

San José State University
Departments of Nutrition, Food Science, & Packaging and Kinesiology
NuFS/KIN 163, Physical Fitness & Nutrition
Fall 2015, Sections 1, 2, 3 & 4

Department	KIN	NUFS
Instructor	Linda D. Wilkin, Ph.D.	Izzie Brown, MS, RDN, CSCS
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Web Page	none	http://www.sjsu.edu/people/izzie.brown/
Office hours	Tuesday and Thursday 9:00 – 10:00 am	Tu: 1:30-2:30, WTh 1:30-2:00 and by appointment
Turnitin.com	All fitness papers are to be uploaded to Canvas AND hard copy in class	All Nutrition papers are to be submitted to Canvas and hard copy in class.
Class days/time	Sec. 1 & 2 TTh 10:30-11:45; 3 & 4 TTh 12:00-1:15	
Classroom	Sec 1: Industrial Studies 215 Sec 3: Boccardo Business Ctr 201	Sec 2: Sweeney Hall 345 Sec 4: Industrial Studies 230
Prerequisites	<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, & V shall be required of all students (see University Policy S14-5 at http://www.sjsu.edu/senate/docs/S14-5.pdf.)</p> <p>Not for nutrition majors or minors</p>	
GE - SJSU Studies	Area R – Earth & Environment	

Faculty Web Pages or Canvas Sites

Copies of the course syllabus and major assignment sheets may be found on the Canvas course web site or faculty web site.

Izzie Brown's website is: <http://www.sjsu.edu/people/izzie.brown/>

Linda D. Wilkin's information is all posted on Canvas:
http://www.sjsu.edu/at/ec/canvas/student_resources/index.html

Course Description and Goal

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 “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 (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

Williams, M. H., Anderson D. E., & Rawson, E. S. (2013). *Nutrition for health, fitness, and sport* (10th ed.). Boston: McGraw-Hill. ISBN:978-0-07-802132-9. 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. (2015). *Fit & well* (11th ed.). Boston: McGraw-Hill. ISBN: 978-0-07-352347-7. This text will be known as “FIR” in the proposed schedule.

Library Liaison

Emily Chan is the KIN and NuFS reference librarian, emily.chan@sjsu.edu. Phone number: (408) 808-2044. Office hours: Monday 3:00 – 4:00 and Friday 11:00 – 12:00

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.

Assignments and Grading Policy

Assignment	Points (%)	GELOs	CLOs
Exam 1	50 (11)		1,2,3,4,5,6
Exam 2	50 (11)		
Exam 3	50 (11)		
Exam 4 (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	
Total Points	450 (100)		

- 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.

- 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 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.
- 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)

- 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](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.
- Note that [University policy F69-24](http://www.sjsu.edu/senate/docs/F69-24.pdf) at <http://www.sjsu.edu/senate/docs/F69-24.pdf> states that “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.”
- 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 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		

University Policies

General Expectations, Rights and Responsibilities of the Student

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU's policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arise. See [University Policy S90-5](http://www.sjsu.edu/senate/docs/S90-5.pdf) at <http://www.sjsu.edu/senate/docs/S90-5.pdf>. More detailed information on a variety of related topics is available in the [SJSU catalog](http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html), at <http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html>. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

Academic Integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> 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 and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available 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.)

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, 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>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/academic_calendars/. The [Late Drop Policy](#) is available at

<http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Campus Policy in Compliance with the Americans with 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 me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center \(AEC\)](http://www.sjsu.edu/aec) at <http://www.sjsu.edu/aec> to establish a record of their disability. The AEC is located in ADM 110 (408-924-6000 [voice] or 408-924-5990 [TDD]).

Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course. "Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material."

- In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- "Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent."

SJSU Writing Center

The SJSU Writing Center is located in Clark Hall, Suite 126. All writing specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Student Technology Resources

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of the Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit the [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

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 Sportsmedicine
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)

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
Medline: www.sjlibrary.org website for access to database	www.ncbi.nlm.nih.gov/pubmed/
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
Gatorade Sports Science Exchange	www.gssiweb.com
Sport Science Organization	www.sportsci.org
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**

DATE	TOPIC	READING ASSIGNMENTS	DUE
Th, 8/20	Course Overview & Introduction Scientific Method		
Tu, 8/25	Scientific Method	IFIC article & BMI and Waist Circumference both on web page W: pp. 26-29	Watch lecture on Canvas before class
Th, 8/27	Supplements	W: pp. 20-25, 64-69, 246-252, 555-561, 566-569, AND Position paper on web site	
Tu, 9/1	Supplements		Analysis of Scientific Literature #1 – article on web page & bring Assignment Packet to class
Th, 9/3	Healthful Nutrition	W: pp. 2-3, 12-19, 36-55, 61-67.	Bring Portion Size Guide handout on web page
Tu, 9/8	Healthful Nutrition		
Th, 9/10	Carbohydrates	W: pp. 121-129, 132-135, 161-162	Bring a food label
Tu, 9/15	Carbohydrates		
Th, 9/17	Exam 1		
Tu, 9/22	Fats	W: pp. 171-186, 195-216	
Th, 9/24	Fats Protein	W: pp. 55-61, 217-234, 256-260	
Tu, 9/29	Protein		
Th, 10/1	Weight & Disordered Eating	W: pp. 416-419, 425-457, 458-487	
Tu, 10/6	Oral Presentation #1 & #2		Analysis of Scientific Literature #2 for those presenting
Th, 10/8	Oral Presentation #3 & #4		Analysis of Scientific Literature #2 for those presenting
Tu, 10/13	Weight & Disordered Eating		Critical Evaluation of Consumer Product #1; ad provided in class

Th, 10/15	Exam 2		
Tu, 10/20	Intro to Wellness, Fitness and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
Th, 10/22	Scientific Research & Pseudo-Science Analyzing Scientific Research	Article to review is posted on Canvas	
Tu, 10/27	Energy Systems; Metabolism; Metabolic Calculations	W: Chaps. 3 & 4 FIR: Chap. 3	
Th, 10/29	Cardiorespiratory Endurance		Critical Evaluation of Consumer Product #2
Tu, 11/3	Exam 3		
Th, 11/5	Muscular Strength & Endurance	FIR: Chap. 4	
Tu, 11/10	Muscular Strength & Endurance	FIR: Chap. 4	
Th, 11/12	Flexibility & Low Back Health	FIR: Chap. 5	
Tu, 11/17	Body Composition	FIR: Chap. 6	
Th, 11/19	Program Design	FIR: Chap. 7	
Tu, 11/24	Physical Activity & Stress	FIR: Chap. 10	
Th, 11/26	Thanksgiving Break		
Tu, 12/1	Oral Presentation #5 & #6		Analysis of Scientific Literature #2 for those presenting
Th, 12/3	Oral Presentation #7 & #8		Analysis of Scientific Literature #2 for those presenting
Tu, 12/8	Cardiovascular Health, Cancer	FIR: Chaps. 11 & 12	
Sec 1 & 2 Wed, 12/16 9:45 am Sec 3 & 4 Fri, 12/11 9:45 am	Exam 4		

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

W = Williams, *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**

DATE	TOPIC	READING ASSIGNMENTS	DUE
Th, 8/20	Intro to Wellness, Fitness, and Lifestyle Management Principles of Physical Fitness	FIR: Chaps. 1 & 2	
Tu, 8/25	Scientific Research & Pseudo-Science Analyzing Scientific Research	Article to review provided on Canvas	
Th, 8/27	Energy Systems	W: Chap. 3	
Tu, 9/1	Metabolism	W: Chap. 4	
Th, 9/3	Metabolic Calculations		Analysis of Scientific Research #1 Article on Canvas
Tu, 9/8	Cardiorespiratory Endurance	FIR: Chap. 3	
Th, 9/10	Exam 1		
Tu, 9/15	Muscular Strength & Endurance	FIR: Chap. 4	
Th, 9/17	Flexibility & Low Back Health	FIR: Chap. 5	Critical Evaluation of Consumer Product #1
Tu, 9/22	Body Composition	FIR: Chap. 6	
Th, 9/24	Program Design Physical Activity & Stress	FIR: Chaps. 7 & 10	
Tu, 9/29	Oral Presentation #1 & #2		Analysis of Scientific Literature #2 for those presenting
Th, 10/1	Oral Presentation #3 & #4		Analysis of Scientific Literature #2 for those Presenting
Tu, 10/6	Cardiovascular Health	FIR: Chap. 11	
Th, 10/8	Cancer	FIR: Chap. 12	
Tu, 10/13	Review		
Th, 10/15	Exam 2		
Tu, 10/20	Scientific Method	IFIC Article on web site W: pp. 26-29	Watch lecture on Canvas before class

Th, 10/22	Supplements	W: pp. 20-25, 64-69, 246-252, 555-561, 566-569, AND Position paper on web sit	
Tu, 10/27	Supplements		
Th, 10/29	Healthful Nutrition	W: pp. 2-3, 12-19, 36-55, 61-67.	Bring Portion Size Guide handout on web page
Tu, 11/3	Healthful Nutrition Carbohydrates	W: pp. 121-129, 132-135, 161-162	Bring a food label
Th, 11/5	Carbohydrates		
Tu, 11/10	Exam 3		
Th, 11/12	Fats	W: pp. 171-186, 195-216	
Tu, 11/17	Fats Protein	W: pp. 55-61, 217-234, 256-260	
Th, 11/19	Protein		
Tu, 11/24	Weight & Disordered Eating	W: pp. 416-419, 425-457, 458-487	Critical Evaluation of Consumer Product #2, ad provided in class
Th, 11/26	Thanksgiving Break		
Tu, 12/1	Weight & Disordered Eating		
Th, 12/3	Oral Presentations 5 & 6		Analysis of Scientific Literature #2 for those presenting
Tu, 12/8	Oral Presentations 7 & 8		Analysis of Scientific Literature #2 for those presenting
Sec 1 & 2 Wed, 12/16 9:45 am Sec 3 & 4 Fri. 12/11 9:45 am	Exam 4		
12/27 Midnight	Grades Due		

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

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