

**San José State University**  
**CHHS/Departments of Nutrition, Food Science, & Packaging and Kinesiology**  
**NuFS/KIN 163, Physical Fitness & Nutrition**  
**Spring 2021, Sections 5 & 6**

Department	KIN	NUFS
<b>Instructor</b>	Lacey Atkinson	Toni Bloom
<b>Office</b>	Virtual	Virtual
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<b>Office hours</b>	Mon & Tues 12 -1 pm; or by appointment (hosted via Zoom)	Mon & Wed 4:00-5:00pm via phone or Zoom, please email to schedule an appointment for a specific time
<b>Canvas</b>		All Nutrition papers are to be uploaded to Canvas at the start of the scheduled class
<b>Class days/time</b>	Sections 5 & 6: M/W, 9-10:15am	
<b>Classroom</b>	ONLINE	
<b>Prerequisites</b>	"Passage of the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted), and completion of Core General Education are prerequisite to all SJSU Studies courses. Completion of, or co-registration in, 100W is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, & V shall be required of all students."  Not for Nutrition majors or minors	
<b>GE - SJSU Studies</b>	Area R – Earth & Environment	

**Faculty Web Page and MYSJSU Messaging**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found the [Canvas Learning Management System course login website](http://sjsu.instructure.com) 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.

**Course Description**

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 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.

## **General Education Learning Outcomes (GELOs)**

Upon successful completion of this course, students should 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 nutrition and fitness “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 (CLOs)**

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**

Rawson, E. S. Branch, J.D, and Stephenson, T.J. (2020). *Nutrition for health, fitness, and sport* (12<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 978-1260258974. This text will be known as “RBS” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions:

<https://create.mheducation.com/shop/#/catalog/details/?isbn=9781307437669>

Fahey, T. D., Insel, P. M., & Roth, W. T. (2019). *Fit & well* (14<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 9781260025675. This text will be known as “FIR” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions: <https://create.mheducation.com/shop/#/catalog/details/?isbn=9781307437676>

## Library Liaison

Geetali Basu is the NUFS/PKG reference librarian; geetali.basu@sjsu.edu. Phone number (408) 808-2651.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian. (408)-808-2019. adriana.poo@sjsu.edu

## 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 viewing material on CANVAS before contacting the instructor about the missed content.

## Course Lecture Schedule and Technology

There will be a mixture of synchronous and asynchronous Zoom lectures for the **Nutrition** portion of this class. This means that not all of the live nutrition lectures take place at the scheduled time of your class however a recording of every lecture is posted on Canvas as soon as it's available from Zoom. This allows the greatest flexibility for students who need to miss a lecture, or are unable to join at times inconsistent with their section. The lectures for the **Physical Fitness** portion of the class will also be a blend of synchronous and asynchronous content, links for live lectures are on Canvas.

## Course Requirements and Assignments

Assignment	Points	% of Overall Grade	GELO	CLOs
Nutrition Exam 1	50	12		1,2,3,4,6
Nutrition Exam 2 / Final Exam	50	12		
Fitness Quizzes	50	12		
Fitness Exam / Final Exam	50	12		
Analysis of Scientific Literature #1 (practice)	20	4	1	
Analysis of Scientific Literature #2	50	12	1	
Oral Presentation on Analysis of Scientific Literature #2	50	12	3	
Consumer Product: Fitness	50	12	2	5
Consumer Product: Nutrition	50	12	2	5
<b>Total</b>	420	100		

- Exam questions will be based on assigned readings, lectures, and class discussions. Exams will be given on CANVAS on the dates and times shown in the Schedule and in the Modules. 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. Exam 4 will be administered during the final exam period scheduled by SJSU.
- Written assignments and Group Oral Presentations are handled differently by the Nutrition and Physical Fitness instructors however due dates and times are clearly identified on each assignment in Modules. **For Nutrition, papers and presentations are to be uploaded to Canvas at the start time of your class (9am, 10:30am, 12noon or 1:30pm). For Fitness, papers and presentations are due at Canvas by 11:59pm on the due date.** Assignments turned in after the due date and time, unless otherwise specified, will be considered late. There is a 5-point penalty for each calendar day, or partial calendar day, that assignments are late. Assignments will not be accepted 1 week past the due date.
- All assignments must be typed and double spaced. Unless otherwise noted by the instructor, students should **not** use direct quotations or copied material from scientific sources. Instead, students should paraphrase source information and use appropriate APA citation format, including the source's author(s) and year of publication. 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. The SJSU Writing Center, located in Clark Hall, Suite 126, offers one-on-one tutoring services and workshops. To make an appointment or refer to the online resources offered through the Writing Center, visit the Writing Center website at <http://www.sjsu.edu/writingcenter>.
- Detailed guidelines for the Analysis of Scientific Literature #1 (Practice) & #2, Consumer Product, and Group Oral Presentation assignments can be found in each assignment within their respective Module. However, all the assignment guidelines can be viewed in one document, called the Assignment Packet, which is linked within each respective Module.
- Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words:
  - Analysis of Scientific Literature #1                      3-4 pages or 750-1,000 words
  - Analysis of Scientific Literature #2                      3-4 pages or 750-1,000 words
  - Consumer Product: Fitness                                3-4 pages or 750-1,000 words
  - Consumer Product: Nutrition                              3-4 pages or 750-1,000 words
- [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf), Course Syllabi (<http://www.sjsu.edu/senate/docs/S16-9.pdf>) describes the expected time commitment for SJSU classes: "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 practice. Other course structures will have equivalent workload expectations as described in the syllabus."

## Assignment of Grades

97-100% (406-420 pts) = A plus	93-96% (390–405) pts = A	90-92% (377-389 pts) = A minus
87-89% (364-376 pts) = B plus	83-86% (348-363 pts) = B	80-82% (334-347 pts) = B minus
77-79% (322-333 pts) = C plus	73-76% (306-321 pts) = C	70-72% (293-305 pts) = C minus
67-69% (280-292 pts) = D plus	63-66% (264-279 pts) = D	60-62% (251-263 pts) = D minus
Below 60% (0-250 pts) = F		

## 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/> Make sure to review these university policies and resources.

## 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 Academy of Nutrition and Dietetics	Physician and Sports Medicine
Journal of the American Medical Association	Research Quarterly for Exercise and Sport
Journal of Strength and Conditioning Research	Sports Medicine
Journal of Food Science	Strength and Conditioning Journal

### On-Line Resources (partial list)

American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>
Academy of Nutrition and Dietetics	<a href="http://www.eatright.org">www.eatright.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: <a href="http://www.sjlibrary.org">www.sjlibrary.org</a> website for access to database	<a href="http://www.ncbi.nlm.nih.gov/pubmed/">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 & Nutrition, Spring 2021

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **NUTRITION**

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Nutrition 1	Wed Jan 27	Zoom Course Introduction, Policies & Procedures <i>at regular class time</i>	Syllabus and Assignment Packet on Canvas	
	Mon Feb 1	9am Zoom Lecture – Introduction to Nutrition	IFIC article RBS: Chap. 1	
Nutrition 2	Wed Feb 3	10:30am Zoom Lecture – Healthful Nutrition	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	
	Mon Feb 8	12noon Zoom Lecture – Healthful Nutrition	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	
Nutrition 3	Wed Feb 10	Zoom Group Collaboration on Analysis of Scientific Literature #1 (Practice) <i>at regular class time</i>	Garza et al. (2016) and assignment instructions in Assignment Packet on Canvas	
	Mon Feb 15	Analysis of Scientific Lit #1 due		<b>Analysis of Scientific Lit #1</b>
Nutrition 4	Wed Feb 17	Zoom recording covering the Consumer Product – Nutrition linked in this week's Module page		
	Mon Feb 22	No Zoom Consumer Product - Nutrition due	Instructions in Assignment Packet on Canvas	<b>Consumer Product - Nutrition</b>
Nutrition 5	Wed Feb 24	1:30pm Zoom Lecture - Carbohydrates	RBS: Chap. 4	
	Mon Mar 1	NUTRITION EXAM 1 on Canvas using Respondus Lockdown Browser <i>at regular class time</i>	RBS Chap. 1, 2 & 4	<b>NUTRITION EXAM 1</b>
Nutrition 6	Wed Mar 3	9am Zoom Lecture - Fat	RBS: Chap 5	
	Mon Mar 8	10:30am Zoom Lecture - Protein	RBS: Chap 6	
	Wed Mar 10	12noon Zoom Lecture - Body Weight and Composition	RBS: Chap 10	
Nutrition 7	Mon Mar 15	No Zoom Oral Presentations and Analysis of Scientific Lit #2 due for Nutrition Groups 1 - 4 only		<b>Oral Presentation and Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>

Nutrition 8	Wed Mar 17	1:30pm Zoom Lecture - Weight Maintenance and Loss	RBS: Chap 11	
	Mon Mar 22	<b>NUTRITION EXAM 2</b> on Canvas using Respondus Lockdown Browser <i>at regular class time</i>	RBS Chap. 5, 6, 10 & 11	<b>NUTRITION EXAM 2</b>
***** <b>Finish Nutrition / Begin Fitness</b> *****				
Fitness 1	Wed Mar 24	Introduction to Wellness, Fitness & Lifestyle Management & Principles of Physical Fitness	FIR: Chap. 1 & 2	Week 1 Quiz
Fitness 2	Mon Mar 29	<b>SPRING BREAK</b>	<b>NO CLASSES</b>	
	Wed Mar 31			
Fitness 3	Mon Apr 5	Energy Systems & Metabolism	FIR: Chap. 3	Week 3 Quiz
	Wed Apr 7	Cardiorespiratory Endurance		
Fitness 4	Mon Apr 12	Muscular Strength & Endurance	FIR: Chap. 4	Week 4 Quiz
	Wed Apr 14			<b>Consumer Product: Fitness</b>
Fitness 5	Mon Apr 19	Flexibility & Low Back Health	FIR: Chap. 5	Week 5 Quiz
	Wed Apr 21	Body Composition	FIR: Chap. 6	
Fitness 6	Mon Apr 26	Program Design	FIR: Chap. 7	Week 6 Quiz
	Wed Apr 28			
Fitness 7	Mon May 3	Exercise & Cardiovascular Health	FIR: Chap. 11	Week 7 Quiz
	Wed May 5			
Fitness 8	Mon May 10	Stress	FIR: Chap. 10	Week 8 Quiz
	Wed May 12			<b>Group Presentation and Analysis of Scientific Literature #2 (only if presenting)</b>
Fitness 9	Mon May 17	TBD		
Finals:	Wed May 19 at 7:15am	FINAL		<b>FINAL EXAM (FITNESS EXAM)</b>

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

RBS = Rawson, Branch & Stephenson, *Nutrition for health, fitness, and sport*

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



## NuFS/KIN 163 – Physical Fitness & Nutrition, Fall 2020

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **FITNESS**

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Fitness 1	Wed Jan 27	Course Overview & Introduction		
Fitness 2	Mon Feb 1	Scientific Method & Nutrition/Exercise Studies, Analyzing Scientific Research	IFIC article Peterson et al. 2008	Week 2 Quiz
	Wed Feb 3	Introduction to Wellness, Fitness & Lifestyle Management & Principles of Physical Fitness	FIR: Chap. 1 & 2	<b>Analysis of Scientific Literature #1</b>
Fitness 3	Mon Feb 8	Energy Systems & Metabolism	FIR: Chap. 3	Week 3 Quiz
	Wed Feb 10	Cardiorespiratory Endurance		
Fitness 4	Mon Feb 15	Muscular Strength & Endurance	FIR: Chap 4	Week 4 Quiz
	Wed Feb 17			
Fitness 5	Mon Feb 22	Flexibility & Low Back Health	FIR: Chap 5	Week 5 Quiz
	Wed Feb 24	Body Composition	FIR: Chap 6	<b>Consumer Product: Fitness</b>
Fitness 6	Mon Mar 1	Program Design	FIR: Chap 7	Week 6 Quiz
	Wed Mar 3			
Fitness 7	Mon Mar 8	Exercise & Cardiovascular Health	FIR: Chap 11	Week 7 Quiz
	Wed Mar 10			<b>Group Presentation and Analysis of Scientific Literature #2 (only if presenting) *SEE CANVAS FOR DETAILS</b>
Fitness 8	Mon Mar 15	Stress	FIR: Chap 10	Week 8 Quiz
	Wed Mar 17			
Fitness 9	Mon Mar 22	<b>FITNESS EXAM</b>		<b>FITNESS EXAM</b>
***** <b>Finish Fitness / Begin Nutrition</b> *****				
Nutrition 1	Wed Mar 24	Zoom Instructor Introduction, Policy & Procedure Review <i>at regular class time</i>		
	Mon Mar 29	<b>SPRING BREAK</b>	<b>NO CLASSES</b>	
Nutrition 2	Wed Mar 31			

	Mon Apr 5	9am Zoom Lecture – Introduction to Nutrition	RBS: Chap. 1	
Nutrition 3	Wed Apr 7	10:30am Zoom Lecture – Healthful Nutrition	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	
	Mon Apr 12	12noon Zoom Lecture – Healthful Nutrition	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	
Nutrition 4	Wed Apr 14	Zoom recording covering the Consumer Product – Nutrition linked in this week’s Module page		
	Mon Apr 19	1:30pm Zoom Lecture - Carbohydrates	RBS: Chap. 4	
Nutrition 5	Wed Apr 21	No Zoom Consumer Product - Nutrition due		<b>Consumer Product - Nutrition</b>
	Mon Apr 26	<b>NUTRITION EXAM 1</b> on Canvas using Respondus Lockdown Browser <i>at regular class time</i>	RBS: Chap. 1, 2 and 4	<b>NUTRITION EXAM 1</b>
Nutrition 6	Wed Apr 28	9am Zoom Lecture - Fat	RBS: Chap 5	
	Mon May 3	10:30am Zoom Lecture - Protein	RBS: Chap 6	
Nutrition 7	Wed May 5	12noon Zoom Lecture – Body Weight and Composition	RBS: Chap 10	
	Mon May 10	No Zoom Oral Presentations and Analysis of Scientific Lit #2 due for Nutrition Groups 1 - 4 only		<b>Oral Presentation and Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>
Nutrition 8	Wed May 12	1:30pm Zoom Lecture – Weight Maintenance and Loss	RBS: Chap 11	
	Mon May 17	Catch Up (if needed)		
Finals:	Wed May 19 at 7:15am		RBS: Chap 5, 6, 10 and 11	<b>FINAL EXAM / NUTRITION EXAM 2</b>

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

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