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 including 500 minutes of classroom instruction per week for 5 weeks and a 2-hour final exam. Students have exams throughout the semester to evaluate their comprehension of the material. In addition, bonus opportunities are offered prior to each exam to give the students the chance to self-evaluate their comprehension of the material. Students also have the opportunity complete out-of-class assignments that involve reading peer-reviewed research articles completing evaluations of these articles. These opportunities 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 4 hours of work each week outside of classroom hours.

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** (100% of course grade) – Each exam will assess his/her knowledge and understanding of all course material, including application of the concepts.

2. **Out-of-class assignments** (each worth a possible 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.

3. **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 not receive credit. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>100% of course grade</td>
<td>A ≥ 90%</td>
</tr>
<tr>
<td>Out-of-class assignments (5)</td>
<td>Possible plus 10% to course grade</td>
<td>B = 80-89.49%</td>
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<td></td>
<td></td>
<td>C = 70-79.49%</td>
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<td>D = 60-69.49%</td>
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<td></td>
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<td>F ≤ 59.49%</td>
</tr>
</tbody>
</table>

V. Tentative Course Outline/Calendar: (subject to change, all changes will be announced in class)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Introduction; Ch. 8: The Healthy Diet – A Review of the Macronutrients and Micronutrients</td>
</tr>
<tr>
<td>July 3 - 6</td>
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<tr>
<td>Week 2</td>
<td>Ch. 4: The Metabolic Fate of Ingested Food – A Review of Bioenergetics</td>
</tr>
<tr>
<td>July 10 - 13</td>
<td>Ch. 4: The Metabolic Fate of Ingested Food – A Review of Energy Expenditure, Metabolic Rate, and Thermogenesis</td>
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<tr>
<td>Week 3</td>
<td>Begin Ch. 8 &amp; 9 – Plant Based Nutrition; Ch. 9 &amp; 10 – Dietary Considerations for Weight Management (CVD &amp; Diabetes)</td>
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<td>July 17 - 20</td>
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<tr>
<td>Week 4</td>
<td>Begin Ch. 7 - Exercise and the Impact on Metabolic Disease</td>
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<tr>
<td>July 24 - 27</td>
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<tr>
<td>Week 5</td>
<td>Dietary Guidelines for Improved Performance</td>
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<tr>
<td>July 31 – Aug. 3</td>
<td></td>
</tr>
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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. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

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.
- 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.

If a student has been found guilty of academic dishonesty, a grade of "WP" or "WH" may be changed to "WF" at the discretion of the faculty member. In the case of a grade change to "WF", the course will not count towards the six course drop limit since the student is incurring an academic penalty.

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 or call the office at 936-468-2703.

SFASU values students’ mental health and the role it plays in academic and overall student success. 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:
SFASU Counseling Services
www.sfasu.edu/counselingservices
3rd Floor Rusk Building
936-468-2401

SFASU Human Services Counseling Clinic
www.sfasu.edu/humanservices/139.asp
Human Services Room 202
936-468-1041

Crisis Resources:
Burke 24-hour crisis line 1(800) 392-8343
Suicide Prevention Lifeline 1(800) 273-TALK (8255)
Crisis Text Line: Text HELLO to 741-741

IX. Other Relevant Course Information:

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
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.