

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 330 DL 1- Nutrition (3)  
KINE 320 DL 1- Principles of Human Nutrition (3)

Fall 2014

DAY/TIME: Online LOCATION: Online  
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R.D.N.  
OFFICE HOURS: By appointment

**PREREQUISITES/COREQUISITES**

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.**

**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 June 30 2014.

**REQUIRED READINGS:**

Sizer, R., & Whitney, E. (2013). *Nutrition Concepts and Controversies, 13<sup>th</sup> Edition.* Belmont, CA: Cengage Learning

Online Resource: USDA Supertracker diet analysis program Online Resource: USDA Supertracker diet analysis program. <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>

**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):

<b>KSA</b>	<b>Description</b>	<b>Lecture, Lab, or both</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.	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 is the USDA Supertracker diet analysis program. <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>  
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](mailto: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.

## 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, at a minimum this should be **4 times per week**.
- **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.
- **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.

## EVALUATION:

This course will be graded on a point system, with a total of 900 possible points.

## TESTS

There will be four tests. This includes the final. The final is cumulative. The examinations will be made available by **8:00 am Eastern Standard Time (EST- Note: All times are EST)** and will close at **11:59 pm**. The exams will cover all chapter materials and assigned readings.

## QUIZZES

There will be 5 Blackboard quizzes.

Quizzes are based on your lecture and textbook reading assignments. .

Quizzes are posted on Monday and due the following Monday by 12 noon EST.

All exams/quizzes will be a combination of multiple choice, true/false, matching, short answer and essay.

## ASSIGNMENTS

The assignments will be based on the SuperTracker (Free Diet Analysis Program).

**Nutrition Analyses and Nutrition Plan for weight gain/loss Assignments:** You will track and record your or another person's (family, friend, or colleague's - hereafter called client) 3-day food intake using Supertracker diet analysis program (Online Resource: USDA Supertracker diet analysis program. <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>), and make appropriate recommendations to improve nutritional status (i.e. suggest a nutrition program for weight loss and/or weight) . *Note: While you can mock these data, it is best that you use a real person's information.*

Component	Requirement	Points	Weight
Tests	3 Tests and a cumulative final (100points each)	400	45% of grade
Discussions	10 Discussions (20 points each)	200	22%
Quizzes	5 quizzes (20 points each)	100	11%
Diet Analysis Assignment	1 Assignment	100	11%
Nutrition Plan for Weight gain/loss Assignment	1 Assignment	100	11%
<b>Total</b>		<b>900</b>	<b>100%</b>

The student's final letter grade will be earned based on the following scale:

### Grading Scale based on percentage of TOTAL points

#### Points

A = 843-900	B+ = 788-809	C+ = 698-715	D = 536-625
A- = 810-842	B = 752-787	C = 662-697	F = 535 or less
	B- = 716-751	C- = 626-661	

#### GMU Grade System

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	

**COURSE SCHEDULE AND CALENDAR**

*The date4s given here are subject to change. The instructor will inform you of any changes through Blackboard Announcements.*

*\* Faculty reserves the right to alter the schedule as necessary.*

*+ Other readings may be assigned during the course as appropriate.*

<b>WEEK</b>	<b>MODULE</b>	<b>CHAPTER/TOPIC</b>	<b>Due Dates Assignments</b>
8/25 – 8/30- Week 1	1	Introduction/Orientation Basics of Nutrition Chapter 1	9/2/14
9/1 - 9/6 Week 2	2	Chapter 2: Nutrition Tools: Standards and Guidelines	9/8/14
9/8 – 9/13 Week 3	3	Chapter 2: Nutrition Tools: Chapter 3: The Remarkable Body	9/15/14
9/15 – 9/20 Week 4	4	Chapter 4: Carbohydrates: Sugar, Starch, Glycogen and Fiber	9/22/14
9/22 – 9/27 Week 5	5	Test # 1: Text Chapters 1-4 and associated Module reading assignments	9/29/14
9/29 – 10/4 Week 6	6	Chapter 5: Lipids: Fats, Oils, Phospholipids and Sterols	10/6/14
10/6 – 10/11 Week 7	7	Chapter 6: The Proteins and Amino Acids	10/13/14
10/13 – 10/18 Week 8	8	Chapter 7: The Vitamins Chapter 8: Water and Minerals	10/20/14
10/20 – 10/25 Week 9	9	Test # 2: Text chapters 5-8 and associated Module reading assignments	10/27/14
10/27 – 11/1 Week 10	10	Chapter 9: Energy Balance and healthy Body Weight Chapter 10: Nutrients, Physical Activity, and the Body's Responses	11/3/14
11/3 – 11/8 Week 11	11	Chapter 11: Diet and health Chapter 12: Food Safety and Food technology	11/10/14
11/10 – 11/15 Week 12	12	Chapter 13: Life Cycle Nutrition: Mother and infant Chapter 14: Child, Teen, and Older Adult	11/17/14
11/17 – 11/22 Week 13	13	Test # 3: Text Chapters 10-14 and associated Module reading assignments	11/24/14
11/24 – 12/6 Week 14	14	Hunger and the Global Environment	12/6/14
12/1 – 12/6 Week 15	15	Study for the Final Week	
	16	Final Test: Accumulative, text chapters 1-15	

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/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.

