

**EXSC 303: Nutrition**  
**Dr. Kelly**  
**California Lutheran University – Fall 2013**

<b>Meeting Days</b>	Tue & Thur.	<b>Meeting Time:</b>	12:40 - 2:05pm
<b>Class Location</b>	GSFC 254	<b>Semester, Yr:</b>	Fall 2013
<b>My Office</b>	GSFC 238	<b>Office Hours</b>	M, W, 12:00-1:00pm T/Th, 2:15 - 3:15pm F, 11:25 – 12:25pm
<b>Email Address:</b>	lakelly@callutheran.edu	<b>Phone:</b>	(805) 493- 3547
<b>Course Textbook*:</b>	NUTRITION FOR HEALTH, FITNESS & SPORT (10 <sup>TH</sup> Edition). Author: Melvin H. Williams ISBN: 9780077975432 <i>* Additional reading materials for this course will be posted on Blackboard.</i>		
<b>Prerequisite:</b>	ESSM 202		

**Catalog Description:**

This course studies the role of food in metabolism and the interaction of food types with energy production, growth, development and weight control. Cultural issues of food and the social implications of diet and nutrient intake are emphasized.

**Course Objectives:** Upon completion of this course, students will be able to:

1. Explain the role of nutrition on a healthy lifestyle and in athletic performance.
2. Explain the types of research that has been used to evaluate the relationship between nutrition and health or sports performance, and evaluate the pros and cons of each type.
3. Describe an overview of guidelines relative to nutrition for optimal health and physical performance;
4. Understand the energy pathways of the body
5. Describe the basic nutrients with an emphasis on the health and performance implications for physically active people.
6. Demonstrate an understanding of the concepts of body composition and weight control.
7. Demonstrate and understanding of how to gain or lose weight through diet and exercise, as well as the implications for such changes for health and athletic performance
8. Identify drug food such as alcohol, caffeine and other dietary related supplements.

The following **CLU Educational Objectives** are addressed in this course:

1. Development of Critical Thinking Skills
2. Field Specific Knowledge and Experience are enhanced through intensive study of the course content (*Professional Preparation*)
3. Interpersonal and Teamwork Skills are advanced through classroom activities and the course project
4. Information Literacy is addressed as part of the course project
5. Communication Skills are developed during the course project
6. Character and Leadership Development

**Class Format**

Class meetings will consist of traditional lectures, interactive lectures, problem based learning activities, experiential learning activities, laboratory experience, discussions, guest speakers and service learning project. These teaching styles are designed to facilitate your learning, but in order to do so YOU must be an active participant.

### **Departmental Policies and Expectations**

This course will address your intellectual and your professional development. Professional development encompasses punctuality, courtesy and conduct, and appropriate attire for the situation. Cellular phones and other electronic devices can be distracting if used inappropriately. During regularly scheduled classes turn cell phones should be turned **OFF** and iPods, and other electronic devices should be placed in your backpack or under your desk. If your cell phone disturbs any part of the class session, you will be asked to leave class and lose any resulting points associated with the session on that day. Talking in class disrupts the professor and other students and may impede their learning experience. Therefore, talking in class will not be tolerated, you may be asked to leave class and lose any resulting points associated with the session on that day. Side conversations are inappropriate. Again, punctuality is expected, you are expected to arrive to class on time and to remain in class.

The United States Department of Education is mandating that all college classes meet for a specified amount of time, and that they have consistent expectations for student work outside of class. Our accrediting body (WASC) is mandated to monitor this and we must meet these expectations to maintain our accreditation. The expectation is:

- For every credit, a class will meet the equivalent of one hour (defined as 50 minutes) in class each week, and students will work 2 hours outside of class each week, over a 15 week semester
- For this three-credit class, the class will meet for 150 minutes (2 ½ hours) per week for 15 weeks, and students should expect to work 6 hours each week outside of the class

### **Course Policies**

**Course Evaluations Statement:** All course evaluations are conducted online, and are completely confidential. Your feedback is very important to me. You will receive an email message reminding you when the website is open for your feedback. The link is: <http://courseval.callutheran.edu>

**Academic Honesty:** The educational programs of California Lutheran University are designed and dedicated to achieve academic excellence, honesty and integrity at every level of student life. Part of CLU's dedication to academic excellence is our commitment to academic honesty. Students, faculty, staff and administration share the responsibility for maintaining high levels of scholarship on campus. Any behavior or act which might be defined as "deceitful" or "dishonest" will meet with appropriate disciplinary sanctions, including dismissal from the University, suspension, grade F in a course or various forms of academic probation. Policies and procedures regarding academic honesty are contained in the faculty and student handbooks.

Plagiarism, cheating, unethical computer use and facilitation of academic dishonest are examples of behavior, which will result in disciplinary sanctions. Plagiarism includes, but is not limited to:

- word for word copying without using quotation marks or presenting the work as yours
- using the ideas or work of others without acknowledgement

not citing quoted material. Students must cite sources for any information that is not either the result of original research or common knowledge.

**Accommodating Disability:** California Lutheran University is committed to providing reasonable accommodations in compliance with ADA of 1990 and Section 504 of the Rehabilitation Act of 1973 to students with documented disabilities. If you are a student requesting accommodations for this course, please contact your professor at the beginning of the semester and register with the Accessibility Resource Coordinator, Wendy Perkins, for the facilitation and verification of need. The Accessibility Resource Coordinator is located in the

Center for Academic and Accessibility Resources (CAAR) Office in the Pederson Administration building, and can be contacted by calling 805.493.3878 or emailing [wperkins@callutheran.edu](mailto:wperkins@callutheran.edu)

**Attendance:** Student participation, including attendance, is essential for effective learning. Students are expected to attend each meeting of the class, coming to class on time and prepared to discuss course materials and assignments. In class assignment credit will only be given to students in attendance on the day of the assignments. Assignments may not pre-announced and scheduled randomly throughout the semester. Therefore, it is imperative to attend all class sessions and remain for the entire class period in order to successfully complete the course.

**Exams:** There will be two (2) in-class exams and a final cumulative exam as part of this course. Exams will be conducted using Blackboard, unless otherwise instructed. Students who complete all the reading assignments, attend all lectures, devote at least two hours per week to group and independent study, and seek the help of classmates and/or the instructor should be well prepared for the quizzes and the final exams. In order to be successful in this class, a minimum of 10 hours of study each week is recommended. If you are experiencing difficulty with any of the material covered in class, please do not hesitate to ask for help as soon as you begin experiencing difficulty. It is vital that you address any problems early.

**Group Project:** In addition to these major exams, there will be a group project. This project will use service and experiential learning. As part of your grading, you will have to 1) analysis dietary intake of students from CLU; 2) complete a weekly nutritional counseling diary; 3) analysis dietary intake of your freshman group at the end of the semester; and 4) write and present a paper regarding “dietary changes”. A separate paper from each group member is required. The paper must be in APA style, and you are required to have at a minimum of 10 references from primary sources only. You will be graded on your written paper and oral presentation. There will be NO extensions given for submission of paper or oral presentation. Failure to hand in either work will automatically result in a reduction in grade. Your project and paper will be graded on the following criteria: 1) Comprehensiveness and accuracy of the literature review, 2) Appropriateness of the project for the target group, 3) Novelty of the project, 4) The general appeal of the project for the target group, 5) The clarity of your oral presentation, 6) Paper in APA style. The quality of your written paper. Quality is measured by the number of grammatical and spelling errors as well as the organization and transitional flow of the paper, and 7) your ability to work as a team.

**Cellular Phones and Other Electronic Devices During Exams:** During quizzes, test, or other examination activities cell phones and other electronic devices must be turned off and stored in your backpack, under your desk, or in the front of the classroom. Failure to follow these instructions will result in you: (a) being asked to leave the classroom, and/or (b) receiving a “zero” on the activity (test, etc.) of the day.

## Summary of Assessments

<u>Point Breakdown</u>	<u>% of Total</u>
Two (2) In-class exams	20%
Assignments & lab reports	20%
Project	30%
Final cumulative examinations	30%
<b>Total Possible</b>	<b>100%</b>

## Grading descriptions

Professor will evaluate student performance on the following grading standards:

- A = Outstanding or exceptional work. Mastery of course concepts, tools, and techniques, plus a solid understanding of implications, applications, or interrelationships for the course. Ability to apply and express that understanding with meaningful language – oral and/or written.
- B = Very good work. Solid understanding of course concepts, tools and techniques, plus a knowledge of/or awareness of implications, applications, or interrelationships, as may be appropriate for the course. Capability to converse effectively in the terminology of the course.
- C = Good or satisfactory work. Knowledge of course fundamentals. Basic understanding or awareness of finer points of course and disciplines. Meets normal expectation of course output criteria.
- D = Poor work. Barely grasps the essentials of the course with little or no understanding of the finer course output goals.
- F = Unacceptable work. Unable to communicate an understanding of the basic concepts, tools or techniques of the course. A failure to measure up to the basic course output goals.

## Grading Scale

A	>92.5	A-	89.5 – 92.4	B+	86.5 – 89.4
B	82.5 – 86.4	B-	79.5 – 82.4	C+	76.5 – 79.4
C	72.5 – 76.4	C-	69.5 – 72.4	D+	66.5 – 69.4
D	62.5 – 66.4	D-	59.5 – 62.4	F	< 59.5

The dates for each of the exams in this course have been listed in the course schedule on page 6 of this syllabus. The following circumstances are the only reasons that will be accepted for the giving of either an early exam or a make up exam:

- CLU athlete participating in a University-sanctioned athletic event (prior notice required)
- Medical emergency or serious illness
- Funeral attendance
- Automobile accident
- Religious observance (prior notice required)

The student must provide documentation in order to be given an early exam, a make up exam, or an extension of the due date for an assignment.

Assignments are due at the **beginning of class**. It is your responsibility to know when assignments have been made. An assignment that is turned in late will not be accepted, and the grade will be zero for that assignment. If for some reason you will not be able to attend the class when an assignment is due, it is up to you to turn in the assignment at any time **before** the due date.

## EXSC 303 Course Outline

This outline is a tentative schedule of topics that we will cover. We will follow this outline fairly closely and I will make sure to let you know if we are lagging behind or if we are zipping ahead. The material covered by each exam will not change. Exam dates will NOT be changed unless at least one week's notice has been given during class.

Week #	In-class Review:
Week 1	1 Introduction to Nutrition for Health, Fitness, and Sports Performance
Week 2	1 Introduction to Nutrition for Health, Fitness, and Sports Performance
	2 Healthful Nutrition for Fitness, and Sports
Week 3	2 Healthful Nutrition for Fitness, and Sports
	3 The Human Body
Week 4	3 The Human Body
	4 Carbohydrates: The Main Energy Food
Week 5	4 Carbohydrates: The Main Energy Food
	5 Fat: An Important Energy Source during Exercise
Week 6	5 Fat: An Important Energy Source during Exercise
	6 Protein: The Tissue Builder
Week 7	6 Protein: The Tissue Builder
	<b>Exam 1</b>
Week 8	7 Vitamins: The Organic Regulators
	7 Vitamins: The Organic Regulators
Week 9	8 Minerals: The Inorganic Regulators
	8 Minerals: The Inorganic Regulators
Week 10	9 Water, Electrolytes and Temperature Regulation
	9 Water, Electrolytes and Temperature Regulation
Week 11	10 Body weight and composition for health and sport
	10 Body weight and composition for health and sport
Week 12	<b>Exam 2</b>
	11 Weight maintenance and loss through proper nutrition and exercise
Week 13	11 Weight maintenance and loss through proper nutrition and exercise
	12 Weight Gain through proper nutrition and exercise
Week 14	12 Weight Gain through proper nutrition and exercise
	<b>No Class (Thanksgiving Holiday)</b>
Week 15	13 Food Drugs and Related Supplements
	13 Food Drugs and Related Supplements
Week 16	<b>ORAL - PRESENTATIONS</b>
	<b>ORAL - PRESENTATIONS</b>
<b>FINAL</b>	<b>Cumulative Final Examination – 12/17/2013 @1:30 -3:30 AM; Location Gilbert 254</b>

**Important Dates:**

- First day of classes September 4<sup>th</sup>, 2013
- Last day to drop/add a course September 18<sup>th</sup>, 2013
- SWACSM abstract submission September 13<sup>th</sup>, 2013
- Fall Holiday October 4<sup>th</sup>, 2013
- Homecoming/Family Weekend October 18-20<sup>th</sup>, 2013
- SWACSM conference October 18<sup>th</sup> -19<sup>th</sup> 2013
- AACU conference October 31<sup>st</sup> to Nov 2<sup>nd</sup> 2013
- Last day to Withdraw, File Pass/NC grade,  
Make up incomplete from Spring 2012 November 8<sup>th</sup>, 2013
- Reading day (No Classes) November 27<sup>st</sup> 2013
- Thanksgiving Holiday (No Classes) November 28<sup>th</sup>, 2013
- Classes resume (7.30am) December 2<sup>nd</sup>, 2013
- Last day of scheduled classes December 13<sup>th</sup>, 2013
- Final Examination December 18<sup>th</sup> 2013
- Grades Due by 8:00AM January 6<sup>th</sup>, 2013