Department of Kinesiology & Health Science  
KIN 335-001  
DIETARY CONSIDERATIONS FOR PHYSICAL ACTIVITY AND EXERCISE  
Spring 2019  

Instructor: James Rowe, Ph.D.  
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Office Phone: (936) 468-7098  
Other Contact: (936) 468-2283  

Course Time & Location: MWF 11-11:50am EDAN 114  
Office Hours: MW 12:00pm – 2:30pm  

Credits: 3 hours  
Email: rowej@sfasu.edu  

Prerequisites: NA  

I. Course Description: (brief paragraph)  
The course is designed to provide an introductory overview of the dietary considerations relevant to physical activity, exercise/fitness, sport/ergogenic, disease, and public health.  

NOTE. This course can be used as an introductory preparation for a more thorough examination of Nutrition for Sports (HMS 429) and Nutrition and Disease (HMS 339 – requires HMS 239 as a prerequisite).  

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):  
This course links with SFA Initiative #4: Develop a learner-centered environment.  
This course links with SFA’s COE Goal & Initiative #2: Prepare educators & industry professionals.  
This course links with SFA Initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, & civic engagement experiences.  
This course links with SFA’s COE Goal and Initiative #4: Teaching and student success.  
This course links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.  

Program Learning Outcomes:  
1. The student will identify and analyze critical components of physical movements  
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, physiological, and psychological effects during various levels of physical stress.  
3. The student will demonstrate knowledge of kinesiological principles and content.  
4. The student will display the ability to assess, design, and apply primary and secondary intervention programs across various populations.  

Student Learning Outcomes:  
Upon successful completion of this course, the student will be able to:  
1. Demonstrate knowledge of the dietary considerations involved with physical activity and exercise prescriptions across specific populations and concerns (PLO #3, #4)  
2. Evaluate current research in exercise and dietary considerations (PLO #3)  
3. Assess the role that nutrition plays across various exercise prescriptions and populations (PLO #2-4)  
4. Develop dietary programs with consideration for exercise and/or physical activity prescriptions (PLO #2-4)  

Kinesiology Professional Preparation Program Standards  
• The student will demonstrate knowledge and abilities in exercise physiology and related exercise science. (PLO 3,4)  
• The student will demonstrate knowledge and abilities associated with physiological risk factors. (PLO 3,4)  
• The student will demonstrate knowledge and abilities in fitness and clinical exercise testing. (PLO 2,3)  

III. Course Assignments, Activities, Instructional Strategies, use of Technology:  
Credit may be gained by: 1) completion of in-class work, projects, and exams on or before due dates, and 2) completion of any out of class readings. Reports that you hand in should be of professional quality, including being bound (i.e. stapled). Your assignment grades will be reduced for poor grammar and writing (use the writing center and APA format).  

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Course Assignments & Evaluation Requirements:

You will be asked to complete:

1. **Exams** (50% of course grade) - You will be required to take 2 - 3 exams and 1 comprehensive final exam. Each exam will assess your knowledge and understanding of all course material, including application of the concepts.

2. **Quizzes** (35% of course grade) – Quizzes will be given (some unannounced) throughout the semester. The quizzes will be provide brief assessments of your knowledge leading up to each exam.

3. **Dietary Analysis Assignment** (15% of course grade) – Each student will complete his/her own 7-day food recall. Each student will perform a dietary analysis of his/her food recall using a dietary analysis software package. Using the information that has been collected, the students answer questions provided by the instructor that will address the student’s current dietary practices.

4. **Make Up Assignments/Exams** – Make up exams/reports/quizzes will only be granted for EXCUSED absences (according to university policy); make up exams/reports/quizzes will not be given for any other circumstances. Prior arrangements must be made in critical cases.

   If a student is absent (unexcused) on exam day or on a quiz day or when presentations are due he/she will earn a zero. **No late work will be accepted!!!!!!**

IV. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Evaluation Criteria:</th>
<th>Points:</th>
<th>Grading Criteria:</th>
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</thead>
<tbody>
<tr>
<td>Exams</td>
<td>50% of course grade</td>
<td>A ≥ 89.6%</td>
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<tr>
<td>Quizzes</td>
<td>35% of course grade</td>
<td>B = 79.6-89.5%</td>
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<tr>
<td>Dietary Assignment</td>
<td>15% of course grade</td>
<td>C = 69.6-79.5%</td>
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<td>D = 59.6-69.5%</td>
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<td>F ≤ 59.5%</td>
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V. Tentative Course Outline/Calendar: (subject to change, all changes will be announced in class)

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1 (Jan 23 – 25)</td>
<td>Introduction; Ch. 8 – Components of a Healthy Diet</td>
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<tr>
<td>Week 2 (Jan 28 – Feb 1)</td>
<td>Ch. 8 – Review of Carbohydrates, Lipids, and Proteins</td>
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<tr>
<td>Week 3 (Feb 4 – 8)</td>
<td>Ch. 8 – Review of Vitamins, Minerals, and Hydration</td>
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<tr>
<td>Week 4 (Feb 11 – 15)</td>
<td>Ch. 4 - The Metabolic Fate of Ingested Food</td>
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<td>Week 5 (Feb 18 – 22)</td>
<td>Ch. 4 - Energy Expenditure: Metabolic Rate (Rest/Exercise), Thermogenesis</td>
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<td>Week 6 (Feb 25 – Mar 1)</td>
<td>Ch. 8 &amp; 9 - Plant-Based Nutrition; <strong>No Class on Friday, March 1</strong></td>
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<tr>
<td>Week 7 (Mar 4 – 8)</td>
<td>Ch. 9 – Dietary &amp; Other Considerations for Weight Management (CVD, Diabetes)</td>
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<tr>
<td>Week 8 (Mar 11 – 15)</td>
<td>Dietary Guidelines for Performance – Recommended Quantity and Meal Timing</td>
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<td><strong>Week 9 (Mar 18 – 22)</strong></td>
<td><strong>Spring Break</strong></td>
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<tr>
<td>Week 10 (Mar 25 – 29)</td>
<td>Dietary Guidelines for Performance – CHO Loading and BCAA’s</td>
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<tr>
<td>Week 11 (April 1 – 5)</td>
<td>Exercise &amp; Management of Disease</td>
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<td>Week 12 (April 8 – 12)</td>
<td>Ch. 9 - Measuring, Monitoring Dietary Intake</td>
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<tr>
<td>Week 13 (April 15 – 19)</td>
<td>Nutritional Epidemiology; <strong>No Class on Friday, April 19; Easter Holiday</strong></td>
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<td>Week 14 (April 22 – 26)</td>
<td>Literature Review</td>
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<tr>
<td>Week 15 (April 29 – May 3)</td>
<td>Literature Review</td>
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<tr>
<td>Week 16 (May 6 – 10)</td>
<td>Literature Review</td>
</tr>
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**Final Exam - Monday, May 13 10:30am – 12:30pm**

Tentative Exam Schedule

Exam 1: Monday, Feb 11
Exam 2: Monday, March 4
Exam 3: Monday, April 8
Exam 4: Monday, May 13 (not tentative)
VI. Readings (Required and recommended—including texts, websites, articles, etc.):

Recommended
- Additional readings may be assigned and provided by the instructor.

VII. Course Evaluations:
Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. 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 PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins 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. A student will be deducted 10% from his/her final grade for every unexcused absence. A student who accumulates 4 unexcused absences will automatically FAIL the course. Arriving late to class and early departure (without prior notice) is unacceptable. Two such occurrences will be counted as an unexcused absence. A student who is tardy 7 times will automatically FAIL the course.

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/.

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 Policy (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](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/](http://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:**
**Undergraduate Teacher Certification:**
The “Undergraduate Initial Teacher Certification Handbook” contains all policies and procedures related to undergraduate teacher certification. Teacher education candidates are responsible to know and understand the policies and procedures outlined in this handout. ([http://www.sfasu.edu/education/departments/educatorcertification/docs/edcert-undergrad_handbook.pdf](http://www.sfasu.edu/education/departments/educatorcertification/docs/edcert-undergrad_handbook.pdf))

**Course Rationale:**
Research indicates that daily health/fitness related behaviors determine the quality and longevity of our life. This course is designed to provide information to create awareness of and motivation toward development of positive health and fitness behaviors. The practice of long-term positive health and fitness behaviors are essential to an individual’s physical, emotional, social, occupational, environmental, intellectual, and spiritual well-being.

Insurance:
Physical activity by its very nature may put you at some level of physical risk. It is strongly advised that you carry your own health/accident insurance. You are not covered by a Departmental or University insurance policy.

Cell phone/laptops:
Cell phone use is not permitted during class; this includes texting, recording and/or picture taking. Laptops may be used for NOTE TAKING ONLY.

Professionalism:
You are working towards a degree to be a professional, so you should look and speak that way. No sagging pants. No caps or hats in the classroom and building or unprofessional attire!!!

General Classroom Civility:
Students should be respectful of the instructor and other students during class time. Please do not interrupt your classmates or the instructor when they are speaking, and do not talk when someone else is talking. Students will not be allowed to read the newspaper, complete work from other classes, talk to their neighbors, sleep during class, or engage in other activities that are distracting to the instructor or other students. Any student found violating this code of conduct will be asked to leave the classroom and will be given an unexcused absence for the class period.

Exam Conduct:
- You may not wear sunglasses during an exam.
- You will be asked to remove your hat/jacket.
- You must place all class materials out of sight in a backpack at the front of the classroom.
- Bathroom breaks or leaving the room for any reason will not be allowed during exams (so plan ahead!)
- Students who leave the room for any reason will receive a “0” for the exam.
- No food or drinks will be allowed during exams - this includes water and gum – students will receive a “0”.
- Engagement in suspicious behaviors such as talking with others, roving eyes, tapping your hands or feet repeatedly during exams, etc. may be construed as cheating by the instructor and are grounds for dismissal from the examination and an automatic 0 on the examination as well as further disciplinary action at the discretion of the instructor
- All cell phones and electronic devices must be turned off and left at the front of the classroom.
- Students who do not bring electronic devices to class MUST still provide proof that he/she is not carrying a device (emptying pockets, etc.).
- Students who DO NOT turn in his/her electronic devices OR provide proof of no electronic device will NOT be permitted to take the exam and will receive a “0”.
- Use of such devices during examination may be construed as cheating and result in associated disciplinary action.

Technical Support:
For D2L technical support, contact student support in the Office of Instructional Technology (OIT) at d2l@sfasu.edu or 936-468-1919. If you call after regular business hours or on a weekend, please leave a voicemail.

For general computer support (not related to D2L), contact the Technical Support Center (TSC) at 936-468-HELP (4357) or at helpdesk@sfasu.edu.

To learn more about using D2L, visit SFA ONLINE at http://sfaonline.sfasu.edu, where you'll find written instructions and video tutorials.