

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 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

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

- | | |
|---|----|
| 1. Personal Dietary Analysis utilizing my fitness pal | 50 |
| 2. Healthy Weight, why is it so hard to maintain... | 50 |

TOTAL **500**

Grading Scale

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

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

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 <http://oai.gmu.edu/the-mason-honor-code/>].
- 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.

