

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Division of Health and Human Performance

KINE 320 DL 2- Principles of Human Nutrition (3)
Fall 2015

DAY/TIME: Online LOCATION: Online
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ACSM-CEP
OFFICE HOURS: By appointment only

PREREQUISITES/COREQUISITES

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 module-based learning to elicit thought provoking discussion to help emphasize key concepts. Current topics and issues 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, macronutrients 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 lifespan.

REQUIRED READING

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

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

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 starting August 31, 2015.

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, tablet, or smartphone as part of the course requirements. **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 703-993-3141 or club@gmu.edu
- Blackboard on Demand - For Students: <http://ondemand.blackboard.com/students.htm> 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.*

COURSE EXPECTATIONS

- **Participation:** *You are expected to actively participate in class discussions, and fulfill all assignments.* Excessive non-participation will be handled individually.
- **Course Week:** Because asynchronous courses do not have a “fixed” meeting day, our week will *start* on Monday at noon, and *finish* on the following Monday at noon. All assignments must be completed within the weekly period. *Late work will not be accepted.*

- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor at a minimum of *3 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 3 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. Send 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. Re-read your responses carefully before you post them. *Be positive in your approach to others and diplomatic with your words.*
- **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 DL2: Last Name - purpose of email”. Emails will be answered *within a 24-hour time period*, most often, between the hours of 8pm-10pm. Please be mindful of the time at which your email is sent in respect to assignment deadlines as messages sent after 10pm may not be addressed until the following evening.
- **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 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.

COURSE SCHEDULE AND CALENDAR

Week		Chapter(s)	Topic(s)	Assignment(s)
No.	Date			
1	8/31 – 9/7	1	→ Introductions → Food Choices and Human Health	Assignment #1: Food Journal Due Date TBD
2	9/7 – 9/14	2 & 3	→ Nutrition Tools – Standards and Guidelines → The Remarkable Body	
3	9/14 – 9/21	Exam 1	Chapters 1-3	
4	9/21 – 9/28	4	→ The Carbohydrates: Sugar, Starch, Glycogen, and Fiber	Assignment #2: Small Group Discussion Board

5	9/28 – 10/5	5	→ The Lipids: Fats, Oils, Phospholipids, and Sterols	Topic and Due Date TBD
6	10/5 – 10/12	6	→ The Proteins and Amino Acids	
7	10/12 – 10/19	Exam 2	Chapters 4-6	
8	10/19 – 10/26	7	→ The Vitamins	Assignment #3: Large Group Discussion Board Topic and Due Date TBD
9	10/26 – 11/2	8	→ Water and Minerals	
10	11/2 – 11/9	9	→ Energy Balance and Healthy Body Weight	
11	11/9 – 11/16	10 & 11	→ Nutrients, Physical Activity, and the Body's Responses → Diet and Health	
12	11/16 – 11/23	Exam 3	Chapters 7-11	
13	11/23 – 11/30	12	→ Food Safety and Food Technology	Assignment #4: Short Essay Topic and Due Date TBD
14	11/30 – 12/7	13 & 14	→ Life Cycle Nutrition: Mother and Infant → Child, Teen, and Older Adult	
15	12/7 – 12/14	15	→ Hunger and the Global Environment	
16	12/14 – 12/21	Exam 4	Chapters 12-15	

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

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

EVALUATION

This course will be graded on a point system, with a total of 500 possible points. Exams are worth 100 points each, all equal in weight, with no cumulative final. The remaining 100 possible points are made up of four separate assignments, each worth 25 points.

TESTS

There will be four exams covering relevant chapter materials and assigned readings. Exam questions may be a combination of multiple choice, true/false, and matching.

ASSIGNMENTS

There will be four assignments, each separate in design and content. Grading will be based on participation within small and large groups where applicable, as well as, on quality of responses given.

GRADING

The student's final letter grade will be based on total points earned for the semester and adjusted using the following scale, adapted from the George Mason University Grading System:

A	468 - 500	B +	438 - 447	C +	388 - 397	D	298 - 347
A -	448 - 467	B	418 - 437	C	368 - 387	F	0 - 297
		B -	398 - 417	C -	348 - 367		

GMU Grading 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		

UNIVERSITY 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.

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/>].

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

