

Science of Physical Fitness and Nutrition

Section 82

NUFS 163

Fall 2024 3 Unit(s) 08/21/2024 to 12/09/2024 Modified 08/20/2024

Contact Information

Co-Instructor: Karen Moreno

Email: karen.moreno@sjsu.edu

Office: SPX 170

Office Hours

Monday and Wednesday 10:30 – 11:30 AM in-person
SPX 170

Please email to request another day, time or schedule a Virtual Office Hours appointment.

Co-Instructor: Toni Bloom

Email: antoinette.bloom@sjsu.edu

Website: <https://sjsu.zoom.us/j/9593493395> (<https://sjsu.zoom.us/j/9593493395>)

Office Hours

Mon & Wed 4:00-5:00pm via Zoom
Zoom

Please email to schedule an appointment or to request another day, time or mode of meeting

Course Information

Lecture

Monday and Wednesday 9:00 AM - 10:15 AM
Zoom and Canvas

This course is listed by the University as a "Mode 10" online course. This means there is an online delivery format with a mixture of synchronous and asynchronous lectures via Zoom. The syllabus lists which meetings occur synchronously vs. asynchronously and the scheduled synchronous meetings can be found on your Canvas calendar. Internet connectivity, a computer, and the Respondus Lockdown browser software are required to participate in the classroom activities and/or submit assignments.

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](#) or at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](#) at <http://my.sjsu.edu> to learn of any updates. Internet connectivity and computers are required for the students to participate in the classroom activities and/or submit assignments. All classes must have a minimal presence in Canvas with the syllabus and faculty contact information See [University Policy F13-2](#) for more details.

For help with using Canvas see [Canvas Student Resources page](#).

Course Description and Requisites

Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance.

GE Area(s): R. Earth, Environment & Sustainability

Prerequisite(s): Completion of Core General Education and upper division standing are prerequisites to all SJSU studies courses. Completion of, or co-registration in, 100W is strongly recommended.

Letter Graded

Classroom Protocols

Active Participation

This course will include lecture, class discussion, and student presentations. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. Students are expected to have read the assigned materials before class and to be prepared to actively participate, discussing course content, raising issues, providing information from their own experiences, and asking questions during the class. If students miss class, they are responsible for reviewing material on Canvas before contacting the instructor about the missed content. Students are responsible for reading and understanding all the instructions and directions provided on Canvas in this online course.

There will be a mixture of synchronous and asynchronous Zoom lectures for both the Nutrition and Fitness portion of this class. **You are highly encouraged to attend the synchronous class meetings listed in the syllabus and scheduled in your Canvas calendar.** All synchronous and asynchronous lectures are recorded and posted in the Fitness/Nutrition Week modules for you to review at your leisure.

Communication

Instructor to class: Canvas Announcements (text/audio/video), Canvas Inbox, mySJSU email (sparingly), Zoom synchronous videoconferencing, and all the detailed descriptions/instructions in the Canvas Modules, Pages and Assignments

Instructor to individual students: Canvas feedback via Speedgrader marked/annotated on the submission, feedback left in the comment box of the assignment (text/audio/video), Canvas feedback left on the assignment's rubric, Canvas Inbox, regular email, office hours.

Student to Student: Group Canvas announcement (through the group's mini-Canvas shell), Zoom synchronous or asynchronous discussions or debates, and Google docs/sheets

Policy Recommendation Consent for Recording of Class and Public Sharing of Instructor Material

“Common courtesy and professional behavior dictate that **you notify someone when you are recording him/her.** You **must obtain the instructor's permission** to make audio or video recordings in this class. Such permission allows the recordings to be used **for your private, study purposes only.** **The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”**

“Course material developed by the instructor is the intellectual property of the instructor and **cannot be shared publicly without his/her approval.** You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Diversity Statement

Respect for Diversity: It is our intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is our intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated.

Accessibility Statement

It is our goal to create a learning experience that is as accessible as possible. If you anticipate any issues related to the format, materials, or requirements of this course, please meet with us outside of class so we can explore potential options. Students with disabilities may also wish to work with the

[SJSU's Accessible Education Center](#) to discuss a range of options to removing barriers in this course, including official accommodations. If you have already been approved for accommodations through the Office of Accessible Education, please meet with us so we can develop an implementation plan together.

Artificial Intelligence Use Policy

Generative artificial intelligence tools - software that creates new text, images, computer code, audio, video, and other content - have become widely available. Well-known examples include ChatGPT for text and DALL•E for images. This policy governs all such tools, including those released during our semester together. Students may not use artificial intelligence (AI) to generate their essays or assignments. All assignments and projects must be the original work of the student, not another person or AI.

As specified elsewhere in the syllabus, this course requires electronic submission of essays and our Canvas is set up to provide an originality assessment via Turnitin. Turnitin will also attempt to detect AI-generated text. We review both of these reports before reading/grading papers and if your paper is flagged with a high percentage in either area, we will contact you requesting a document and writing process review meeting. Based on that meeting, we will mutually decide next steps whether it be a warning, a rewrite/resubmission or a referral to the University's Office of Academic Integrity.

Program Information

Welcome to this General Education course.

SJSU's General Education Program establishes a strong foundation of versatile skills, fosters curiosity about the world, promotes ethical judgment, and prepares students to engage and contribute responsibly and cooperatively in a multicultural, information-rich society. General education classes integrate areas of study and encourage progressively more complex and creative analysis, expression, and problem solving.

The General Education Program has three goals:

Goal 1: To develop students' core competencies for academic, personal, creative, and professional pursuits.

Goal 2: To enact the university's commitment to diversity, inclusion, and justice by ensuring that students have the knowledge and skills to serve and contribute to the well-being of local and global communities and the environment.

Goal 3: To offer students integrated, multidisciplinary, and innovative study in which they pose challenging questions, address complex issues, and develop cooperative and creative responses.

More information about the General Education Program Learning Outcomes (PLOs) can be found on the [GE website \(https://sjsu.edu/general-education/ge-requirements/overview/learning-outcomes.php\)](https://sjsu.edu/general-education/ge-requirements/overview/learning-outcomes.php).

Course Learning Outcomes (CLOs)

GE Area R: Earth, Environment, and Sustainability

SJSU Studies courses -- Areas R, S, and V -- help students integrate knowledge between and among disciplines. Area R: Earth, Environment, and Sustainability courses apply the scientific method and quantitative reasoning to engage in ethical, civic-minded inquiry around sustaining the earth, its environments and its inhabitants.

GE Area R Learning Outcomes

Upon successful completion of an Area R course, students should be able to:

1. apply scientific principles and the scientific method to answer questions about earth, the environment, and sustainability while recognizing the limits of both the method and principles;
2. apply mathematical or quantitative reasoning concepts to the analysis and generation of solutions to issues of earth, the environment, and sustainability;
3. communicate a scientific finding, assertion, or theory to a general audience with the integrity and rigor of the underlying science; and
4. explain ethical, social, and civic dimensions of scientific inquiry.

Writing Practice: Students will write a minimum of 3000 words in a language and style appropriate to the discipline.

Course Materials

Fit and Well: Core Concepts

Author: Fahey, T. D, Insel, P. M., & Roth, W. T.

Publisher: Boston: McGraw-Hill

Edition: 15th

ISBN: 9781307904918.

Availability: Campus Bookstore

Nutrition for Health, Fitness, and Sport

Author: Rawson, E. S., Branch, J. D., and Stephenson, T. J.

Publisher: Boston: McGraw-Hill

Edition: 13th

ISBN: 9781307904901.

Availability: Campus Bookstore

We have worked with the publisher to create a [custom e-book](#) that includes all the chapters we use from both books. [Here is the link](#) in case you prefer this option. The cost is \$50.

Library Liaison

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian. (408)-808-2019.

adriana.poo@sjsu.edu

Dawn Hackman is the interim Nutrition, Food Science and Packaging liaison librarian. Please reach out to Dawn for library-related questions: dawn.hackman@sjsu.edu (<mailto:dawn.hackman@sjsu.edu>).

Course Requirements and Assignments

Major Course Assignments

Detailed guidelines for the Major Course Assignment, Analysis of Scientific Literature #1 (Practice) & #2, Consumer Product, and Oral Presentation assignments, can be found in each assignment within their respective Module. However, all the assignment guidelines can be viewed in one document, called the Assignment Packet, which is linked to a respective Module.

Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words:

Analysis of Scientific Literature #1	4 pages or 1,000 words
Analysis of Scientific Literature #2	4 pages or 1,000 words
Nutrition or Fitness Consumer Product	4 pages or 1,000 words

Writing in general education courses is assessed for grammar, content, clarity, conciseness, and coherence. The SJSU Writing Center, located in Clark Hall, Suite 126, offers one-on-one tutoring services and workshops. To make an appointment or refer to the online resources offered through the Writing Center, visit the Writing Center website at <http://www.sjsu.edu/writingcenter>.

Examinations

Quiz and exam questions will be based on assigned readings, lectures, and class discussions. Quizzes and exams will be available on Canvas on the dates and times shown in the Course Schedule and in the Modules. Weekly quizzes are due on Sunday night at 11:59pm. Respondus LockDown Browser and a webcam will be required for the Midterm and Final exams.

Make-up quizzes and exams will be given only in cases of serious illness or emergencies, and requests for make-ups will be evaluated on an individual basis. The student is responsible for notifying the instructor and arranging a make-up date *prior* to exams and quizzes. The last exam of the semester will be administered during the final exam period scheduled by SJSU.

Grading Information

97-100% (358-370 pts) = A plus	93-96% (343-357 pts) = A	90-92% (333-342 pts) = A minus
87-89% (322-332 pts) = B plus	83-86% (306-321 pts) = B	80-82% (295-305 pts) = B minus

77-79% (284-294 pts) = C plus	73-76% (269-283 pts) = C	70-72% (258-268 pts) = C minus
67-69% (247-257 pts) = D plus	63-66% (232-246 pts) = D	60-62% (222-231 pts) = D minus
		Below 60% (0-221 pts) = F

Criteria

All assignments must be typed and double spaced. Unless otherwise noted by the instructor, students should **not** use direct quotations or copied material from scientific sources. Instead, students should paraphrase source information and use appropriate APA citation format, including the source's author(s) and year of publication. Individual instructors will provide procedures to be used for electronic submission and plagiarism screening via turnitin.com.

Due Dates and Late Policy

Due dates and times are clearly identified on the calendar in the Syllabus as well as each assignment on Canvas. Papers and presentations are due at Canvas by 11:59pm on the due date. Assignments turned in after the due date and time, unless otherwise specified, will be considered late. **There is a 2.5-point penalty for each calendar day, or partial calendar day, that assignments are late.**

Assignments will not be accepted 1 week past the due date. **Please upload your papers from your SJSU email account or you will be asked to upload them again and it may affect your time stamp and/or grade.**

Breakdown

Assignment	Points	% of Overall Grade	ALOs	CLOs
Nutrition Chapter Quizzes	70	19		1,2,3,4,6
Nutrition Exam / Final Exam	30	8		1,2,3,4,6
Fitness Exam 1	30	8		1,2,3,4,6
Fitness Exam 2 / Final Exam	30	8		1,2,3,4,6
Fitness Chapter Activities/Quizzes	40	11		1,2,3,4,6
Analysis of Scientific Literature #1 (practice)	20	5.5	1.2	
Analysis of Scientific Literature #2	50	13.5	1.2	
Oral Presentation on Analysis of Scientific Literature #2	50	13.5	2.3	

Nutrition Consumer Product or Fitness Consumer Product	50	13.5	3.4	
Total	370	100		

University Policies

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

Course Schedule

NuFS/KIN 163 Section 82

Science of Physical Fitness & Nutrition

Course Schedule

Proposed Schedule, subject to change with fair notice.

DATE	TOPIC	READING AND ASSIGNMENTS	DUE DATES
W 8/21	<i>Live Zoom Meeting</i> Introduction to the Course and the Scientific Method	IFIC Article & Video: Science vs Pseudoscience	
M 8/26 Week 1	<i>Live Zoom Meeting</i> Analysis of Exercise Science Literature and The problem with pseudoscience	Overgaard et al. 2017	
W 8/28 Week 1	<i>Live Zoom Meeting</i> Are you meeting the recommended levels of PA? Building your Fitness Program. Principles of Fitness	FIR: Ch 1 & 2 Wellness Goal Activity	W 8/28 Canvas 11:59 PM
M 9/2 Week 2	LABOR DAY – NO SCHOOL		

W 9/4 Week 2	Live Zoom Meeting How hard are you working? Energy and Metabolism.	RBS: Ch 3	Analysis of Scientific Literature #1 Canvas 11:59 PM
M 9/9 Week 3	Asynchronous Energy and Metabolism Live Zoom Class Meeting for Fitness CP & Nutrition Lit #2 Grps	Energy and Metabolism Activity	Canvas 11:59 PM
W 9/11 Week 3	Live Zoom Meeting Developing and measuring Cardiorespiratory Fitness (CRF)	FIR: Ch 3	Fitness Consumer Paper Topic Due 11:59 PM Canvas (Only for Fitness CP/Nutrition Lit#2 Grps)
M 9/16 Week 4	Asynchronous Building your CRF program	CRF Activity	Canvas 11:59 PM
W 9/18 Week 4	Exam 1	Respondus Lockdown Browser and Password Protected	Exam opens at 9:00 AM and closes at 10:15 AM
M 9/23 Week 5	Live Zoom Meeting Developing and measuring Muscular Fitness	FIR: Ch 4	
W 9/25 Week 5	Asynchronous Building your Muscular Fitness Program Live Zoom Class Meeting for Nutrition CP & Fitness Lit #2 Grps	Muscular Fitness Activity	Activity Canvas 11:59 PM
M 9/30 Week 6	Live Zoom Meeting Body Composition, Physical Fitness, and the Limitations of BMI	FIR: Ch 6	
W 10/2 Week 6	Live Zoom Meeting Flexibility. The forgotten Fitness Component	FIR: Ch 5	Fitness CP/Nutrition Lit#2 (Fitness Consumer Paper) Canvas 11:59 PM

M 10/7 Week 7	Live Zoom Meeting Fitness Oral Presentation Grps. 1 & 2		Nutrition CP/Fitness Lit #2 (Fitness Lit #2 for Grps 1 & 2)Canvas 11:59 PM
W 10/9 Week 7	Live Zoom Meeting Fitness Oral Presentation Grps. 3 & 4		Nutrition CP/Fitness Lit #2 (Fitness Lit #2 for Grps 3 & 4) Canvas 11:59 PM
EXAM Day M 10/14	Exam 2	Respondus Lockdown Browser and Password Protected	Exam opens at 9:00 AM and Closes at 10:15 AM

Finish Fitness Section/Begin Nutrition Section

Zoom link for Toni B. (Nutrition): <https://sjsu.zoom.us/j/9593493395>

WEEK	DATE	TOPIC	READING AND ASSIGNMENTS	DUE DATE
Introduction to Nutrition	Wed Oct 16	Instructor Introduction, Policies & Procedures Meeting	RBS: Chap. 1	
Nutrition 1	Mon Oct 21	Chapter 1 - Introduction to Nutrition		
Nutrition 1	Wed Oct 23	Chapter 2 1 st Half - Healthful Nutrition	RBS: Chap. 2, 1 st half of chapter	Chapter 1 Quiz (due Sunday by midnight)
Nutrition 2	Mon Oct 28	Chapter 2 2 nd Half - Healthful Nutrition	RBS: Chap. 2, 2 nd half of chapter	
Nutrition 2	Wed Oct 30	Chapter 4 - Carbohydrates	RBS: Chap. 4	Chapter 2 Quiz (due Sunday by midnight)
Nutrition 3	Mon Nov 4	Class Meeting for Consumer Product - Nutrition	Written Instructions in Assignment Packet, on Canvas under Assignment description and a recording in the Week 3 module page	
Nutrition 3	Wed Nov 6	Chapter 5 - Fat / Lipids	RBS: Chap. 5	Chapter 4 Quiz (due Sunday by midnight)

Nutrition 4	Mon Nov 11	<i>VETERANS DAY - NO CLASS</i>		
Nutrition 4	Wed Nov 13	Chapter 6 – Protein		Nutrition Consumer Product (due only for the Nutrition CP & Fitness Lit#2 group)
Nutrition 5	Mon Nov 18	Chapter 10 - Body Composition and Eating Disorders	RBS: Chap. 10	Chapter 5 Quiz (due Sunday at midnight)
Nutrition 5	Wed Nov 20	Chapter 11 – Weight Loss	RBS: Chap. 11	Chapter 6 Quiz (due Sunday by midnight)
Nutrition 6	Mon Nov 25	Class Meeting for Oral Presentation and Analysis of Scientific Lit #2	Written Instructions in Assignment Packet, on Canvas under Assignment description and a recording in the Week 6 module page	
Nutrition 6	Wed Nov 27	<i>THANKSGIVING BREAK – NO CLASS</i>		Presentation Slides & Analysis of Scientific Lit#2 (due only for the Fitness CP & Nutrition Lit#2 group by Sunday December 1 by 11:59pm) Chapter 10 Quiz (due Sunday by midnight)
Nutrition 7	Mon Dec 2	DAY 1: Oral Presentations (Half of the Fitness CP & Nutrition Lit#2 Group will be presenting today and this decision will be done by random selection during the first Zoom meeting of the course)		Fitness CP & Nutrition Lit#2 Group presents
Nutrition 7	Wed Dec 4	DAY 2: Oral Presentations (2 nd Half of the Fitness CP & Nutrition Lit#2 Group will be presenting today)		Fitness CP & Nutrition Lit#2 Group presents Chapter 11 Quiz (due Sunday by midnight)
Nutrition 8	Mon Dec 9	Class Meeting Q&A for Final Exam	Exam Study Guide linked in Week 8 Module page	

FINAL EXAM	Friday Dec 13 at 7:15am	<i>7:15am NUTRITION EXAM, only open on Canvas from 7:15 – 10am</i>		NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 & 11)
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