

**San José State University**  
**Departments of Nutrition, Food Science & Packaging and**  
**Kinesiology**  
**NUFS/KIN 163 Physical Fitness and Nutrition**  
**Sections 3 & 4, Fall 2018**

**Course and Contact Information**

<b>Department</b>	<b>KIN</b>	<b>NUFS</b>
<b>Instructor:</b>	Linda D. Wilkin, Ph.D.	Izzie Brown, MS, RDN, CSCS
<b>Office Location:</b>	SPX 156	CCB 202
<b>Telephone:</b>	(408) 924-3010	(408) 924-3373
<b>Email:</b>	<a href="mailto:linda.wilkin@sjsu.edu">linda.wilkin@sjsu.edu</a>	<a href="mailto:izzie.brown@sjsu.edu">izzie.brown@sjsu.edu</a>
<b>Office Hours:</b>	Tues 9:00 – 10:00 am or By email or appointment	Mon & Wed 11:00 – 11:30 am Tues & Thurs 1:30 – 2:00 pm Or by appointment
<b>Class Days/Time:</b>	Tuesday/Thursday 12:00-1:15	
<b>Classroom:</b>	Section 3: Central Classroom 101 Section 4: Industrial Studies 230	
<b>Prerequisites:</b>	<p>Passing score on the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted); Upper division standing (60 units); Completion of Core General Education.</p> <p>Students are strongly encouraged to take courses to satisfy GE Areas R, S, and V from departments other than their major department.</p> <p>Completion of, or co-registration in, a 100W course is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, &amp; V shall be required of all students (see <a href="http://www.sjsu.edu/senate/docs/S14-5">University Policy S14-5</a> at <a href="http://www.sjsu.edu/senate/docs/S14-5.pdf">http://www.sjsu.edu/senate/docs/S14-5.pdf</a>.)</p> <p>Not for nutrition majors or minors</p>	
<b>GE/SJSU Studies Category:</b>	Area R – Earth & Environment	

**Faculty Web Page and MYSJSU Messaging**

Physical fitness course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

Nutrition course materials such as syllabus, handouts, notes, and assignment instructions can be found on my faculty web page at <http://www.sjsu.edu/people/izzie.brown>. Grades can be found on [Canvas Learning Management System course login website](http://my.sjsu.edu) at <http://my.sjsu.edu>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> and Canvas to learn of any updates.

### **Course Description and Goals**

Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance. (3 units)

### **GE Learning Outcomes (GELO)**

Upon successful completion of this course, students will be able to:

- GELO 1: Demonstrate an understanding of the methods and limits of scientific investigation. The “Analysis of Scientific Literature” assignment is keyed to this Area R GELO. This assignment requires students to comprehend the objectives/purposes of the study as well as the methods used to examine/study the problem. In addition, students will critically evaluate the strengths and weaknesses of the scientific research (including the research design, methods, and discussion), and see how the research fits into the larger scope of literature on a particular topic.
- GELO 2: Distinguish science from pseudo-science. The assignment keyed to this Area R GELO is the “Consumer Product” paper. Students will critically evaluate the credibility of nutrition and exercise information presented in an advertisement for a food, food supplement, piece of exercise equipment, or exercise program, differentiating between evidence derived from scientific research (based on the student’s review of literature) and non-scientific evidence.
- GELO 3: Apply a scientific approach to answer questions about the earth and environment. The assignment keyed to this Area R GELO is the “Oral Presentation,” which requires students to use primary research to answer questions related to fitness and nutrition.

### **Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

- CLO 1: Explain how the principles of fitness and nutrition (such as body composition, energy intake and expenditure, acute and chronic physical changes related to exercise and nutrition) complement each other.
- CLO 2: Identify social, cultural, ethnic, and environmental factors that influence food habits and exercise/activity patterns.
- CLO 3: Examine the biochemical and physiological effects of exercise and various nutritional practices.
- CLO 4: Describe the different exercise guidelines and nutritional requirements related to gender and diverse populations.
- CLO 5: Assess the advantages/disadvantages of recent advances in new food formulations, and new exercise and fitness equipment for the general population.

CLO 6: Identify the scientific principles involved in studying pathophysiology in human populations.

**Required Texts/Readings**

**Textbook**

1. Williams, M. H., Anderson D. E., & Rawson, E. S. (2017). Nutrition for health, fitness, and sport (11<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 978-0-07-802135-0. This text will be known as “W” in the proposed schedule. Ebook is available at a substantial savings through McGraw-Hill. Loose leaf abbreviated text available in SJSU bookstore for substantial savings.
2. Fahey, T. D., Insel, P. M., & Roth, W. T. (2015). Fit & well (12th ed.). Boston: McGraw-Hill. ISBN: 978-1-259-40682-9. This text will be known as “FIR” in the proposed schedule.

**Library Liaison**

Geetali Basu is the NUFS reference librarian; [geetali.basu@sjsu.edu](mailto:geetali.basu@sjsu.edu). Phone number (408) 808-2651. Geetali is available M-Th 9:00 am until 4:00 pm, and she is located on the 1<sup>st</sup> floor Reference Desk for individual consultations.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian for Fall 2016. [408-808-2019](tel:408-808-2019).

**Course Requirements and Assignments**

- SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.
- Office of Graduate and Undergraduate Programs’ Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/>
- Note that “All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.” See [University Policy F13-1](http://www.sjsu.edu/senate/docs/F13-1.pdf) at <http://www.sjsu.edu/senate/docs/F13-1.pdf> for more details.

Assignment	Points (%)	GELOs	CLOs
Exam 1	50 (11)		1,2,3,4,5,6
Exam 2	50 (11)		
Exam 3	50 (11)		
Exam 4: given during final exam week (not cumulative over fitness & nutrition)	50 (11)		
Analysis of Scientific Literature #1	50 (11)	1	

Analysis of Scientific Literature #2	50 (11)	1	
Consumer Product: Fitness	50 (11)	2	5
Consumer Product: Nutrition	50 (11)	2	5
Oral Presentation	50 (11)	3	
<b>Total Points</b>	450 (100)		

- Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words

2 Consumer Product paper @ 3-4 pages each	6-8 pages, 1,500-2,000 words
2 Analyses of Scientific Literature @ 3-4 pages each	6-8 pages, 1,500-2,000 words
<b>Total</b>	12-16 pages (3,000-4,000 words)

### Grading Information

- Examination questions will be based on assigned readings, lectures, class discussions, and presentations. Your instructor will indicate which answer sheet or scantron form is needed. Bring a #2 pencil and calculator to all exams. Examinations will be given on the dates scheduled. Make-up exams will be given only in cases of serious illness or emergencies, and requests for make-up exams will be evaluated on an individual basis. The student is responsible for notifying the instructor and arranging a make-up date prior to the exam. Unless otherwise arranged, the exam must be completed before the next class meeting.
- All assignments written outside of class must be typed and double-spaced. Individual instructors will provide procedures to be used for electronic submission and plagiarism screening via turnitin.com.
- Writing in general education courses is assessed for grammar, content, clarity, conciseness, and coherence.
- Guidelines for the Analysis of Scientific Literature, Consumer Product papers, and Oral Presentation will be discussed in class and available on faculty or course web sites.
- Written assignments are due at the beginning of the class session on the due date. Assignments handed in after class has begun, unless otherwise specified, will be considered late. There is a 5-point penalty for each work day (M-F), or partial calendar day, that assignments are late. Assignments will not be accepted 1 week past the due date.

[University Syllabus Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (http://www.sjsu.edu/senate/docs/S16-9.pdf)

[University policy F15-12](http://www.sjsu.edu/senate/docs/F15-12.pdf) (http://www.sjsu.edu/senate/docs/F15-12.pdf)

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per

week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

**Final Examination or Evaluation**

Final Examination is Exam 4, which will be given during the week of final exams.

**Grading Information**

97-100% (435-450 pts) = A plus	93-96% (417-434) pts = A	90-92% (403-416 pts) = A minus
87-89% (390-402 pts) = B plus	83-86% (372-389 pts) = B	80-82% (358-371 pts) = B minus
77-79% (345-357 pts) = C plus	73-76% (327-344 pts) = C	70-72% (314-326 pts) = C minus
67-69% (300-313 pts) = D plus	63-66% (282-299 pts) = D	60-62% (268-281 pts) = D minus
Below 60% (0-267 pts) = F		

**Classroom Protocol**

Students are expected to attend all class meetings, arrive on time and stay until the class ends. Students are expected to treat other students and faculty with respect. Do not distract or disrupt class with electronics or other noises. Be attentive to comments made by fellow students and the faculty. Students are to have read and thought about the assigned reading before coming to class. Be prepared to ask questions about material not understood and to comment on and discuss material found to be provocative. Consider taking notes of questions or thoughts while reading and bring them to class for discussion.

University policy F69-24, “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”

**University Policies**

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>”

**By remaining enrolled in the class, you agree to abide by these course and University policies**

## Resources

These peer-reviewed journals and on-line resources should be used for your written assignments and oral presentation.

### Journals (partial list)

American Journal of Clinical Nutrition	Journal of Health, Physical Education, Recreation & Dance
American Journal of Public Health	Journal of Nutrition
American Journal of Sports Medicine	Medicine & Science in Sports & Exercise
International Journal of Sports Medicine	New England Journal of Medicine
Journal of Athletic Training	Nutrition Reviews
Journal of the American Dietetic Association	Physician and Sports Medicine
Journal of the American Medical Association	Research Quarterly for Exercise and Sport
Journal of the Strength and Conditioning Association	Sports Medicine
Journal of Food Science	Strength and Conditioning Journal

### On-Line Resources (partial list)

Academy of Nutrition and Dietetics	<a href="http://www.eatright.org">www.eatright.org</a>
American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>
American Medical Association	<a href="http://www.ama-assn.org">www.ama-assn.org</a>
Australian Institute of Sport	<a href="http://www.ais.org.au/sssm/index.asp">www.ais.org.au/sssm/index.asp</a>
Centers for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>
Government Healthfinder	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
International Food Information Council	<a href="http://www.ific.org">www.ific.org</a>
Medline: www.sjlibrary.org website for access to datase	<a href="https://www.ncbi.nlm.nih.gov/pubmed/">https://www.ncbi.nlm.nih.gov/pubmed/</a>
MyPlate.gov	<a href="http://www.myplate.gov">www.myplate.gov</a>
National Institutes of Health	<a href="http://www.nih.gov">www.nih.gov</a>
New England Journal of Medicine	<a href="http://www.nejm.org">www.nejm.org</a>
Physician and Sportsmedicine	<a href="http://www.physsportsmed.com">www.physsportsmed.com</a>
Gatorade Sports Science Exchange	<a href="http://www.gssiweb.com">www.gssiweb.com</a>
Sport Science Organization	<a href="http://www.sportsci.org">www.sportsci.org</a>
World Health Organization	<a href="http://www.who.int/en">www.who.int/en</a>

# NUFS/KIN 163 Physical Fitness and Nutrition

## Fall 2018

### Course Schedule

(Subject to change with fair notice – any changes will be announced in class)  
If your 1<sup>st</sup> half of the semester is **NUTRITION**

#### Course Schedule

Week	Date	Topics	Reading	Assignments & Deadlines
1	Tu, 8/21	Course Overview & Introduction Scientific Method		
1	Th, 8/23	Scientific Method	IFIC article & BMI and Waist Circumference both on web page W: pp. 27-31	Watch lecture on Canvas before class
2	Tu, 8/28	Scientific Method Supplements	W: pp. 21-27, 69-72, 141-151, 387, 576-581, 253-258, 587-590 AND Position paper on web site	
2	Th, 8/30	Supplements		Analysis of Scientific Literature #1 – article on web page & bring Assignment Packet to class
3	Tu, 9/4	Supplements Healthful Nutrition	W: pp. 2-3, 12-18, 38-56, 63-69.	Bring Portion Size Guide handout on web page
3	Th, 9/6	Healthful Nutrition		Bring a food label
4	Tu, 9/11	Carbohydrates	W: pp. 125-139, 161-166	
4	Th, 9/13	<b>Exam 1</b>		
5	Tu, 9/18	Fats	W: pp. 175-183, 188-190, 199-211	
5	Th, 9/20	Fats Protein	W: pp. 56-62, 223-240	
6	Tu, 9/25	Protein		
6	Th, 9/27	<b>Oral Presentation #1 &amp; #2</b>		Analysis of Scientific Literature #2 for those presenting

Week	Date	Topics	Reading	Assignments & Deadlines
7	Tu, 10/2	<b>Oral Presentation #3 &amp; #4</b>		Analysis of Scientific Literature #2 for those presenting
7	Th, 10/4	Weight & Disordered Eating	W: pp. 428-433, 438-445, 459-463	
8	Tu, 10/9	Weight & Disordered Eating		Consumer Product: Nutrition; ad provided in class
8	Th, 10/11	<b>Exam 2</b>		
9	Tu, 10/16	Intro to Wellness, Fitness, and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
9	Th, 10/18	Scientific Research & Pseudo-Science Analyzing Scientific Research	Article to review provided on Canvas	
10	Tu, 10/23	Energy Systems	W: Chap. 3	
10	Th, 10/25	Metabolism	W: Chap. 4	
11	Tu, 10/30	Metabolic Calculations		
11	Th, 11/1	Cardiorespiratory Endurance	FIR: Chap. 3	
12	Tu, 11/6	Exam 3		
12	Th, 11/8	Muscular Strength & Endurance	FIR: Chap. 4	Consumer Product: Fitness
13	Tu, 11/13	Flexibility & Low Back Health <b>Body Composition</b>	FIR: Chap. 5 & 6	
13	Th, 11/15	Program Design Physical Activity & Stress	FIR: Chap. 7 & 10	
14	Tu, 11/20	<b>Cardiovascular Health</b>	FIR: Chap. 11	
14	Th, 11/22	<b>Thanksgiving</b>		
15	Tu, 11/27	<b>Oral Presentation #5 &amp; #6</b>		Analysis of Scientific Literature #2 for those presenting
15	Th, 11/29	<b>Oral Presentation #7 &amp; #8</b>		Analysis of Scientific Literature #2 for those Presenting
16	Tu, 12/4	Cancer	FIR: Chap. 12	
16	Th, 12/6	Review for final		



<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Reading</b>	<b>Assignments &amp; Deadlines</b>
<b>Final Exam</b>	W, 12/14	Sec. 3: 9:45 Central Classroom 101		

# NUFS/KIN 163 Physical Fitness and Nutrition Fall 2018 Course Schedule

(Subject to change with fair notice – any changes will be announced in class)  
If your 1<sup>st</sup> half of the semester is **FITNESS**

## Course Schedule

Week	Date	Topics	Reading	Assignments & Deadlines
1	8/21	Intro to Wellness, Fitness, and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
1	Th, 8/23	Scientific Research & Pseudo-Science Analyzing Scientific Research	Article to review provided on Canvas	
2	Tu, 8/28	Energy Systems	W: Chap. 3	
2	Th, 8/30	Metabolism	W: Chap. 4	
3	Tu, 9/4	Metabolic Calculations		Analysis of Scientific Literature #1 Article on Canvas
3	Th, 9/6	Cardiorespiratory Endurance	FIR: Chap. 3	
4	Tu, 9/11	Exam 1		
4	Th, 9/13	Muscular Strength & Endurance	FIR: Chap. 4	Consumer Product: Fitness
5	Tu, 9/18	Flexibility & Low Back Health <b>Body Composition</b>	FIR: Chap. 5 & 6	
5	Th, 9/20	Program Design Physical Activity & Stress	FIR: Chap. 7 & 10	
6	Tu, 9/25	<b>Cardiovascular Health</b>		
6	Th, 9/27	<b>Oral Presentation #1 &amp; #2</b>		Analysis of Scientific Literature #2 for those presenting
7	Tu, 10/2	<b>Oral Presentation #3 &amp; #4</b>		Analysis of Scientific Literature #2 for those presenting
7	Th, 10/4	Cancer	FIR: Chap. 11	
8	Tu, 10/9	Review for exam		

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Reading</b>	<b>Assignments &amp; Deadlines</b>
8	Th, 10/11	<b>Exam 2</b>		
9	Tu, 10/16	Scientific Method	IFIC article on web page W: pp. 27-31	Watch lecture on Canvas before class
9	Th, 10/18	Scientific Method Supplements	W: pp. 21-27, 69-72, 141-151, 387, 576-581, 253-258, 587-590 AND Position paper on web site	
10	Tu, 10/23	Supplements		
10	Th, 10/25	Supplements Healthful Nutrition	W: pp. 2-3, 12-18, 38-56, 63-69.	Bring Portion Size Guide handout on web page
11	Tu, 10/30	Healthful Nutrition		Bring a food label
11	Th, 11/1	Carbohydrates	W: pp. 125-139, 161-166	
12	Tu, 11/6	<b>Exam 3</b>		
12	Th, 11/8	Fats	W: pp. 175-183, 188-190, 199-211	
13	Tu, 11/13	Fats Protein	W: pp. 56-62, 223-240	
13	Th, 11/15	Protein		
14	Tu, 11/20	Weight & Disordered Eating	W: pp. 428-433, 438-439, 451-454, 459-463	Consumer Product: Nutrition; ad provided in class
14	Th, 11/22	<b>Thanksgiving</b>		
15	Tu, 11/27	<b>Oral Presentation #5 &amp; #6</b>		Analysis of Scientific Literature #2 for those presenting
15	Th, 11/29	<b>Oral Presentation #7 &amp; #8</b>		Analysis of Scientific Literature #2 for those presenting
16	Tu, 12/4	Weight & Disordered Eating		
16	Th, 12/6	Weight & Disordered Eating		
<b>Final Exam</b>	W, 12/14	Sec. 4: 9:45 Industrial Studies 230		

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