DIETARY CONSIDERATIONS FOR PHYSICAL ACTIVITY AND EXERCISE
Fall 2023

Instructor: James Rowe, Ph.D.
Office: Ed. Annex Building, Rm. 104
Office Phone: (936) 468-7098
Other Contact: (936) 468-3503

Course Time & Location: MWF 12 - 12:50pm; EDAN 114
Office Hours: MW 1 – 2:30pm; TR 11:15am – 12:15pm
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.

KINE 3335 (3 credits) is a face-to-face course that has 150 minutes of classroom time/direct instruction per week for 15 weeks and also for a 2-hour final exam. Students have 5 exams throughout the semester to evaluate their comprehension of the material. In addition, bonus quizzes are offered prior to each exam to give the students the opportunity to self-evaluate their comprehension of the material. Students are also required to complete several out-of-class readings of peer-reviewed research articles and have in-class discussions of the articles and complete exams over the articles. These discussions give the students a better understanding of how research has helped develop the diet/activity guidelines advertised by prominent health organizations. The course readings and article evaluations will enhance the student’s understanding and awareness of how various dietary practices and exercise practices are developed for the promotion of public health. These activities average at a minimum of 6 hours of work each week outside of classroom hours.

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).

PCOE Diversity Statement:
The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion and spiritual values in order to enhance the quality of life in a diverse, global community.

II. Intended Learning Outcomes/Goals/Objectives (Program 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’s COE Goal and Initiative #4: Teaching and student success.

Exercise Science Program Learning Outcomes:
1. Physiological Principles of Exercise - The student will demonstrate an understanding of the physiological principles of exercise.
2. National Certification – The student will be prepared to pass nationally accredited certifications.
3. Exercise Testing - The student will demonstrate an understanding of the basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.
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 #1, #2)
2. Evaluate current research in exercise and dietary considerations (PLO #1, #2)
3. Assess the role that nutrition plays across various exercise prescriptions and populations (PLO #2)
4. Develop dietary programs with consideration for exercise and/or physical activity prescriptions (PLO #1-3)

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.

Course Assignments & Evaluation Requirements:
Student will be asked to complete:
1. Exams (70% of course grade) – Student will be required to take 5 exams. Each exam will assess his/her knowledge and understanding of all course material, including application of the concepts.
2. Article Reviews (30% of course grade) – Student will be required to read 2 peer-reviewed research articles and answer questions over the articles. The articles will address topics related to the interaction of dietary practices and or physical activity for the purposes of 1) improving health or 2) improving performance.
3. Final Exam (Drops lowest exam grade) – Students will have the opportunity to improve his/her final course grade by completing a comprehensive final exam that centers on content covered in the 5 exams and the research articles given during the semester. The student’s final exam grade will (if higher) replace his/her lowest exam grade for the semester. Students are not required to take the final exam. The students course grade prior to the final exam will not be lowered if he/she does not take the final exam.
4. Out-class-assignments (each worth a possible 1-2% bonus added to final course grade) – Students will have the opportunity (not required) to complete additional assignments outside of class that may include content not extensively covered in class.
5. Make Up Assignments/Exams – Make up exams/reports/quizzes will only be granted for EXCUSED absences (according to university policy); make up exams/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 when an assignment is 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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<tbody>
<tr>
<td>Exams (5)</td>
<td>70% of course grade</td>
<td>A ≥ 90%</td>
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<tr>
<td>Article Reviews (2)</td>
<td>30% of course grade</td>
<td>B = 80-89.49%</td>
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<tr>
<td>Final Exam (1)</td>
<td>Will drop lowest exam grade</td>
<td>C = 70-79.49%</td>
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</tbody>
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V. Tentative Course Outline/Calendar: (subject to change, all changes will be announced in class)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Monday, Aug. 28</td>
<td>Course Introduction &amp; Review of Syllabus</td>
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<tr>
<td>Wednesday, Aug. 30</td>
<td>Ch. 8: The Healthy Diet – A Review of Carbohydrates</td>
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<tr>
<td>Friday, Sept. 1</td>
<td>Ch. 8: The Healthy Diet – A Review of Fat</td>
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<tr>
<td>Monday, Sept. 4</td>
<td>Ch. 8: The Healthy Diet – A Review of Proteins</td>
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<tr>
<td>Wednesday, Sept. 6</td>
<td>Ch. 8: The Healthy Diet – A Review of Vitamins/Minerals</td>
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<tr>
<td>Friday, Sept. 8</td>
<td>Review for Exam 1</td>
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<tr>
<td>Monday, Sept. 11</td>
<td>Exam # 1</td>
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<tr>
<td>Wednesday, Sept. 13</td>
<td>Energy Metabolism - Ch. 4: Carbohydrate Metabolism</td>
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<tr>
<td>Date</td>
<td>Topic</td>
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<tr>
<td>Friday, Sept. 15</td>
<td>Energy Metabolism - Ch. 4: Carbohydrate Metabolism; Begin Fat Metabolism</td>
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<tr>
<td>Monday, Sept. 18</td>
<td>Energy Metabolism - Ch. 4: Fat Metabolism (Con’t)</td>
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<tr>
<td>Wednesday, Sept. 20</td>
<td>Energy Metabolism - Ch. 4: Protein Metabolism</td>
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<tr>
<td>Friday, Sept. 22</td>
<td>Ch. 4 Evaluation of Metabolic Rate and Adaptive Thermogenesis</td>
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<tr>
<td>Monday, Sept. 25</td>
<td>Ch. 4 Evaluation of Metabolic Rate and Adaptive Thermogenesis (Con’t)</td>
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<tr>
<td>Wednesday, Sept. 27</td>
<td>Ch. 4 Evaluation of Metabolic Rate and Adaptive Thermogenesis (Conclude)</td>
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<tr>
<td>Friday, Sept. 29</td>
<td>Review for Exam 2</td>
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<tr>
<td>Monday, Oct. 2</td>
<td>Exam # 2</td>
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<tr>
<td>Wednesday, Oct. 4</td>
<td>Ch. 8 &amp; 9 – Plant Based Nutrition</td>
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<tr>
<td>Friday, Oct. 6</td>
<td>Ch. 9 – Dietary Strategies and Disease (CVD, Hypertension, and Diabetes)</td>
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<tr>
<td>Monday, Oct. 9</td>
<td>Ch. 9 – Dietary Strategies and Disease (Caloric and Nutrient Restricted Diets)</td>
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<tr>
<td>Wednesday, Oct. 11</td>
<td>Conclude discussion of Dietary Strategies</td>
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<tr>
<td>Friday, Oct. 13</td>
<td>Review for Exam # 3</td>
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<td>Monday, Oct. 16</td>
<td>Exam # 3</td>
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<tr>
<td>Wednesday, Oct. 18</td>
<td>Ch.7 – Exercise and Fuel Utilization (High vs. Low – Intensity Exercise)</td>
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<tr>
<td>Friday, Oct. 20</td>
<td>Ch. 7 – Exercise and it impact on – Maintaining Muscle Mass; Appetite; Weight Regain</td>
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<td>Monday, Oct. 23</td>
<td>Ch.7 – Determining appropriate exercise volume for weight management</td>
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<tr>
<td>Wednesday, Oct. 25</td>
<td>Review for Exam # 4</td>
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<tr>
<td>Friday, Oct. 27</td>
<td>Exam # 4</td>
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<tr>
<td>Monday, Oct. 30</td>
<td>Dietary Guidelines for Performance – Carbohydrate and Protein Intake</td>
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<tr>
<td>“The Anabolic Effect “</td>
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<td>Wednesday, Nov. 1</td>
<td>Dietary Strategies for Performance – Timing &amp; Carb Loading</td>
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<td>Friday, Nov. 3</td>
<td>Review for Exam # 5</td>
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<tr>
<td>Monday, Nov. 6</td>
<td>Exam # 5</td>
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<tr>
<td>Wednesday, Nov. 8</td>
<td>Out-of-class Assignment # 2 – Read Article # 1</td>
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<tr>
<td>Friday, Nov. 10</td>
<td>Discuss Research Article # 1</td>
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<tr>
<td>Monday, Nov. 13</td>
<td>Review for Article # 1 Exam</td>
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<tr>
<td>Wednesday, Nov. 15</td>
<td>Article # 1 Exam</td>
</tr>
<tr>
<td>Friday, Nov. 17</td>
<td>Out-of-Class Assignment # 3 – Read Article # 2</td>
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Plagiarism is the
in completion of educational activities.

reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology
of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any mean
SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at
SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures
concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not
limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test
of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means
the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has
been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another
person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory
reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology
in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own
previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Withheld Grades Semester Grades Policy (5.5)**
Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.

**Students with Disabilities**
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 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

**Student Wellness and Well-Being**
SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**
**The Dean of Students Office** (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

**SFA Human Services Counseling Clinic** Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

**The Health and Wellness Hub** “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that
treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008 thehub@sfasu.edu

Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741

Additional Information:
The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.

To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

1. Candidates must undergo a criminal history background check prior to clinical teaching and prior to employment as an educator. The public school campuses are responsible for completing the criminal background check. A person who is enrolled or planning to enroll in a State Board for Educator Certification-approved educator preparation program or planning to take a certification examination may request a preliminary criminal history evaluation letter regarding the person's potential ineligibility for certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

A Preliminary Criminal History Evaluation is a non-mandatory, non-binding evaluation of an individual's self-reported criminal history. In addition, the agency obtains your name-based Texas criminal history information. The service is provided to the requestor for a non-refundable fee. The requestor will receive an evaluation letter by email from agency staff advising of potential ineligibility for educator certification.

You are eligible to request a Preliminary Criminal History Evaluation if:

- You enrolled or planning to enroll in an educator preparation program or
- You are planning to take a certification exam for initial educator certification, and
- You have reason to believe that you may be ineligible for educator certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

You are not eligible for a preliminary evaluation of your criminal history if you do not have a conviction or deferred adjudication for a felony or misdemeanor offense.
In addition, you must complete the fingerprinting process when you apply for certification. Participation in the evaluation does not preclude you from submitting to a national criminal history review at the time you apply for your educator certification. Your criminal history will be reviewed and you may be subject to an investigation based on that criminal history, including any information you failed to submit for evaluation.

Additional information can be found at https://tea.texas.gov/Texas_Educators/Investigations/Preliminary_Criminal_History_Evaluation-FAQs/.

2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at http://www.tx.nesinc.com/PageView.aspx?f=GEN_Tests.html). 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.

For further information concerning this matter, contact Katie Snyder Martin at 936-468-1740 or snyderke1@sfasu.edu.

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)

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.