

## Course Syllabus

### Course Prefix, Number, Title & Credit Hours:

HLTH 422 Nutrition for Fitness & Health Credit Hours: 3 credits

**Dakota State University**

### Academic Term, Year:

Summer, 2008

### Course Meeting Time and Location:

This course meets on the internet in Desire 2 Learn.

### Instructors Contact Information: Fall & Spring Semesters

Dr. Larry W. McDaniel

Office: Kennedy Center Room 147

### Office Hours:

**EXS 422 Internet course Summer Semester**

Office Phone: 256-5164

Email: [larry.mcdaniel@dsu.edu](mailto:larry.mcdaniel@dsu.edu)

Additional Office Hours by discovery or appointment.

### Course Description:

This course investigates the science of food relative to human performance, nutrition, and health education. Areas of emphasis include nutrient chemistry, function, and interaction: energy consumption and metabolism: and resources for nutrient education.

### Additional Course Description: (optional)

A study of the science of food. Areas of emphasis include: the chemistry and function of nutrients; nutritional facts and fallacies; energy metabolism during exercise; weight loss and body composition; the use of proper nutrition in maximizing human performance and longevity.

### Course Prerequisites: none

### Technology Skills:

All assignments are to be prepared making full use of the library and computer facilities/software available on this campus.

### WMCII Statement: This statement is for students enrolled at DSU.

This class requires the use of pen-based, tablet PC technology. For example, all in-class assignments must be completed using the tablet PC. Because tablet technology is an integral part of this course, it is the student's responsibility to ensure that her/his tablet PC is operational prior to the beginning of each class period. Students who are not participating in the tablet PC leasing program will need to rent a tablet PC from the library. The current fee structure for tablet PC rental from the library is \$10 for a 2-hour period.

**Description of Instructional Methods:**

These methods include but are not limited to; reading the text & power points, write out the questions/objectives at the beginning and/or end of each chapter, participate in D2L discussions, student projects, student research, and online testing.

**Methods of Instruction [Online D2L]**

Students will take all chapter test and final test online.

Students will complete Discussions and reply to two other student forums online.

Students will post presentations on D2L.

Students will be able to locate and read documents and syllabi on D2L.

Students will be able to send and receive email with or without attachments.

Students will be able to open attachments.

Students will be able to perform online searches for information and articles related to Nutrition. Then write reports on the information.

**Revised:** May, 2008

**Course Requirements:****Required Textbook(s) and Other Materials**

Sport & Exercise Nutrition, McArdle, William, Katch, Frank, & Katch, Victor. 2<sup>nd</sup> Edition, McGraw Hill, 2005, ISBN: 0-7817-4993-x

**Supplementary materials:****POLICIES AND PROCEDURES:****Class attendance Policy:**

Not applicable [online course]

**Cheating & plagiarism policy**

Academic dishonesty includes giving, receiving or using unauthorized aid on any academic work. The definition of academic dishonesty and the procedure for handling it are described in detail in the current version of the student handbook. You should read and understand this material.

All forms of academic dishonesty will result in an F for the course and notification of the Academic Integrity Board. Academic dishonesty includes (but is not limited to) plagiarism, copying answers or work done by another student (either on an exam or on out-of-class assignments), allowing another student to copy from you, and using unauthorized materials during an exam.

**Other Policies:**

## **Add/Drop/Withdraw Deadline:**

### **Summer Session 1 – May 19 – June 27**

Last day to drop and receive a 100% refund is May 22

Last day to withdraw from classes and receive an automatic W grade is June 16

### **Summer Session 2 – June 30 – August 8**

Last day to drop and receive a 100% refund is July 3

Last day to withdraw from classes and receive an automatic W grade is July 28

## **DSU Student Information/Help Links:**

### **Student Handbook:**

[http://www.departments.dsu.edu/student\\_services/handbook](http://www.departments.dsu.edu/student_services/handbook)

**DSU Catalogs:** <http://www.departments.dsu.edu/registrar/catalog/>

**Computing Services Support:** <http://www.support.dsu.edu/>

### ***GOAL #1: Students will write effectively and responsibly and will understand and interpret the written expression of others.***

**Student Learning Outcomes:** As a result of taking courses meeting this goal, students will:

1. Write using standard American English, including correct punctuation, grammar, and sentence structure;
2. Write logically;
3. Write persuasively, with a variety of rhetorical strategies (e.g., expository, argumentative, descriptive);
4. Incorporate formal research and documentation into their writing, including research obtained through modern, technology-based research tools.

### ***GOAL #2: Students will communicate effectively and responsibly through listening and speaking. Face to Face Classes this does not apply to D2L***

**Student Learning Outcomes:** As a result of taking courses meeting this goal, students will:

1. Prepare and deliver speeches for a variety of audiences and settings;
2. Demonstrate speaking competencies including choice and use of topic, supporting materials, organizational pattern, language usage, presentational aids, and delivery;
3. Demonstrate listening competencies by summarizing, analyzing and paraphrasing ideas, perspectives and emotional content.

### ***GOAL #6: Students will understand the fundamental principles of the natural sciences and apply scientific methods of inquiry to investigate the natural world. Face to Face Classes this does not apply to D2L***

**Student Learning Outcomes:** As a result of taking courses meeting this goal, students will:

1. Demonstrate the scientific method in a laboratory experience;
2. Gather and critically evaluate data using the scientific method;
3. Identify and explain the basic concepts, terminology and theories of the selected natural sciences;
4. Apply selected natural science concepts and theories to contemporary issues.

**GOAL #7: *Students will recognize when information is needed and have the ability to locate, organize, critically evaluate, and effectively use information from a variety of sources with intellectual integrity.***

**Student Learning Outcomes:** Students will:

1. Determine the extent of information needed;
2. Access the needed information effectively and efficiently;
3. Evaluate information and its sources critically;
4. Use information effectively to accomplish a specific purpose;
5. Use information in an ethical and legal manner.

**Student Learning Outcome 1:**

Students will be to identify verbally, in written form, or through the use of technology 70% or more of the critical components of the effects of healthy nutrition on the function of the human body and performance.

**Assessment:**

Student's assessment will include but not limited to online test, written assignments, discussions, mid-term test, and final test.

**Student Learning Outcome 2:**

Students will be able to identify verbally, in written form, or through the use of technology 70% or more of the critical elements of the importance and relevance of nutrition to the study of the human body in health and disease.

**Assessment:**

Student's assessment will include but not limited to online test, written assignments, discussions, mid-term test, and final test.

**Student Learning Outcome 3:**

Students will be able to explain verbally, in written form, or through the use of technology 70% or more of the basics of nutrition as it relates to the study of the other basic medical sciences, disease, and the treatment of disease.

**Assessment:**

Student's assessment will include but not limited to online test, written assignments, discussions, mid-term test, and final test.

**Student Learning Outcome 4:**

Students who successfully complete this course will be able to explain

verbally, in written context, or through the use of technology at a 70% level or higher:

- a. concepts and importance of food labeling.
- b. concepts and importance of macronutrients and micronutrients and their role in health and sports performance.
- c. concepts that formulate diet analysis.
- d. concepts that were read and comprehend in the textbook, and research articles.

**Assessment:** The statements below are primarily for face to face classes.

Student's assessment will include but not limited to face to face quizzes, online test, essay assignments, class presentations and demonstrations during lecture, labs, or on D2L, chapter test, mid-term test, and final test.

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|---|
| <b>NASPE Standards:</b> Students will be able to: |
|---|

**A. Content Knowledge**

1. Identify verbally, in written form, or through the use of technology 70% or more of the critical components of the effects of healthy nutrition on the function of the human body and performance.
2. Identify verbally, in written form, or through the use of technology 70% or more of the critical elements of the importance and relevance of nutrition to the study of the human body in health and disease.
3. Explain in written form, or through the use of technology 70% or more of the basics of nutrition as it relates to the study of the other basic medical sciences, disease, and the treatment of disease.

**B. Growth and Development**

1. Compare and contrast the relationship of proper nutrition as it relates to age and genders.

**C. Diverse Learners**

1. Compare and contrast differences related to nutrition responses as it relates to gender, age, and ethnicity.

**D. Management and Motivation**

1. Gain experience in managing, developing, and motivating nutrition programs.
2. Gain experience in writing individual & group nutrition goals.

**E. Communication**

1. Experience various methods of communication, while working in small groups, projects, labs, and online D2L assignments.

**F. Planning and Instruction**

1. Experience planning processes involved in developing nutrition programs, giving actual instructions to participants, writing daily or weekly nutrition plans.

**G. Learner Assessment**

1. Experience assessing the various components of nutrition plans.

**H. Collaboration**

1. Experience collaboration by working with small groups, panel debates, the instructor, and graduate assistants.

**Evaluation Procedures:**

Final grades will be assigned on this scale.  
Relative absolute percentages will be used.

**A = 90 - 100%**

**B = 80 - 89%**

**C = 70 - 79%**

**D = 60 - 69%**

**F = Below 60%**

However, I reserve the right to adjust the final grades.

**Semester assignments:**

Read each chapter and accompanying PPT  
Discussions  
Chapter tests on D2L  
Research article(s) and write abstract reports using the required  
Final test –no final 2008  
Final project –no final project 2008

**ADA Statement:** If there is any student in this class who, due to a disability, has need for non-standard note taking, test taking, or other course modification, please contact the DSU ADA Coordinator, Keith Bundy, 256-5121, located in the lower level of the Trojan Center, as soon as possible. The web site for requesting accommodations is:

[http://www.departments.dsu.edu/disability\\_services/](http://www.departments.dsu.edu/disability_services/) . Please be sure to fill out this form and be able to provide documentation verifying your disability.

**Academic Honesty (Sample Statement):** Cheating and other forms of academic dishonesty run contrary to the purpose of higher education and will not be tolerated in this course. All forms of academic dishonesty will result in dismissal from class. Please be advised that, when the instructor suspects plagiarism, the Internet and other standard means of plagiarism detection will be used to resolve the instructor's concerns. DSU's policy on academic integrity (DSU Policy 04-05-00) is available online at <http://www.departments.dsu.edu/hr/newsite/policies/040500.htm>

**Freedom in Learning Statement:** Students are responsible for learning the content of any course of study in which they are enrolled. Under Board of Regents and University policy, student academic performance shall be evaluated solely on an academic basis and students should be free to take reasoned exception to the data or views offered in any course of study. It has always been the policy of Dakota State University to allow students to appeal the decisions of faculty, administrative, and staff members and the decisions of institutional

committees. Students who believe that an academic evaluation is unrelated to academic standards but is related instead to judgment of their personal opinion or conduct should contact the dean of the college which offers the class to initiate a review of the evaluation.

**Use of Tablets in the Classroom (formerly called the WMCI Statement):**

**This statement is directed towards DSU students only.**

The Tablet PC platform has been adopted across the DSU campus for all students and faculty, and tablet usage has been integrated into all DSU classes to enhance the learning environment. Tablet usage for course-related activities, note taking, and research is allowed and encouraged by DSU instructors. However, inappropriate and distracting use will not be tolerated in the classroom. Instructors set policy for individual classes and are responsible for informing students of class-specific expectations relative to Tablet PC usage. Failure to follow the instructor's guidelines will hinder academic performance and may lead to disciplinary actions. Continued abuse may lead to increased tablet restrictions for the entire class.

Because tablet technology is an integral part of this course, it is the student's responsibility to ensure that his/her Tablet PC is operational prior to the beginning of each class period.

**For Internet Courses, only:**

**Course Delivery:** Students proceed through a course of study as directed and assisted by computer technology. Mastery is based on achieving competencies and benchmarks.

**COURSE OUTLINE**

**TENTATIVE SCHEDULE--COURSE OUTLINE:** This course is an internet course that is designed for you to work at your own pace. The only deadline is the last day of class. All assignments and tests are open for your access. Please read the important information in the link below. This link may be found on the home page for HLTH 422.

**[IMPORTANT INFORMATION ON ASSIGNMENTS](#)**