

George Mason University
College of Education and Human Development
Kinesiology

KINE 320 – DL2 – Principles of Human Nutrition
[3] Credits, Fall 2016
MyMasonPortal.gmu.edu

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 Delivery Method

This course will be delivered online (76% or more) 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 Monday August 29th at 12:01am

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/
- Download Respondus Lockdown Browser (make sure it the latest version)

Expectations

- **Course Week:** Because asynchronous courses do not have a "fixed" meeting day, our week will start on Monday, and finish on Sunday.
Our classes will **start on Monday August 29th at 12:01am EST and finish on Saturday December 10th at 11:59pm EST.** (Finals will be announced for the following week)
- **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 **6 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 College or University technical services and/or instructor.
- **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. For exams you should try to make sure you have a hard line connection if possible vs wifi.
- **Workload:** Expect to log in to this course **at least SIX times a week** to read announcements, participate in the discussions, and work on course materials. 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 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.

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	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

Required Texts

Sizer and Whitney (2013). Nutrition Concepts and Controversies, 13th Edition. Wadsworth Cengage Learning.

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

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor and will be graded on a percentage system.(e.g., Blackboard, Tk20, hard copy).

Assignments and Examinations

Requirement	Number	Points Each	Total Points	Weight
Exam 1 Ch. 1-4	1	100	100	57%
Exam 2 Ch. 5-6	1	100	100	
Exam 3 Ch. 7-10	1	100	100	
Exam 4 Ch. 11-15	1	100	100	
Online Discussions	4	10	40	29%
Nutritional Dietary Analysis Assignment	1	60	60	14%
TOTAL			500	100%

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		

This course will be graded on a point system, with a total of 500 possible points.

Exams: There will be 4 exams. The format of these examinations may be multiple choice, true/false, short answer, matching, and fill in the blank type questions. The examinations will be made available and will close as shown on the syllabus course schedule. The exams will cover all chapter materials and assigned readings as outlined in the syllabus.

Online Class Discussions: You are expected to actively participate in online class discussions in the discussion board. Participation in online discussions of course content is expected as topics are introduced and as applied to assigned readings. There are 4 topics and each is worth 10 points.

Each discussion posted will be assigned a date by which the student must respond. If a student is unable to fulfill this requirement for any reason, he/she should notify the instructor prior to the class and make alternative arrangements. The aim is to encourage interaction, and not simply to present information.

Discussions will typically be open from the beginning of each testing section to the last day of that test section by 11:59 pm after which discussion postings will not count.

Each student should make a minimum of 2 responses for the discussion:

1. One response addressing the discussion question by the week before an exam AND
2. One comment to responses made from by classmates by the end of that test section week by that Saturday NLT 11:59.

Your responses to discussion questions must be substantive, that is, thoughtful and analytical and is graded using the Grading rubric for discussion postings below. Understand that you are held to academic standards of writing style and the use of proper grammar, punctuation and spelling. Also see netiquette information above in the EXPECTATIONS section.

Grading rubric for discussion postings:

Grade	Criteria (including but not limited to)
Excellent 10 Points	- In depth response to assigned discussion question. Additional responses to required number of assigned responses. Responses demonstrate in-depth understanding and knowledge citing/utilizing class materials, resources, and personal experiences (if applicable).
Good 7.5 Points	- Response to assigned discussion question - Response to classmates' response postings demonstrating an understanding of the topic.
Average 5 Points	- Response to assigned discussion question - Responses to postings is superficial, lacks substance/support from readings, exercises, etc. - e.g. a simple "Yes" "No" or "Good /Bad Job"
Poor 2.5 Points	Does not respond to discussion question, or respond to classmates, or other any of the above criteria
No Response 0 Points	No response

ASSIGNMENTS

Nutritional Dietary Analysis Assignment: 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) . More details about this assignment will be offered by February 1st 2016. Note: While you can mock these data, it is best that you use a real person's information.

Professionalism Dispositions

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 or online setting

Attendance – As an online course you still need to demonstrate that you are paying attention. If you cannot complete an assignment for a legitimate reason please notify the instructor ahead of time. If you have to unexpectedly miss an assignment 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.

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/>).
- 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/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://courssupport.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/>.

Class Schedule

TENTATIVE COURSE SCHEDULE

WEEK	CHAPTER/TOPIC	ASSIGNMENTS
Week 1 8/29 – 9/4	Introduction/Orientation and Quiz Chapter 1 Basics of Nutrition	Quiz completed by 9/2 Discussion #1 Open
Week 2 9/5 – 9/11	Chapter 2 Nutrition Tools: Standards and Guidelines	
Week 3 9/12 – 9/18	Chapter 2: Nutrition Tools Chapter 3: The Remarkable Body Diet Analysis Project Begins	Diet analysis project Begins
Week 4 9/19 – 9/25	Chapter 4 Carbohydrates: Sugar, Starch, Glycogen and Fiber	
Week 5 9/26 – 10/2	Test #1 Chapters 1 – 4 & Assoc. Reading Assign. Test will be available on Wed 9/28 at 5am and is due by Thur 9/29 by 5 PM	Test #1 Discussion #1 Due 10/2 11:59 pm
Week 6 10/3 – 10/9	Chapter 5 Lipids: Fats, Oils, Phospholipids and sterols	Discussion #2 Open

Week 7 10/10 – 10/16	Chapter 6 Proteins and Amino Acids	Discussion #2 Due 10/23 11:59 pm
Week 8 10/17 – 10/23	Test #2 Chapters 5-6 & Assoc. Reading Assign. Test will be available on Wed 10/19 at 5am and is due by Thur 10/20 by 5 PM	Test #2
Week 9 10/24 – 10/30	Chapter 7: The Vitamins Chapter 8: Water and Minerals	Discussion #3 Open
Week 10 10/31 – 11/6	Chapter 9: Energy Balance and Healthy Body Weight Chapter 10: Nutrients, Physical Activity, and the Body's Responses	
Week 11 11/7 – 11/13	Test #3 Chapters 7-10 & Assoc. Reading Assign. Test will be available on Wed 11/9 at 5am and is due by Thur 11/10 by 5 PM	Test #3 Discussion #3 Due 11/13 11:59 pm
Week 12 11/14 – 11/20	Chapter 11: Diet and Health Chapter 12: Food Safety and Food Technology	Discussion #4 Open
Week 13 11/21 – 11/27	Chapter 13: Life Cycle Nutrition: Mother and Infant Thanksgiving Break	
Week 14 11/28 – 12/4	Chapter 14: Child, Teen, and Older Adult Chapter Diet Analysis Project Due Dec 2nd	Diet Analysis Project Due Dec 2nd
Week 15 12/5 – 12/11	Chapter 15: Hunger and the Global Environment Study for the Final Week	Discussion #4 Due 12/13 11:59 pm
Week 16 12/12 – 12/20	Test #4 Chapters 11-15 & Assoc. Reading Assign. Test will be available on Wednesday 14th at 5am and is due by Thursday 15th by 5 PM *Exact day subject to change*	Test #4

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

Assessment Rubric(s)

Not Applicable.