

**San José State University**  
**Departments of Nutrition, Food Science & Packaging and**  
**Kinesiology**  
**NUFS/KIN 163, Physical Fitness and Nutrition**  
**Sections 1 & 13, Fall 2017**

**Course and Contact Information**

<b>Department</b>	<b>KIN</b>	<b>NUFS</b>
<b>Instructor</b>	Farzaneh Ghiasvand, Ph.D	Izzie Brown, MS, RDN, CSCS
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<b>Web Page</b>		<a href="http://www.sjsu.edu/people/izzie.brown/">http://www.sjsu.edu/people/izzie.brown/</a>
<b>Office hours</b>	MW: 10:30 -11:30 am or by appointment	M-Th: 1:30-2:00 and by appointment
<b>Turnitin.com</b>	All Kinesiology papers are to be submitted to Canvas	All Nutrition papers are to be submitted to Canvas AND hard copy in class.
<b>Class days/time</b>	Tuesday/Thursday 10:30-11:45	
<b>Classroom</b>	Section 1: Clark Hall 310 Section 13: Hugh Gillis Hall 118	
<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.pdf">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</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](http://my.sjsu.edu/canvas) 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/canvas) 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> 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 “Critical 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 “Critical Evaluation of a Consumer Product”. 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) (Required)**

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**

Emily Chan is the NUFS reference librarian; [emily.chan@sjsu.edu](mailto:emily.chan@sjsu.edu). Phone number (408) 808-2044. Emily is available through Ask a Librarian Chat on Th 3:00-4:00 virtually, and she is located on the 2<sup>nd</sup> floor Reference Desk for individual consultations.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian for Fall 2017. [408-808-2019](tel:408-808-2019). [adriana.poo@sjsu.edu](mailto: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 handouts from another student before seeing the instructor about the missed content.

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

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

2 Critical Evaluations of a Consumer Product @ 3-4 pages each	6-8 pages, 1,500-2,000 words
2 Critical Analyses of Scientific Literature @ 3-4 pages each	6-8 pages, 1,500-2,000 words
Total	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 Critical Analysis of Scientific Literature, Critical Evaluation of a Consumer Product, 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)

### Determination of Grades

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		

### Grading Information for upper division GE courses (R, S, V)

- “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.”

## **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/>”

## **University’s Credit Hour Requirement**

“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 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

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

# Resources

## Fall 2017

### 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	Th, 8/24	Course Overview & Introduction Scientific Method		
2	Tu, 8/29	Scientific Method	IFIC article & BMI and Waist Circumference both on web page W: pp. 27-31	Watch lecture on Canvas before class
2	Th, 8/31	Scientific Method Supplements	W: pp. 21-27, 69-72, 141-151, 387, 576-581, 253-258, 587-590 AND Position paper on web site	
3	Tu, 9/5	Supplements		Analysis of Scientific Literature #1 – article on web page & bring Assignment Packet to class
3	Th, 9/7	Supplements Healthful Nutrition	W: pp. 2-3, 12-18, 38-56, 63-69.	Bring Portion Size Guide handout on web page
4	Tu, 9/12	Healthful Nutrition		Bring a food label
4	Th, 9/14	Carbohydrates	W: pp. 125-139, 161-166	
5	Tu, 9/19	<b>Exam 1</b>		
5	Th, 9/21	Fats	W: pp. 175-183, 188-190, 199-211	
6	Tu, 9/26	Fats Protein	W: pp. 56-62, 223-240	
6	Th, 9/28	Protein		
7	Tu, 10/3	<b>Oral Presentation #1 &amp; #2</b>		Analysis of Scientific Literature #2 for those presenting
7	Th, 10/5	<b>Oral Presentation #3 &amp; #4</b>		Analysis of Scientific Literature #2 for

Week	Date	Topics	Reading	Assignments & Deadlines
				those presenting
8	Tu, 10/10	Weight & Disordered Eating	W: pp. 428-433, 438-439, 451-454, 459-463	
8	Th, 10/12	Weight & Disordered Eating		Critical Evaluation of Consumer Product #1; ad provided in class
9	Tu, 10/17	<b>Exam 2</b>		
9	Th, 10/19	Intro to Wellness, Fitness, and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
10	Tu, 10/24	Analyzing Scientific Research	Article to review will be Provided on Canvas	
10	Th, 10/26	Energy Systems & Metabolism	W: Chap. 3 & 4	
11	Tu, 10/31	Cardiorespiratory Endurance	FIR: Chap. 3	
11	Th, 11/2	Cardiovascular Health	FIR: Chap. 11	
12	Tu, 11/7	Catch up & Review for Exam 3		
12	Th, 11/9	<b>Exam 3</b>		
13	Tu, 11/14	Muscular Strength & Endurance	FIR: Chap. 4	
13	Th, 11/16	Flexibility & Low Back Health	FIR: Chap. 5	Critical Evaluation of Consumer Product #2
14	Tu, 11/21	Body Composition	FIR: Chap. 6	
14	Th, 11/23	<b>Thanksgiving Holiday</b>		
15	Tu, 11/28	<b>Oral Presentation #5 &amp; #6</b>		Analysis of Scientific Literature #2 for those presenting
15	Th, 11/30	<b>Oral Presentation #7 &amp; #8</b>		Analysis of Scientific Literature #2 for those Presenting
16	Tu, 12/5	Program Design Physical Activity & Stress Cancer (if have time)	FIR: Chap. 7 & 10 FIR: Chap. 12	
16	Th, 12/7	Catch up and Review for Final		
<b>Final Exam</b>	W, 12/13	Sec. 13: 9:45 CL 310		



# NUFS/KIN 163 Physical Fitness and Nutrition

## Fall 2017

### 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	Th, 8/24	Intro to Wellness, Fitness, and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
2	Tu, 8/29	Analyzing Scientific Research	Article to review will be provided on Canvas	
2	Th, 8/31	Energy Systems & Metabolism	W: Chap. 3 & 4	
3	Tu, 9/5	Cardiorespiratory Endurance	FIR: Chap. 3	
3	Th, 9/7	Cardiovascular Health	FIR: Chap. 11	Analysis of Scientific Research #1 Due. Article on Canvas
4	Tu, 9/12	Catch up and review for Exam 1		
4	Th, 9/14	<b>Exam 1</b>		
5	Tu, 9/19	Muscular Strength & Endurance	FIR: Chap. 4	
5	Th, 9/21	Flexibility & Low Back Health	FIR: Chap. 5	Critical Evaluation of Consumer Product #1 Due.
6	Tu, 9/26	Body Composition	FIR: Chap. 6	
6	Th, 9/28	Program Design Physical Activity & Stress	FIR: Chap. 7 & 10	
7	Tu, 10/3	<b>Oral Presentation #1 &amp; #2</b>		Analysis of Scientific Literature #2 for those presenting
7	Th, 10/5	<b>Oral Presentation #3 &amp; #4</b>		Analysis of Scientific Literature #2 for those presenting
8	Tu, 10/10	Exercise and Aging Cancer (if have time)	FIR: Chap. 12	
8	Th, 10/12	Catch up and Review for Exam 2		
9	Tu, 10/17	<b>Exam 2</b>		

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Reading</b>	<b>Assignments &amp; Deadlines</b>
9	Th, 10/19	Scientific Method	IFIC article on web page W: pp. 27-31	Watch lecture on Canvas before class
10	Tu, 10/24	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	Th, 10/26	Supplements		
11	Tu, 10/31	Supplements Healthful Nutrition	W: pp. 2-3, 12-18, 38-56, 63-69.	Bring Portion Size Guide handout on web page
11	Th, 11/2	Healthful Nutrition		Bring a food label
12	Tu, 11/7	Carbohydrates	W: pp. 125-139, 161-166	
12	Th, 11/9	<b>Exam 3</b>		
13	Tu, 11/14	Fats	W: pp. 175-183, 188-190, 199-211	
13	Th, 11/16	Fats Protein	W: pp. 56-62, 223-240	
14	Tu, 11/21	Protein		
14	Th, 11/23	<b>Thanksgiving – campus closed</b>		
15	Tu, 11/28	<b>Oral Presentation #5 &amp; #6</b>		Analysis of Scientific Literature #2 for those presenting
15	Th, 11/30	<b>Oral Presentation #7 &amp; #8</b>		Analysis of Scientific Literature #2 for those presenting
16	Tu, 12/5	Weight & Disordered Eating	W: pp. 428-433, 438-439, 451-454, 459-463	Critical Evaluation of Consumer Product #2; ad provided in class
16	Th, 12/7	Weight & Disordered Eating		
<b>Final Exam</b>	W, 12/13	Sec. 1: 9:45 HGH 118		