Department of Kinesiology and Health Science  
KIN 335 – 002 Dietary Considerations for PE  
Fall 2017

**Instructor:** Dan Eason  
**Office:** Jimmy W. Murphy Wellness Center, RM 101  
**Office Phone:** (936) 468-4643  
**Other Contact Information:** (936) 468-3503  
**Prerequisites:** BIO 121, 123, or 238; HSC 121; and KIN 100

**Course Time & Location:** MW 10-11:15am, HSTC RM 101  
**Office Hours:** MW 8 am – 8:50 am  
**Credits:** 3 hours  
**Email:** deason@sfasu.edu

I. Course Description:

The course is designed to provide health educators, athletes, coaches, teachers, athletic trainers, physically active people, and competitors with the most recent factual information on nutritional recommendations and guidelines. Information on the inter-relationship between dietary practices and physical performance, essential nutrients, metabolism during activity, and specific problems experienced by athletes or highly active people will be analyzed and discussed. Competition standards, myths, supplements, ergogenic aids, and current interests are addressed.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

1. This course links with SFA Initiative #4: Develop a learner-centered environment.
2. This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
3. This course links with SFA Initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
4. This course links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.

Program Learning Outcomes:

**Community Health Program**

1. The student will be able to plan and evaluate a community based health lesson.
2. The student will construct a professional portfolio to be used as a personal career-marketing tool for employment opportunities.
3. The student will write a grant and submit the grant’s request for funding proposal (RFP).
4. The student will be able to communicate health information.
5. The student will design and implement a health behavior change plan that they will monitor for the semester.

**EC-12 Health Program**

1. The student will be able to plan and evaluate classroom based health instruction
2. The student will be able to demonstrate health content knowledge.
3. The student will demonstrate skills in instructional planning, curriculum development, instructional methodology, assessment, and classroom management.
4. The student will be able to communicate health education concepts to audiences of varying ages.
5. The student will design and implement a health behavior change plan that they will monitor for the semester.
Student Learning Outcomes
1. Apply the principle factors involved in developing one’s optimal health (CH & EC -12 = PLO 5).
2. Identify a health behavior that needs to be addressed and then develop an appropriate health behavior change plan (CH & EC-12 = PLO5).
3. Communicate and participate in online health topic discussions (CH & EC-12 = PLO5).
4. Identify the major concepts relative to making positive decisions regarding one’s health (CH & EC-12 = PLO5).
5. Comply with the principle factors that affect quality of life (CH & EC-12 = PLO5).

III. Course Assignments, Activities, Instructional Strategies, Use of Technology:
   a. Exams: There will be Five exams, four during the semester and 1 final, as well as class activities covering material associated with lectures as assigned by the instructor throughout the semester. Make-up exams will only be administered and scheduled for absences excused prior to the exam date! Test material comes from class and the textbook; if you miss class, you miss test materials.

   1. Exam 1 (100 pts): Wednesday September 20, 2017
   2. Exam 2 (100 pts): Wednesday October 11, 2017
   3. Exam 3 (100 pts): Wednesday November 1, 2017
   4. Exam 4 (100 pts): Friday November 17, 2017
   5. Final Exam (200 pts): Wednesday December 13, 2017

   b. Class Activities: Class attendance and participation is required and will be reflected in the final grade. Periodic, unannounced activities will be given for the purpose of class participation and reflections.

IV. Evaluation and Assessment (Grading):

   A = 90 – 100% of point total
   B = 80 – 89.9% of point total
   D = 60 – 69.9% of point total
   F = below 60% of point total

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DAY</th>
<th>DATE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>1.)</td>
<td>M</td>
<td>28-Aug</td>
<td>CLASS INTRODUCTION</td>
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<tr>
<td></td>
<td>W</td>
<td>30-Aug</td>
<td>SPORTS NUTRITION AND ITS ROLE IN ATHLETIC PERFORMANCE</td>
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<td>2.)</td>
<td>M</td>
<td>4-Sep</td>
<td>CH 1. INTRODUCTION TO SPORTS NUTRITION</td>
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<td>W</td>
<td>6-Sep</td>
<td>CH 1. INTRODUCTION TO SPORTS NUTRITION</td>
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<td>3.)</td>
<td>M</td>
<td>11-Sep</td>
<td>CH2. DEFINING AND MEASURING ENERGY</td>
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<td>W</td>
<td>13-Sep</td>
<td>CH3. ENERGY SYSTEMS AND EXERCISE</td>
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<td>4.)</td>
<td>M</td>
<td>18-Sep</td>
<td>CH3. ENERGY SYSTEMS AND EXERCISE</td>
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<td>W</td>
<td>20-Sep</td>
<td>EXAM 1</td>
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<td>5.)</td>
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<td>25-Sep</td>
<td>CH. 4 CARBOHYDRATES</td>
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<td>27-Sep</td>
<td>CH. 4 CARBOHYDRATES</td>
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<td>6.)</td>
<td>M</td>
<td>2-Oct</td>
<td>CH. 5 PROTEINS</td>
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<td>W</td>
<td>4-Oct</td>
<td>CH. 5 PROTEINS</td>
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<td>7.)</td>
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<td>9-Oct</td>
<td>CH. 6 FATS</td>
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<td>11-Oct</td>
<td>EXAM 2</td>
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<td>8.)</td>
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<td>16-Oct</td>
<td>CH. 7 WATER AND ELECTROLYTES</td>
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<td>W</td>
<td>18-Oct</td>
<td>CH. 7 WATER AND ELECTROLYTES</td>
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<td>9.)</td>
<td>M</td>
<td>23-Oct</td>
<td>CH. 8 VITAMINS</td>
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<td>W</td>
<td>25-Oct</td>
<td>CH. 8 VITAMINS</td>
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<td>10.)</td>
<td>M</td>
<td>30-Oct</td>
<td>CH. 9 MINERALS</td>
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<td>W</td>
<td>1-Nov</td>
<td>EXAM 3</td>
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<td>11.)</td>
<td>M</td>
<td>6-Nov</td>
<td>CH. 10 DIET PLANNING</td>
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<td>W</td>
<td>8-Nov</td>
<td>CH. 11 WEIGHT AND BODY COMPOSITION</td>
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<td>M</td>
<td>13-Nov</td>
<td>CH. 11 WEIGHT AND BODY COMPOSITION</td>
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<td>W</td>
<td>15-Nov</td>
<td>EXAM 4</td>
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<td>13.)</td>
<td>M</td>
<td>20-Nov</td>
<td>THANKSGIVING</td>
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<td>W</td>
<td>22-Nov</td>
<td>THANKSGIVING</td>
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<td>14.)</td>
<td>M</td>
<td>27-Nov</td>
<td>CH. 12 DISORDERED EATING</td>
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<td>W</td>
<td>29-Nov</td>
<td>CH. 12 DISORDERED EATING</td>
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<td>15.)</td>
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<td>4-Dec</td>
<td>CH. 13 DIET AND EXERCISE FOR LIFELONG FITNESS AND HEALTH</td>
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<td>W</td>
<td>6-Dec</td>
<td>CH. 13 DIET AND EXERCISE FOR LIFELONG FITNESS AND HEALTH</td>
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<td>W</td>
<td>13-Dec</td>
<td>FINAL EXAM (COMPREHENSIVE) 10:30-12:30</td>
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VI. Readings (Required and recommended—including texts, websites, articles, etc.):

2. Additional readings will be given out by the instructor.

VII. Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

**Attendance (6.7)**

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences.

**Students with Disabilities (6.1 & 6.6)**

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

**Academic Integrity (4.1)**

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to: - using or attempting to use unauthorized materials on any class assignment or exam; - falsifying or inventing of any information, including citations, on an assignment; and/or; - helping or attempting to help another in an act of cheating or plagiarism.
Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

**Penalties for Academic Dishonesty**
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university

**Student Appeals** A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

**Withheld Grades Semester Grades Policy (5.5)**
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Acceptable Student Behavior (10.4)**
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

**Additional Information:**
To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:
1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing.
requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

IX. Other Relevant Course Information:

Cell Phones, I-Pods, Bluetooth – TURN THEM OFF! If your cell phone rings in Class that is an automatic five-point deduction from your total points. If the phone rings multiple times during the same class period, more points will be deducted. NO exceptions – turn off the ringer when you come to class.