

George Mason University
College of Education and Human Development
Kinesiology

KINE 320.DL3 – Principles of Human Nutrition
3 Credits, Spring 2017

Faculty

Name: Jeanmarie Gallagher, MS, RCEP, EIM 3
Office Hours: By Appointment
Office Location: Bull Run Hall 220
Office Phone: n/a
Email Address: jgallag8@gmu.edu

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 Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on Monday January 23, 2017.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

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 will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- 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/en-us/windows/downloads/windows-media-player/>
 - Apple Quick Time Player: 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 THREE 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):

| KSA | Description |
|------------|--|
| | 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. |
| 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

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 (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations (Rubrics and detailed descriptions on Blackboard)**
- **Exams:** **100 points 20%**
 - Midterm - Chapter 1- 8 Feb 27 8am - Mar 4th 11:59pm
 - Final Exam Chapter 9-15 May 10th 8am - May13 11:59pm

- **MindTap Activities (10- one per week)** **100 points 20%**
 - Mindtap: 10 weekly Activities (1/29, 2/5, 2/12, 2/19, 2/26, 3/26, 4/9, 4/16, 4/23, 4/30) that will be assigned a combination of quizzes/case studies etc. each worth 10points)

- **Discussion Board** **40 points 8%**
 - There will be 4 discussion boards each worth 10points (1/29, 2/19, 4/2, 4/23) covering topics from the chapters and will have to respond to the topic and to another students response to obtain the total points allowed. Further details on blackboard.

- **Case Study** **60 points 12%**
 - You will select one of four case studies to write on (weigh loss or gain, lifecycle or athlete) where you will be highlighting the most important elements for that individuals diet for health and performance. Due 4/30/2017 and further details available on Blackboard.

- **Food Diary Assignment** **100 points 20%**
 - In first week will be introducing the food diary options of Supertracker or MyFitness Pal and you will be utilizing one of these websites to conduct a three day diet diary that must include at least one weekend day. The dates do not to be in a row. Due April 2, 2017 and further details available on blackboard.

- **Grading**

| | | | |
|------------------------------|------------------------------|-------------------------------|--------------------------------|
| 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 = 74-77 368-396 | F = 0-59 297 or less |
| | B- = 80-83 398-417 | C- = 70-73 348-367 | |

Professional Dispositions

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

Class Schedule

| DATE | | TOPIC/ASSIGNMENTS | Discusson Board & Exam Due Dates | Material Covered |
|-----------------------|-------------------|---|--|---|
| Jan | Jan 23- Jan 29 | KINES 320 Intro Food Choices and Human Health | 1/29/17 Mindtap & Discussion Board | Chapter 1 |
| Jan- Feb | Jan 30- Feb 5 | Nutrition Tools- Standards and Guidelines & The Remarkable Body | 2/5/17 Mindtap | Chapter 2 &3 My FitnessPal Supertracker |
| | Feb 6-12 | Carbohydrates & Lipids | 2/12/17 Mindtap | Chapter 4&5 |
| | Feb 13- 19 | Proteins & Vitamins | 2/19/17 Mindtap & Discussion Board | Chapter 6&7 |
| | Feb 20- 26 | Water,Minerals & Midterm Review | 2/26/17 Mindtap | Chapter 8 |
| Feb- Mar | Feb 27- Mar 5 | Midterm – Chapter 1-8 Opens Feb 27 8am and closes Mar 4 th 11:59pm | 3/4/17 Midterm | Chapters 1-8 |
| | Mar 13 - 19 | Spring Break | Have a healthy happy Spring Break | |
| | Mar 20- 26 | Energy Balance & Healthy Body Weight | 3/26/17 Mindtap | Chapter 9 |
| | Mar 27- Apr 2 | Performance Nutrition | 4/2/17 Food Diary Due & Discussion Board | Chapter 10 |
| April- May | Apr 3-9 | Diet and Health & Food Safety | 4/9/17 Mindtap | Chapter 11&12 |
| | Apr 10- 16 | Lifecyle Nutrition Child, Teen and Older Adult | 4/16/17 Mindtap | Chapter 13&14 |
| | Apr 17- 23 | Hunger & Future of Food | 4/23/17 Mindtap & Discussion Board | Chapter 15 |
| | April 24- 30 | <u>Case Studies</u> Weight Loss Weight Gain Lifecycle Athlete | 4/30/2017 Mindtap & Case Study | |
| | May 1-7 | Final Exam Review | | Chapter 9-15 |
| | May 10- 13 | FINAL EXAM OPENS MAY 10TH 8AM & DUE BY MAY 13TH 11:59PM | 5/13/17 | |

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

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 Mason 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/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The Writing Center 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 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

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