s), and assigned interactives to complete within the MindTap program. Activity due dates will vary throughout the week – consult the MindTap calendar for your weekly requirements. Each week the combined interactives will be worth 2 points of your final grade.

#### **Discussion Forum (17 points total)**

- **Discussion post (5 pts)** Each student will sign up for one discussion topic that they will be responsible for researching and providing *thorough information* on that will be beneficial and applicable to the rest of the class. Thorough information means relevant, current, and greater detail than is provided in the course textbook.
- **Forum Responses (12 pts)** There are 12 discussion forums; students must read at least one post each week and kindly respond with additional information, a question, or an interesting point about what was learned.

#### **Diet Analysis Project (15 points total):**

- Throughout the course, you will be encouraged to evaluate your personal eating habits, your personal dietary needs, and create a plan towards making healthier substitutions.
- **Part 1 (5 pts)** of the project will include recording and logging everything you eat/drink for 3 days into a diet analysis software program.
- **Part 2 (10 pts)** gives you the opportunity to evaluate your current dietary habits and make specific goals for improvement moving forward, based on what you learn throughout the course.

#### **2 Exams (2 @ 20 points each; 40 points total)**

- Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings, interactive assignments, and videos. Exams may include multiple-choice, true-false, matching, and short answer. Exams will be timed and open/available for a 72-hour window.

### • Course Performance Evaluation Weighting

REQUIREMENTS	PTS
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<b>Weekly Discussion Forum</b>	
Initial Post	5
12 Weekly Responses (1 pt x 12 weeks)	12
<b>Assignments</b>	
Week 1 Prep Activities (Syllabus Contract and Discussion Sign up)	2
Weekly MindTap Activities (2 pts x 13 weeks)	26
Diet Analysis Project (Part 1 & 2)	15
<b>Exams</b>	
Midterm (Chapters 1-6)	20
Final Exam (Chapters 7-15)	20
<b>TOTAL</b>	<b>100</b>

- **Grading Policies**

A = 94-100	B+ = 88-89	C+ = 78-79	D = 60-69
A- = 90-93	B = 84-87	C = 74-77	F = 0-59
	B- = 80-83	C- = 70-73	

### Professional Dispositions

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: <http://cehd.gmu.edu/values/>.

## GMU Policies and Resources for Students

### *Policies*

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**

## KINE 320 Class Schedule Fall 2016

Week		Chapter	Topic(s)	Assignment(s)
No.	Date			
1	8/29-9/4	1	Food Choices and Human Health	MindTap: 8/31, 9/2, 9/4 Discussion Sign Up: 8/31 Syllabus Contract: 8/31
2	9/6*-9/11	2	9/5: Labor Day No School Nutrition Tools – Standards and Guidelines	MindTap: 9/6*, 9/7, 9/9, 9/11 Discussion Response: 9/9
3	9/12-9/18	3	The Remarkable Body	MindTap: 9/12, 9/14, 9/16, 9/18 Discussion Response: 9/16
4	9/19-9/25	4	The Carbohydrates: Sugar, Starch, Glycogen, and Fiber	MindTap: 9/19, 9/21, 9/23, 9/25 Discussion Response: 9/23
5	9/26-10/2	5	The Lipids: Fats, Oils, Phospholipids, and Sterols	MindTap: 9/26, 9/28, 9/30, 10/2 Discussion Response: 9/30
6	10/3-10/9	6	The Proteins and Amino Acids	MindTap: 10/3, 10/5, 10/7, 10/9 Discussion Response: 10/7
7	10/11*- 10/16	1-6	10/10: Columbus Day No School <b>MID TERM EXAM</b> Available Thurs 10/13 8:00 am – Sat 10/15 11:55 pm	
8	10/17- 10/23	7 & 8	7: The Vitamins 8: Water and Minerals	MindTap: 10/17, 10/19, 10/21, 10/23 Discussion Response: 10/21
9	10/24- 10/30	9	Energy Balance and Healthy Body Weight	MindTap: 10/24, 10/26, 10/28, 10/30 Discussion Response: 10/28
			<b>Record 3 Day Food Log (include one weekend day)</b> <b>Due Sun 10/30 11:55 pm</b>	
10	10/31-11/6	10	Performance Nutrition	MindTap: 10/31, 11/2, 11/4, 11/6 Discussion Response: 11/4
11	11/7-11/13	11	Diet and Health	MindTap: 11/7, 11/9, 11/11, 11/13 Discussion Response: 11/11
12	11/14- 11/20	12	Food Safety and Food Technology	MindTap: 11/14, 11/16, 11/18, 11/20 Discussion Response: 11/18
13	11/21- 11/22*		11/23-11/27 Thanksgiving Break	No MindTap; No Discussion Forum <b>Improving Your Diet Document</b> <b>Due Tues 11/22 11:55 pm</b>
14	11/28-12/4	13 & 14	13: Life Cycle Nutrition: Mother and Infant 14: Child, Teen, and Older Adult	MindTap: 11/28, 11/30, 12/2, 12/4 Discussion Response: 12/2
15	12/5- 12/10*	15	Hunger and the Future of Food 12/10 Last Day of Class	MindTap: 12/5, 12/7, 12/9, 12/10* Discussion Response: 12/9
		7-13	Wrap up and Review <b>FINAL EXAM</b> Available Thurs 12/15 8:00 am – Sat 12/17 11:55 pm	

\*Additionally, do not forget to make note of the discussion forum post due date that you signed up for!

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### **Assessment Rubric(s)**

Rubrics for each assignment can be found attached to the assignment descriptions within Blackboard.