

San José State University
Departments of Nutrition, Food Science, & Packaging and Kinesiology
NuFSP/KIN 163, Physical Fitness & Nutrition
Sections 5 & 6

Department	KIN	NUFS
Instructor	Matt Crockett, CSCS	Toni Bloom, MS
Office		
Telephone	650-759-7798	(408) 799 - 3138
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Web Page	None available	http://www.sjsu.edu/people/antoinette.bloom/
Office hours	Upon request	M 10:15-10:30, W 11:45 – 12n
Turnitin.com	All KIN papers are to be submitted to Canvas and hard copy in class	All NuFSP papers to be submitted to Canvas and hard copy in class
Class days/time	Sec. 5 & 6: MW 10:30-11:45	
Classroom	Sec 5: Sweeney Hall 242 Sec 6: MacQuarrie Hall 322	
Prerequisites	Passing score on the Writing Skills Test (WST); Upper division standing (60 units); Completion of Core General Education For students beginning continuous enrollment Fall 2005 or later, completion of, or co-registration in, a 100W course is required. Courses used to satisfy Areas R, S, and V must be taken from three separate SJSU departments, or other distinct academic units. Policy not currently enforced.	
GE - SJSU Studies	Area R – Earth & Environment	

Faculty Web Pages

Copies of the course syllabus and major assignment sheets may be found on the respective faculty web sites.

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)

Note: Nutrition majors may not use this course for credit in the major.

GE Area R (Earth & Environment) Goal

Students will cultivate knowledge of the scientific study of the physical universe or its life forms. Students will understand and appreciate the interrelationship of science and human beings to each other. Courses in Areas R, S, and V of SJSU Studies must be taken from three different departments or distinct academic units.

General Education Learning Objectives (GELOs)

The Area R (Earth and Environment) General Education learning objectives: Upon successful completion of this course, students should be able to:

1. Demonstrate an understanding of the methods and limits of scientific investigation. The “Critical Analysis of Research 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, it requires students critically evaluate the strengths and weaknesses of the paper (including the research design, methods, and discussion) and to be able to see how the paper fits into the larger scope of literature on a particular topic.
2. Distinguish science from pseudo-science. Writing assignments keyed to this Area R GELO: Interpretation of marketing media based on current scientific evidence.
3. Apply a scientific approach to answer questions about the earth and environment. Assignment keyed to this Area R GELO: Oral presentation of primary research demonstrating the ability to answer questions about current research findings as they apply to fitness and nutrition.

Course Content Learning Outcomes

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

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.
2. Identify social, cultural, ethnic, and environmental factors that influence food habits and exercise/activity patterns.
3. Examine the biochemical and physiological effects of exercise and various nutritional practices.
4. Describe the different exercise guidelines and nutritional requirements related to gender and diverse populations.
5. Apply and improve upon the basic skills of reading, writing, mathematics, speaking, critical thinking, and scientific research learned in Core GE courses.
6. Describe scientific methodology in the fields of nutritional science and exercise science.
7. Critically evaluate the credibility of current nutrition and exercise information using scientific research.
8. Critique popular advertisements 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.
9. Assess the advantages/disadvantages of recent advances in new food formulations and new exercise and fitness testing equipment for the general population.
10. Deliver oral presentations and written summaries which explain and expand upon course content, using information from appropriate library research and primary sources of scientific investigation.
11. Identify the scientific principles involved in studying path physiology in human populations.
12. Critically evaluate primary research articles and identify the limitations of scientific investigation in human studies involving nutrition and various modes and levels of physical activity.

Required Texts

Williams, M. H., Anderson, D. E., & Rawson, E. S. (2013). *Nutrition for health, fitness, and sport* (10th ed.). Boston: McGraw-Hill. ISBN: 0077834216. This text will be known as “W” in the proposed schedule. Ebook is available at a substantial savings through McGraw-Hill.

Fahey, T. D., Insel, P. M., & Roth, W. T. (2009). *Fit & well* (9th ed.). Boston: McGraw-Hill. ISBN: 978-0-07-3523798. This text will be known as “FIR” in the proposed schedule.

Library Liaisons

Emily Chan is the Kinesiology & NUFS reference librarian; emily.chan@sjsu.edu: Phone number (408) 808-2044. Her office hours are: M 3:00-4:00, F 11:00-12:00, and by appointment.

Course Format

This course will include lecture, class discussion, and student presentations. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. Students are expected to have read the assigned materials before class and to be prepared to actively participate, discussing course content, raising issues, providing information from their own experiences, and asking questions during the class. If students miss class, they are responsible for obtaining lecture notes and handouts from another student before seeing the instructor about the missed content.

At the midpoint of the semester, students will remain in their assigned classroom, and instructors will change sections.

SJSU Writing Center

The Writing Center in Clark Hall 126 offers tutoring services to San Jose State students in all courses. Writing Specialists assist in all areas of the writing process, including grammar, organization, paragraph development, coherence, syntax, and documentation styles. For more information, visit the Writing Center website at <http://www.sjsu.edu/writingcenter> or call 924-2308.

Student Technology Resources

Computer labs for student use are available in the new Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Computers are also available in the Martin Luther King Library.

Peer Connections

Peer Connections free tutoring and mentoring is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. Peer Connections tutors are trained to provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group and individual tutoring are available. Peer Connections mentors are trained to provide support and resources in navigating the college experience. This support includes assistance in learning strategies and techniques on how to be a successful student. Peer Connections has a computer lab, study space, and success workshops on a wide variety of topics, including preparing for the Writing Skills Test (WST). For more information on services, hours, locations, or a list of current workshops, please visit the website at peerconnections.sjsu.edu.

Dropping and Adding

You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. Refer to the current semester's [catalog policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html> for add/drop deadlines, policies, procedures, and specific registration information. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy>.

Assignments and Grading Policy

Assignment	Points (%)	GELOs
Exam 1	50 (11)	3, 4, 6, 8, 9, 11
Exam 2	50 (11)	3, 4, 6, 8, 9, 11
Exam 3	50 (11)	3, 4, 6, 8, 9, 11
Exam 4	50 (11)	3, 4, 6, 8, 9, 11
Critical Analysis of Scientific Literature #1	50 (11)	1, 5, 6, 7, 8, 9
Critical Analysis of Scientific Literature #2	50 (11)	1, 5, 6, 7, 8, 9
Critical Evaluation of Consumer Product #1	50 (11)	2, 5, 6, 7, 8, 10, 11, 12
Critical Evaluation of Consumer Product #2	50 (11)	2, 5, 6, 7, 8, 10, 11, 12
Oral Presentation	50 (11)	2, 5, 6, 7, 8, 9, 10, 11
Total Points	450 (100)	

- Examination questions will be based on assigned readings, lectures, class discussions and presentations. Bring a T&E 200 answer sheet, #2 pencil, and calculator to all exams. Examinations will be given only 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 prior to the next class meeting.
- 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.
- All assignments written outside of class must be typed and double-spaced. Individual instructors will detail electronic submission procedures to be used.
- Writing in general education courses is assessed for grammar, content, clarity, conciseness, and coherence.
- Guidelines for the Research Analyses of Scientific Literature, Critical Evaluations of Consumer Products, and Oral Presentation will be discussed in class and available on faculty web sites.
- **4 Papers:** 45%. 3000 words

2 Critical Evaluations of Consumer Products @ 3-4 pages each	6-8 pages 1000-1500 words
2 Research Analyses of Scientific Literature @ 3-4 pages each	6-8 pages 1000-1500 words
Total	12-16 pages

- **4 Exams:** 45%
- There are two exams that evaluate knowledge of concepts relating to fitness and two exams that evaluate nutrition knowledge. The final exam is not cumulative.
- Exams may be a combination of multiple choice, true/false, matching, fill in the blank, crossword puzzle and short answer. Multiple choice, true/false and matching may be computer scored. The T & E 200 answer sheet and pencil are the student's responsibility and are required for each exam. Phones may not be used as calculators during exams.

Assignment of Grades

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

University Policies

Academic Integrity

The University's Academic Integrity policy is located at <http://www.sjsu.edu/studentconduct/>. Your own commitment to learning, as evidenced by your enrollment at San José State University and the University's integrity policy, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the Office of Student Conduct & Ethical Development located at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or using another person's ideas without giving proper credit) will result in a score of 0. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors. Information about plagiarism can be obtained at the [MLK library](http://tutorials.sjlibrary.org/tutorial) web site at <http://tutorials.sjlibrary.org/tutorial>. (See the plagiarism tutorial for more information.)

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with the instructor as soon as possible. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at <http://www.drc.sjsu.edu/> to establish a record of their disability. The AEC is located in ADM 110 (408-924-6000 [voice] or 408-924-5990 [TDD]).

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 and Science in Sports and 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 Science
Journal of the Strength and Conditioning Association	Sports Medicine
Journal of Food Science	Strength and Conditioning Journal

On-Line Resources (partial list)

American College of Sports Medicine	www.acsm.org
American Dietetic Association	www.eatright.org
American Medical Association	www.ama-assn.org
Australian Institute of Sport	www.ais.org.au/sssm/index.asp
Centers for Disease Control	www.cdc.gov
Food and Drug Administration	www.fda.gov
Government Healthfinder	www.healthfinder.gov
International Food Information Council	www.ific.org
MyPlate.gov	www.myplate.gov
National Institutes of Health	www.nih.gov
New England Journal of Medicine	www.nejm.org
Physician and Sportsmedicine	www.physsportsmed.com
PubMed: www.sjlibrary.org website for access to database	www.ncbi.nlm.nih.gov/pubmed/
Sports Science Exchange	www.gssiweb.com
Sport Science Organization	www.sportsci.org
U.S. Food and Drug Administration	www.fda.gov
World Health Organization	www.who.int/en

Proposed Course Schedule

(Subject to change with fair notice – any changes will be announced in class)

If your 1st half of the semester is NUTRITION (section 5)

DATE	TOPIC	READING ASSIGNMENTS	DUE
Mon, 1/26	Course Overview & Introduction to the 6 Nutrients		
Wed, 1/28	DRIs, My Plate, DSHEA and Ergogenics	W: Chapter 1	Select Oral Presentation Groups and Topics (Groups 1, 2, 3 & 4)
Mon, 2/2	Scientific Research, Analyzing Studies	IFIC Article on Canvas W: Chapter 1 (finish)	
Wed, 2/4	Food Label, Vegetarianism Carbohydrates (start)	W: Chapter 2 (finish) W: Chapter 4	
Mon, 2/9	Carbohydrates – function, types, sports performance, carb loading	W: Chapter 4	Analysis of Scientific Literature #1 – article on Canvas, upload paper to Canvas, bring hard copy to class
Wed, 2/11	Carbohydrates Lipids	W: Chapter 4 (finish) W: Chapter 5 (start)	
Mon, 2/16	Lipids	W: Chapter 5 (finish)	
Wed, 2/18	Exam 1		Exam – Chapters 1, 2, 4 and 5
Mon, 2/23	Protein	W: Chapter 6	Critical Evaluation of Consumer Product #1; ad provided in class
Wed, 2/25	Protein	W: Chapter 6 (finish)	
Mon, 3/2	Weight Maintenance, body composition, BMI	W: Chapter 10	
Wed, 3/4	Oral Presentation #1 & #2		Analysis of Scientific Literature #2 for those presenting
Mon, 3/9	Oral Presentation #3 & #4		Analysis of Scientific Literature #2 for those presenting
Wed, 3/11	Weight Loss Principals	W: Chapter 11	
Mon, 3/16	Catch Up / Review		

Wed, 3/18	Exam 2		Exam 2 – Chapters 6, 10 and 11
Mon, 3/23	Spring Break		
Wed, 3/25	Spring Break		
Mon, 3/30	Begin Fitness section: Intro to Wellness, Fitness and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
Wed, 4/1	Scientific Research & Pseudo-Science Analyzing Scientific Research	Article to review is posted on Canvas	
Mon, 4/6	Energy Systems and Metabolism Metabolic Calculations	W: Chaps. 3 & 4	
Wed, 4/8	Cardiorespiratory Endurance	FIR: Chap. 3-4	Critical Evaluation of Consumer Product #2
Mon, 4/13	Exam 3		
Wed, 4/15	Muscular Strength & Endurance	FIR: Chap. 4	
Mon, 4/20	Flexibility & Low Back Health	FIR: Chap. 5	
Wed, 4/22	Body Composition	FIR: Chap. 6	
Mon, 4/27	Program Design	FIR: Chap. 7	
Wed, 4/29	Physical Activity & Stress	FIR: Chap. 10	
Mon, 5/4	Oral Presentation #5 & #6		Analysis of Scientific Literature #2 for those presenting
Wed, 5/6	Oral Presentation #7 & #8		Analysis of Scientific Literature #2 for those presenting
Mon, 5/11	Cardiovascular Health, Cancer	FIR: Chaps. 11 & 12	
Wed, 5/13	Review for Final		
Tuesday, May 19 9:45a-12p	Exam 4		

* Reading assignments should be completed before the class period in which they will be discussed.

W = Williams, Anderson, & Rawson, *Nutrition for health, fitness, and sport*

FIR = Fahey, Insel, & Roth, *Fit and well*

Proposed Course Schedule

(Subject to change with fair notice – any changes will be announced in class)

If your 1st half of the semester is FITNESS (section 6)

DATE	TOPIC	READING ASSIGNMENTS	DUE
Mon, 1/26	Intro to Wellness, Fitness, and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
Wed, 1/28	Scientific Research & Pseudo-Science Analyzing Scientific Research	Article to review provided on Canvas	
Mon, 2/2	Energy Systems	W: Chap. 3	
Wed, 2/4	Metabolism	W: Chap. 4	
Mon, 2/9	Metabolic Calculations		Analysis of Scientific Research #1 Article on Canvas
Wed, 2/11	Cardiorespiratory Endurance	FIR: Chap. 3	
Mon, 2/16	Exam 1		
Wed, 2/18	Muscular Strength & Endurance	FIR: Chap. 4	
Mon, 2/23	Flexibility & Low Back Health	FIR: Chap. 5	
Wed, 2/25	Body Composition	FIR: Chap. 6	Critical Evaluation of Consumer Product #1
Mon, 3/2	Program Design Physical Activity & Stress	FIR: Chaps. 7 & 10	
Wed, 3/4	Oral Presentation #1 & #2		Analysis of Scientific Literature #2 for those presenting
Mon, 3/9	Oral Presentation #3 & #4		Analysis of Scientific Literature #2 for those Presenting
Wed, 3/11	Cardiovascular health and cancer	FIR: Chaps. 11 & 12	
Mon, 3/16	Review		
Wed, 3/18	Exam 2		

Mon, 3/23	Spring Break		
Wed, 3/25	Spring Break		
Mon, 3/30	Introduction to the 6 Nutrients		Confirm Oral Presentation Groups and Topics (Groups 5-8)
Wed, 4/1	DRIs, My Plate, DSHEA and Ergogenics	W: Chapter 1	
Mon, 4/6	Food Label, Vegetarianism Carbohydrates (start)	W: Chapter 2 (finish) W: Chapter 4	
Wed, 4/8	Carbohydrates – function, types, sports performance, carb loading	W: Chapter 4	
Mon, 4/13	Carbohydrates Lipids	W: Chapter 4 (finish) W: Chapter 5 (start)	
Wed, 4/15	Lipids	W: Chapter 5 (finish)	Critical Evaluation of Consumer Product #1; ad provided in class
Mon, 4/20	Exam 3		Exam – Chapters 1, 2, 4 and 5
Wed, 4/22	Protein	W: Chapter 6	
Mon, 4/27	Protein	W: Chapter 6 (finish)	
Wed, 4/29	Weight Maintenance, body composition, BMI	W: Chapter 10	
Mon, 5/4	Oral Presentation Groups 5 and 6		Analysis of Scientific Literature #2 for those presenting
Wed, 5/6	Oral Presentation Groups 7 and 8		Analysis of Scientific Literature #2 for those presenting
Mon, 5/11	Weight Loss Principals	W: Chapter 11	
Wed, 5/13	Catch Up / Review		
Tues, 5/19 9:45a-12p	Final Exam		Exam – Chapter 6, 10 and 11

* Reading assignments should be completed before the class period in which they will be discussed.

W = Williams, Anderson, & Rawson, *Nutrition for health, fitness, and sport*

FIR = Fahey, Insel, & Roth, *Fit and well*