

**San José State University**  
**CHHS/Departments of Nutrition, Food Science, & Packaging and Kinesiology**  
**NuFS/KIN 163, Physical Fitness & Nutrition**  
**Spring 2022, Sections 19 and 20**

Department	KIN	NUFS
<b>Instructor</b>	Alev Dietrich (for Physical Fitness or “Fitness”)	Toni Bloom (for Nutrition)
<b>Office</b>	Virtual	Virtual
<b>Telephone</b>	-	-
<b>E-mail</b>	alev.dietrich@sjsu.edu	<a href="mailto:Antoinette.Bloom@sjsu.edu">Antoinette.Bloom@sjsu.edu</a> <a href="mailto:toni@tonibloom.com">toni@tonibloom.com</a>
<b>Office hours</b>	Tue & Thu 4:00-5:00pm via Zoom (please make an appointment using Canvas calendar function for a 15-min time slot)	Mon & Wed 4:00-5:00pm via Zoom, please email to schedule an appointment or to request another day, time or mode of meeting
<b>Zoom Personal Meeting Links</b>	<a href="https://sjsu.zoom.us/j/8362141360">https://sjsu.zoom.us/j/8362141360</a>	<a href="https://sjsu.zoom.us/j/9593493395">https://sjsu.zoom.us/j/9593493395</a>
<b>Assignments &amp; Exams</b>	All Fitness papers and presentations are to be uploaded to Canvas and exams/quizzes are taken via Canvas	All Nutrition papers and presentations are to be uploaded to Canvas and exams (quizzes) are taken via Canvas
<b>Class days/time</b>	MW 1:30 – 2:45pm	
<b>Teaching Mode</b>	ONLINE with some synchronous meetings, see Syllabus for schedule	
<b>Prerequisites</b>	“Passage of the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted), and completion of Core General Education are prerequisite to all SJSU Studies courses. Completion of, or co-registration in, 100W is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, & V shall be required of all students.”  Not for Nutrition majors or minors	
<b>GE - SJSU Studies</b>	Area R – Earth & Environment	

**Course Description**

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. (3 units)

## Course Format

This course adopts an online delivery format with some synchronous online meetings. Internet connectivity, a computer, and the Respondus Lockdown browser software are required to participate in the classroom activities and/or submit assignments.

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 obtaining lecture notes and viewing material on CANVAS before contacting the instructor about the missed content. Students ARE RESPONSIBLE for reading and understanding all of the instructions and directions provided on Canvas in this online course.

## Course Lecture Schedule and Technology

**Nutrition portion of the class:** There will be a mixture of synchronous and asynchronous Zoom lectures for the Nutrition portion of this class. **You are highly encouraged to attend the synchronous lectures shown in the syllabus calendar as 1:30pm LIVE Zoom.** The nutrition instructor also invites you to attend any other live lectures she provides to other sections of this course. These occur outside of your scheduled class time and are therefore marked “asynchronous” in the syllabus calendar. **You are not expected to attend lectures occurring outside your usual class time but are invited if your schedule allows.** All synchronous and asynchronous lectures are recorded and posted in the Nutrition Week modules as soon as they are available from Zoom for you to review at your leisure.

**Fitness portion of the class:** The lectures for the Fitness portion of the class will be asynchronous and the link to the prerecorded lecture (on YouTube) is provided in the respective Module. A synchronous review session is scheduled following each asynchronous lecture work students are required to complete on their own time. Students are **required to watch ahead of time and come to the synchronous meetings** already knowing the basics, having done their pre class homework so that they can spend in-class time on higher order activities such as in-depth discussions, practical application, assignments, group projects, or 1:1 time answering questions. There will be **a total of five synchronous sessions** (referred as **S1-5** in the schedule) in the semester. Students will earn **5 points** for each live session by **participating actively**. Active participation external tools will be utilized during these sync meetings. Students will be able to earn their active participation points by participating in these activities.

## 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 for section 17](#) and [Canvas Learning Management System course login website for section 18](#) 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 computer 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](#).*

Communication will be handled as follows:

- A. Instructor to class: Canvas Announcements (text/audio/video), participating in Canvas Q&A Forum discussion board, Canvas Inbox, mySJSU email (sparingly), Zoom synchronous videoconferencing, and all the detailed descriptions/instructions in the Canvas Modules, Pages and Assignments
- B. 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, virtual office hours (for Fitness, sign up ahead of time using Canvas's calendar function for an available slot)
- C. Student to Student: Group Canvas announcement (through the group's mini-Canvas shell), Canvas Q&A Forum discussion board, Zoom synchronous or asynchronous discussions or debates, Google docs/sheets, and Google Jamboard

### **GE Area R (Earth & Environment) Goal**

Students will cultivate knowledge of the scientific study of the physical universe or its life forms. Students will understand and appreciate the interrelationship of science and human beings to each other.

### **General Education Learning Outcomes (GELOs)**

Upon successful completion of this course, students should be able to:

- GELO 1: Demonstrate an understanding of the methods and limits of scientific investigation. The "Analysis of Scientific Literature" assignment is keyed to this Area R GELO. This assignment requires students to comprehend the objectives/purposes of the study as well as the methods used to examine/study the problem. In addition, students will critically evaluate the strengths and weaknesses of the scientific research (including the research design, methods, and discussion), and see how the research fits into the larger scope of literature on a particular topic.
- GELO 2: Distinguish science from pseudo-science. The assignment keyed to this Area R GELO is the nutrition and fitness "Consumer Product" paper. Students will critically evaluate the credibility of nutrition and exercise information presented in an advertisement for a food, food supplement, piece of exercise equipment, or exercise program, differentiating between evidence derived from scientific research (based on the student's review of literature) and non-scientific evidence.
- GELO 3: Apply a scientific approach to answer questions about the earth and environment. The assignment keyed to this Area R GELO is the "Oral Presentation," which requires students to use primary research to answer questions related to fitness and nutrition.

### **Course Learning Outcomes (CLOs)**

Upon successful completion of this course, students will be able to:

- CLO 1: Explain how the principles of fitness and nutrition (such as body composition, energy intake and expenditure, acute and chronic physical changes related to exercise and nutrition) complement each other.
- CLO 2: Identify social, cultural, ethnic, and environmental factors that influence food habits and exercise/activity patterns.
- CLO 3: Examine the biochemical and physiological effects of exercise and various nutritional practices.

- CLO 4: Describe the different exercise guidelines and nutritional requirements related to gender and diverse populations.
- CLO 5: Assess the advantages/disadvantages of recent advances in new food formulations, and new exercise and fitness equipment for the general population.
- CLO 6: Identify the scientific principles involved in studying pathophysiology in human populations.

### **Required Texts**

Rawson, E. S. Branch, J.D, and Stephenson, T.J. (2020). *Nutrition for health, fitness, and sport* (12<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 978-1260258974. This text will be known as “RBS” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions:

<https://www.mheducation.com/highered/custom/product/9781307437669.html>

Fahey, T. D., Insel, P. M., & Roth, W. T. (2019). *Fit & well* (14<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 9781260025675. This text will be known as “FIR” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions:

<https://create.mheducation.com/shop/#/catalog/details/?isbn=9781307437676>

### **Library Liaison**

Geetali Basu is the NUFS/PKG reference librarian; geetali.basu@sjsu.edu. Phone number (408) 808-2651.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian. (408)-808-2019. adriana.poo@sjsu.edu

### **Nutrition and Fitness Assessment**

Multiple nutrition and fitness assessment methods utilize gender-specific values that provide distinct recommendations for males and females. These criteria do not take into account for gender identity or gender expression and currently no guidelines exist regarding nutrition and fitness assessment for transgender or gender non-conforming population.

## Course Requirements and Assignments

Assignment	Points	% of Overall Grade	GELO	CLOs
Nutrition Chapter Quizzes	70	17		1,2,3,4,6
Nutrition Exam	30	7		
Fitness Exam 1	25	6		
Fitness Exam 2 / Final Exam	25	6		
Fitness Class Participation (5pts * 5)	25	6		
Fitness Notes Summary (5 pts * 5)	25	6		
Analysis of Scientific Literature #1 (practice)	20	4	1	
Analysis of Scientific Literature #2	50	12	1	
Oral Presentation on Analysis of Scientific Literature #2	50	12	3	
Consumer Product: Fitness	50	12	2	5
Consumer Product: Nutrition	50	12	2	5
<b>Total</b>	<b>420</b>	<b>100</b>		

- Quiz and exam questions will be based on assigned readings, lectures, and class discussions. Quizzes and exams will be given on CANVAS on the dates and times shown in the Course Schedule and in the Modules. 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.
- 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.
- 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.
- 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>.

- Detailed guidelines for the Analysis of Scientific Literature #1 (Practice) & #2, Consumer Product, and Group 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 within each respective Module.
- Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words:
  - Analysis of Scientific Literature #1                      3-4 pages or 750-1,000 words
  - Analysis of Scientific Literature #2                      3-4 pages or 750-1,000 words
  - Consumer Product: Fitness                                3-4 pages or 750-1,000 words
  - Consumer Product: Nutrition                              3-4 pages or 750-1,000 words
- [University's Syllabus Information web page](#)
- [University Policy S16-9](#) describes the expected time commitment for SJSU classes: "Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus."
- Find global level academic support at: <https://nacada.ksu.edu/Resources/Clearinghouse/academicsupport.aspx>

### Assignment of Grades

97-100% (406-420 pts) = A plus	93-96% (390–405) pts = A	90-92% (377-389 pts) = A minus
87-89% (364-376 pts) = B plus	83-86% (348-363 pts) = B	80-82% (334-347 pts) = B minus
77-79% (322-333 pts) = C plus	73-76% (306-321 pts) = C	70-72% (293-305 pts) = C minus
67-69% (280-292 pts) = D plus	63-66% (264-279 pts) = D	60-62% (251-263 pts) = D minus
Below 60% (0-250 pts) = F		

More guidelines on grading information and class attendance can be found from the following university policies:

- [University Syllabus Policy S16-9](#)
- [University Attendance and Participation Policy F15-12](#)
- [University Grading System Policy F18-5](#)

### University Policies

Per [University Policy S16-9](#), 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 [Syllabus Information web page](#) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

## Resources

These peer-reviewed journals and on-line resources should be used for your written assignments and oral presentation.

***The research studies you select need to be recent, published within the last 10 years.***

### Journals (partial list)

American Journal of Clinical Nutrition	Journal of Health, Physical Education, Recreation & Dance
American Journal of Public Health	Journal of Nutrition
American Journal of Sports Medicine	Medicine & Science in Sports & Exercise
International Journal of Sports Medicine	New England Journal of Medicine
Journal of Athletic Training	Nutrition Reviews
Journal of the Academy of Nutrition and Dietetics	Physician and Sports Medicine
Journal of the American Medical Association	Research Quarterly for Exercise and Sport
Journal of Strength and Conditioning Research	Sports Medicine
Journal of Food Science	Strength and Conditioning Journal

### On-Line Resources (partial list)

American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>
Academy of Nutrition and Dietetics	<a href="http://www.eatright.org">www.eatright.org</a>
American Medical Association	<a href="http://www.ama-assn.org">www.ama-assn.org</a>
Australian Institute of Sport	<a href="http://www.ais.org.au/sssm/index.asp">www.ais.org.au/sssm/index.asp</a>
Centers for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>
Government Healthfinder	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
International Food Information Council	<a href="http://www.ific.org">www.ific.org</a>
Medline: <a href="http://www.sjlibrary.org">www.sjlibrary.org</a> website for access to database	<a href="http://www.ncbi.nlm.nih.gov/pubmed/">www.ncbi.nlm.nih.gov/pubmed/</a>
MyPlate.gov	<a href="http://www.myplate.gov">www.myplate.gov</a>
National Institutes of Health	<a href="http://www.nih.gov">www.nih.gov</a>
New England Journal of Medicine	<a href="http://www.nejm.org">www.nejm.org</a>
Physician and Sportsmedicine	<a href="http://www.physsportsmed.com">www.physsportsmed.com</a>
Gatorade Sports Science Exchange	<a href="http://www.gssiweb.com">www.gssiweb.com</a>
Sport Science Organization	<a href="http://www.sportsci.org">www.sportsci.org</a>
World Health Organization	<a href="http://www.who.int/en">www.who.int/en</a>

## NuFS/KIN 163 – Physical Fitness & Nutrition Section 19

### Course Schedule

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **NUTRITION**

Zoom links for all lectures: Toni B. (Nutrition) at: <https://sjsu.zoom.us/j/9593493395>

Alev D. (Fitness) at <https://sjsu.zoom.us/j/8362141360>

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Nutrition Introduction	<b>Wed Jan 26</b>	<b>1:30pm LIVE Zoom</b> Course Introduction, Policies & Procedures	Syllabus and Assignment Packet on Canvas	Link for this lecture recording is in the Week 1 module
Nutrition 1	Mon Jan 31	Asynchronous recorded lecture on Introduction to Nutrition (or attend live 9am Zoom if you are able, but not expected)	RBS: Chap. 1	Link for this lecture recording is in the Week 1 module
	Wed Feb 2	Asynchronous recorded lecture on Healthful Nutrition (or attend live 10:30am Zoom if you are able, but not expected)  Chapter 1 Quiz	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	Link for this lecture recording is in the Week 1 module  <b>Chapter 1 Quiz</b>
Nutrition 2	Mon Feb 7	Asynchronous recorded lecture on Healthful Nutrition (or attend live 12noon Zoom if you are able, but not expected)	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	Link for this lecture recording is in the Week 2 module
	<b>Wed Feb 9</b>	<b>1:30pm LIVE Zoom</b> Group Collaboration on Analysis of Scientific Literature #1 (Practice)  Chapter 2 Quiz	IFIC article, Chiba et al (2020) and instructions are on Canvas in Week 2 Module	Link for this lecture recording is in the Week 2 module  <b>Chapter 2 Quiz</b>
Nutrition 3	Mon Feb 14	No Zoom Analysis of Scientific Lit #1 due		<b>Analysis of Scientific Lit #1</b>
	<b>Wed Feb 16</b>	<b>1:30pm LIVE Zoom</b> on Carbohydrates  Chapter 4 Quiz	RBS: Chap. 4	Link for this lecture recording is in the Week 3 module  <b>Chapter 4 Quiz</b>

Nutrition 4	Mon Feb 21	No Zoom Consumer Product - Nutrition due	Instructions in Assignment Packet and on Canvas under Assignments	<b>Consumer Product - Nutrition</b> Link to a recording of the instructions is in Week 4 module
	Wed Feb 23	Asynchronous recorded lecture on Fat (or attend the live 9am Zoom if you are able, but not expected)  Chapter 5 Quiz	RBS: Chap. 5	Link for this lecture recording is in the Week 4 module  <b>Chapter 5 Quiz</b>
Nutrition 5	Mon Feb 28	Asynchronous recorded lecture on Protein (or attend the live 10:30am Zoom if you are able, but not expected)	RBS: Chap. 6	Link for this lecture recording is in the Week 5 module
	Wed Mar 2	<i>Asynchronous recorded</i> lecture on Body Composition and Eating Disorders (or attend the live 12noon Zoom if you are able, but not expected)  Chapter 6 Quiz	RBS: Chap. 10	Link for this lecture recording is in the Week 5 module  <b>Chapter 6 Quiz</b>
Nutrition 6	<b>Mon Mar 7</b>	<b>1:30pm LIVE Zoom</b> on Weight Loss	RBS: Chap. 11	Link for this lecture recording is in the Week 6 module
	<b>Wed Mar 9</b>	<b>1:30pm LIVE Zoom Office Hour / Oral Presentation and Analysis of Scientific Lit #2 Q&amp;A</b>  Chapter 10 Quiz		Link for this Zoom recording is in the Week 6 module  <b>Chapter 10 Quiz</b>
Nutrition 7	Mon Mar 14	No Zoom Oral Presentations and Analysis of Scientific Lit #2 due for Nutrition Groups 1 - 4 only  Chapter 11 Quiz	Link for the recorded instructions can be found in the Week 6 module	<b>Oral P &amp; Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>  <b>Chapter 11 Quiz</b>
	Wed Mar 16	No Zoom Review all Nutrition material for Exam	Exam Study Guide can be found in Week 7 module	
Nutrition 8	<b>Mon Mar 21</b>	<b>1:30pm NUTRITION EXAM open on Canvas from 1:30-2:45pm ONLY</b>	RBS Chap. 1, 2, 4, 5, 6, 10 & 11	<b>NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 &amp; 11)</b>
***** <b>Finish Nutrition / Begin Fitness</b> *****				

Fitness 1	Wed Mar 23	Course Introduction, Policies & Procedures & general overview of class incl. chapters, assignments		Synchronous Zoom meeting
Spring Break	Mon Mar 28	<b>No School – Spring Break</b>		
	Wed Mar 30	<b>No School – Spring Break</b>		
Fitness 2	Mon Apr 4	Health and Wellness & Principles of Physical Fitness (FIR: Chap. 1 & 2)	Canvas Module Fitness Week 2 Study Materials	Asynchronous Lecture ( <i>Study on your own time</i> )
	Wed Apr 6	FIR Chap. 1 & 2 Review		Notes Summary (N1) -- AND -- (S1) Synchronous Zoom meeting #1
Fitness 3	Mon Apr 11	Energy Systems and Metabolism (RBS: Chap. 3, p.1)	Canvas Module Fitness Week 3 Study Materials	(A)
	Wed Apr 13	Energy Systems and Metabolism (RBS: Chap. 3, p.2)	Canvas Module Fitness Week 3 Study Materials	(A)
Fitness 4	Mon Apr 18	RBS Chap. 3 Review		Notes Summary (N2) -- AND -- (S2) Synchronous Zoom meeting #2
	Wed Apr 20	Cardiorespiratory Endurance & Cardiovascular Health (FIR: Chap. 3 & 11)	Canvas Module Fitness Week 4 Study Materials	(A)
Fitness 5	Mon Apr 25	FIR Chap. 3 & 11 Review		Notes Summary (N3) -- AND -- (S3) Synchronous Zoom meeting #3
	Wed Apr 27	<b>FITNESS EXAM 1</b>	FIR Chap.1,2,3, & RBS Chap. 3	<b>FITNESS EXAM 1</b>
Fitness 6	Mon May 2	Muscular Strength & Endurance (FIR: Chap. 4) and Flexibility & Low Back Health (FIR: Chap. 5)	Canvas Module Fitness Week 6 Study Materials	(A) -- AND -- <b>Consumer Product: Fitness</b>
	Wed May 4	FIR Chap. 4 & 5 review		Notes Summary (N4) -- AND -- (S4) Synchronous Zoom meeting #4

Fitness 7	Mon May 9	Body Composition (FIR: Chap. 6)	Canvas Module Fitness Week 7 Study Materials	(A)
	Wed May 11	FIR Chap. 6 Review		Notes Summary <b>(N5)</b> -- AND -- <b>(S5)</b> Synchronous Zoom meeting #5
Fitness 8	Mon May 16	No Zoom (prerecorded as a group) -Oral Presentations and Analysis of Fitness Groups 1 - 4 only		<b>Group Presentation and Analysis of Scientific Literature #2 due (only for Fitness Groups 1- 4)</b>
FINAL EXAM	Friday May 20 at 12:15pm	<b>FINAL EXAM (FITNESS EXAM 2)</b>	(FIR Chap.11,4,5,6)	Friday May 20 at 12:15pm

## NuFS/KIN 163 – Physical Fitness & Nutrition Section 20

### Course Schedule

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **FITNESS**

Zoom links for all lectures: Toni B. (Nutrition) at: <https://sjsu.zoom.us/j/9593493395>

Alev D. (Fitness) at <https://sjsu.zoom.us/j/8362141360>

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Fitness 1	Wed Jan 26	Course Introduction, Policies & Procedures & general overview of class incl. chapters, assignments (Scientific Approach)	Canvas Module Fitness Week 1 Reading List (IFIC article)	Synchronous Zoom meeting
Fitness 2	Mon Jan 31	Health and Wellness (FIR: Chap.1) & Principles of Physical Fitness (FIR: Chap.2)	Canvas Module Fitness Week 2 Study Materials	Asynchronous Lecture (A): <i>Study on your own time</i>
	Wed Feb 2	FIR Chap. 1 & 2 Review		Notes Summary (N1) -- AND -- (S1) Synchronous Zoom meeting #1
Fitness 3	Mon Feb 7	Class Collaboration Activity for Analysis of Scientific Literature #1 (Practice) assignment	Fisher et al. (2015) and IFIC articles and Assignment instructions	Synchronous Zoom Class Collaboration Activity
	Wed Feb 9	Energy Systems and Metabolism (RBS: Chap. 3, part 1&2)	Canvas Module Fitness Week 3 Study Materials	Analysis of Scientific Literature #1
Fitness 4	Mon Feb 14	RBS Chap. 3 Review		Notes Summary (N2) -- AND -- (S2) Synchronous Zoom meeting #2
	Wed Feb 16	Cardiorespiratory Endurance & Cardiovascular Health (FIR: Chap. 3 & 11)	Canvas Module Fitness Week 4 Study Materials	(A)
Fitness 5	Mon Feb 21	FIR Chap. 3 & 11 Review		Notes Summary (N3) -- AND -- (S3) Synchronous Zoom meeting #3
	Wed Feb 23	<b>FITNESS EXAM 1</b>	FIR Chap.1,2,3, & RBS Chap. 3	<b>FITNESS EXAM 1</b>

Fitness 6	Mon Feb 28	Muscular Strength & Endurance (FIR: Chap. 4) Flexibility & Low Back Health (FIR: Chap. 5)	Canvas Module Fitness Week 6 Study Materials	(A)  <b>-- AND --</b> <b>Consumer Product: Fitness</b>
	Wed Mar 2	FIR Chap. 4 & 5 review		Notes Summary <b>(N4)</b>  <b>-- AND --</b> <b>(S4)</b> Synchronous Zoom meeting #4
Fitness 7	Mon Mar 7	Body Composition (FIR: Chap. 6)	Canvas Module Fitness Week 7 Study Materials	(A)
	Wed Mar 9	FIR Chap. 6 Review		Notes Summary <b>(N5)</b>  <b>-- AND --</b> <b>(S5)</b> Synchronous Zoom meeting #5
Fitness 8	Mon Mar 14	No Zoom (prerecorded as a group) Oral Presentations and Analysis of Fitness Groups 1 - 4 only	<b>Group Presentation and Analysis of Scientific Literature #2 due (only for Fitness Groups 1- 4)</b>	
	Wed Mar 16	No Zoom Review all Fitness material for Exam	Fitness Exam 2 Study Guide	
Fitness Exam	Mon Mar 21	<b>FITNESS EXAM 2</b>	(FIR Chap.11,4,5,6)	<b>FITNESS EXAM 2</b>
***** <b>Finish Fitness / Begin Nutrition</b> *****				
Nutrition 1	Wed Mar 23	<b>1:30pm LIVE Zoom</b> Instructor Introduction, Policies & Procedures	Syllabus and Assignment Packet	Link for this lecture recording is in the Week 1 module
<i>Spring Break</i>	Mon Mar 28	<b>No School – Spring Break</b>		
	Wed Mar 30	<b>No School – Spring Break</b>		
Nutrition 2	Mon Apr 4	Asynchronous recorded lecture on Introduction to Nutrition (or attend live 9am Zoom if you are able, but not expected)	RBS: Chap. 1	Link for this lecture recording is in the Week 2 module
	Wed Apr 6	Asynchronous recorded lecture on Healthful Nutrition (or attend live 10:30am Zoom if you are able, but not expected)  Chapter 1 Quiz	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	Link for this lecture recording is in the Week 2 module  <b>Chapter 1 Quiz</b>

Nutrition 3	Mon Apr 11	Asynchronous recorded lecture on Healthful Nutrition (or attend live 12noon Zoom if you are able, but not expected)	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	Link for this lecture recording is in the Week 3 module
	Wed Apr 13	No Zoom Chapter 2 Quiz		<b>Chapter 2 Quiz</b>
Nutrition 4	Mon Apr 18	<i>1:30pm LIVE Zoom</i> on Carbohydrates	RBS: Chap. 4	Link for this lecture recording is in the Week 4 module
	Wed Apr 20	<i>1:30pm LIVE Zoom</i> Office Hour / Consumer Product Q&A  Chapter 4 Quiz	Instructions in Assignment Packet and on Canvas under Assignments	Link for this lecture recording is in the Week 4 module  <b>Chapter 4 Quiz</b>
Nutrition 5	Mon Apr 25	No Zoom Consumer Product - Nutrition due	Recorded instructions are linked in Week 4	<b>Consumer Product - Nutrition</b>
	Wed Apr 27	Asynchronous recorded lecture on Fat (or attend the live 9am Zoom if you are able, but not expected)  Chapter 5 Quiz	RBS: Chap. 5	Link for this lecture recording is in the Week 5 module  <b>Chapter 5 Quiz</b>
Nutrition 6	Mon May 2	Asynchronous recorded lecture on Protein (or attend the live 10:30am Zoom if you are able, but not expected)	RBS: Chap. 6	Link for this lecture recording is in the Week 6 module
	Wed May 4	<i>1:30pm LIVE Zoom</i> Office Hour / Oral Presentation and Analysis of Scientific Lit #2 Q&A  Chapter 6 Quiz		Link for this lecture recording is in the Week 6 module  <b>Chapter 6 Quiz</b>
Nutrition 7	Mon May 9	Asynchronous recorded lecture on Body Composition and Eating Disorders (or attend the live 12noon Zoom if you are able, but not expected)	RBS: Chap. 10	Link for this lecture recording is in the Week 7 module
	Wed May 11	<i>1:30pm LIVE Zoom</i> on Weight Loss  Oral Presentations and Analysis of Scientific Lit #2 due (for Nutrition Groups 1 - 4 only)  Chapter 10 Quiz	RBS: Chap. 11	Link for this lecture recording is in the Week 7 module  <b>Oral P &amp; Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>  <b>Chapter 10 Quiz</b>

Nutrition 8	Mon May 16	No Zoom Chapter 11 Quiz		<b>Chapter 11 Quiz</b>
FINAL EXAM	<b>Fri May 20 at 12:15pm</b>	<i>12:15pm NUTRITION EXAM, only open on Canvas from 12:15 – 1:30pm using Respondus Browser</i>	Study Guide linked in Week 8 module	<b>NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 &amp; 11)</b>