

**George Mason University**  
**College of Education and Human Development**  
**Kinesiology**

KINE 320-DL2/DL3 - Principles of Human Nutrition  
3 Credits, Spring 2019  
Asynchronous Online

**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 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 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 **January 22, 2018**.

**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, Mozilla Firefox, or Chrome is required (note: Opera and Safari are not compatible with Blackboard). [SEP]
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course. [SEP]
- 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. [SEP]
- Purchasing and access to Cengage's MindTap software for weekly assignments.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [SEP]
  - Respondus Lockdown Browser and Monitor [linked here](#)
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://windows.microsoft.com/enus/windows/downloads/windows-media-player/>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

## Expectations [SEP]

- Course Week:  
Because asynchronous courses do not have a "fixed" meeting day, our week will start on MONDAY and finish on SUNDAY. [SEP]
- 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 FOUR 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. [SEP]
- 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. [L]  
[SEP]

- 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. [L]  
[SEP]

- 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.

[L]  
[SEP]

- 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. [L]  
[SEP]

### **Learner Outcomes or Objectives** [L] [SEP]

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**

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):

Upon completion of this course, students will have met the following professional standards:

| <b>KSA</b> | <b>Description</b>   |
|------------|--|
|            | <b>GENERAL POPULATION/CORE:<br/>NUTRITION AND WEIGHT MANAGEMENT</b>  |
| 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

Sizer, F and Whitney, E. (2017). *Nutrition Concepts and Controversies, 14th Edition*. Wadsworth Cengage Learning.

- This will give you access to the mandatory MindTap 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 on Blackboard.

#### • Assignments and Examinations<sup>[SEP]</sup>

##### **Weekly MindTap Assignments (12 weeks @ 30 pts each; 360 points total)**

- Each week will start with a posted announcement, lecture(s), and assigned interactives to complete within the MindTap program. Activity due dates will vary throughout the week – consult the MindTap calendar for your weekly requirements. Each week the combined interactives will be worth 30 points of your final grade.

##### **Discussion Forum (140 points total)**

- **Discussion post and replies (40 pts)** Each student will sign up for one discussion topic that they will be responsible for researching and providing *thorough information* on that will be beneficial and applicable to the rest of the class. At least two credible sources need to be utilized. Thorough information means relevant, current, and greater detail than is provided in the course textbook. The post should be at least 450 words in length.

- **Forum Responses (10 @ 10 pts each; 100 points total)** There are 10 discussion forums; students must read at least one post each week and kindly add to the discussion with additional information, a question, or an interesting point about what was learned. The response should be at least 50 words in length.

**Diet Analysis Project (140 points total):**

- Throughout the course, you will be encouraged to evaluate your personal eating habits, your personal dietary needs, and create a plan towards making healthier substitutions.
- **Part 1 (40 pts)** of the project will include recording and logging everything you eat/drink for 3 days into a diet analysis software program.
- **Part 2 (100 pts)** gives you the opportunity to evaluate your current dietary habits and make specific goals for improvement moving forward, based on what you learn throughout the course.

**3 Exams (3 @ 120 points each; 360 points total)**

- Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings, interactive assignments, and videos. Exams may include multiple-choice and short answer. Exams will be timed and open/available for a 48-hour window. You will have 75 minutes to complete the exams. Once you complete a question, you will not be able to return to it. You will be required to install and utilize the Respondus LockDown Browser and Monitor during all exams.

**Course Performance Evaluation Weighting**

| REQUIREMENTS                                  | PTS         |
|---|-------------|
| <b>Weekly Discussion Forum</b>                |             |
| Initial Post                                  | 40          |
| 10 Weekly Responses (10 pts x 10 weeks)       | 100         |
| <b>Assignments</b>                            |             |
| Weekly MindTap Activities (30 pts x 12 weeks) | 360         |
| Diet Analysis Project (Part 1 & 2)            | 140         |
| <b>Exams</b>                                  |             |
| Exam 1 (Chapters 1-5)                         | 120         |
| Exam 2 (Chapters 6-10)                        | 120         |
| Exam 3 (Chapters 11-15)                       | 120         |
| <b>TOTAL</b>                                  | <b>1000</b> |



• **Grading**

|                |                |                |               |
|----------------|----------------|----------------|---------------|
| A = 940-1000   | B+ = 880-899.5 | C+ = 780-799.5 | D = 600-699.5 |
| A- = 900-939.5 | B = 840-879.5  | C = 740-779.5  | F = 0-599.5   |
|                | B- = 800-839.5 | C- = 700-739.5 |               |

**Professional Dispositions** 

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

<https://cehd.gmu.edu/students/policies-procedures/>

### Assessment Rubric(s)

Rubrics for each assignment can be found attached to the assignment descriptions within Blackboard.

### KINE 320 Class Schedule Spring 2019

All coursework is due by 11:59pm on the date stated in the syllabus.


| Date                 | Module | Ch.(s)      | Topic(s)   | Assignment(s)   |
|----------------------|--------|-------------|--|---|
| Week 1<br>1/22-1/27  | 1      | 1           | Food Choices and Human Health  | MindTap: 1/24, 1/25, 1/27<br>Discussion Sign Up: 1/27   |
| Week 2<br>1/28-2/3   | 2      | 2           | 1/29 Last day to add classes<br>Nutrition Tools – Standards and Guidelines         | MindTap: 1/30, 2/1, 2/3<br>Discussion Response 1: 2/1   |
| Week 3<br>2/4-2/10   | 3      | 3           | The Remarkable Body  | MindTap: 2/6, 2/8, 2/10<br>Discussion Response 2: 2/8   |
| Week 4<br>2/11-2/17  | 4      | 4           | The Carbohydrates:<br>Sugar, Starch, Glycogen, and Fiber                           | MindTap: 2/13, 2/15, 2/17<br>Discussion Response 3: 2/15  |
| Week 5<br>2/18-2/24  | 5      | 5           | The Lipids:<br>Fats, Oils, Phospholipids, and Sterols                              | MindTap: 2/20, 2/22, 2/24<br>Discussion Response 4: 2/22  |
| Week 6<br>2/25-3/3   |        | <b>1-5</b>  | <b>Review</b><br><b>EXAM 1: 3/1-3/2</b>  |   |
| Week 7<br>3/4-3/10   | 6      | 6           | The Proteins and Amino Acids   | MindTap: 3/6, 3/8, 3/10<br>Discussion Response 5: 3/8   |
| Week 8<br>3/11-3/17  |        |             | 3/11-3/17 Spring Break No Classes  |   |
| Week 9<br>3/18-3/24  | 7      | 7 & 8       | 7: The Vitamins<br>8: Water and Minerals   | MindTap: 3/20, 3/22, 3/24<br>Discussion Response 6: 3/22<br><b>3 Day Food Log: 3/23</b><br><b>(include one weekend day)</b> |
| Week 10<br>3/25-3/31 | 8      | 9           | Energy Balance and<br>Healthy Body Weight  | MindTap: 3/27, 3/29, 3/31<br>Discussion Response 7: 3/29  |
| Week 11<br>4/1-4/7   | 9      | 10          | Performance Nutrition  | MindTap: 4/3, 4/5, 4/7<br>Discussion Response 8: 4/5  |
| Week 12<br>4/8-4/14  |        | <b>6-10</b> | <b>Review</b><br><b>EXAM 2: 4/12-4/13</b>  |   |
| Week 13<br>4/15-4/21 | 10     | 11          | Diet and Health  | MindTap: 4/17, 4/19, 4/21<br>Discussion Response 9: 4/19<br><b>Improving Your Diet Document: 4/20</b>                       |
| Week 14<br>4/22-4/28 | 11     | 13 & 14     | 13: Life Cycle Nutrition:<br>Mother and Infant<br>14: Child, Teen, and Older Adult | MindTap: 4/24, 4/26, 4/28<br>Discussion Response 10: 4/26   |

|                     |    |              |  |                        |
|---------------------|----|--------------|--|------------------------|
| Week 15<br>4/29-5/5 | 12 | 12 & 15      | 12: Food Safety and Food Technology<br>15: Hunger and the Future of Food       | MindTap: 5/1, 5/3, 5/5 |
| Week 16<br>5/6-5/12 |    | <b>11-15</b> | <b>5/6 Last Day of Class; 5/7 Reading Day<br/>Review<br/>EXAM 3: 5/10-5/11</b> |                        |

\*Additionally, do not forget to make note of the discussion forum post due date that you signed up for!

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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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