



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 2303 - Nutrition – Fall 2020
MWF: 9-950 in ACR202

Dr. Chris Herrera, PhD
Assistant Professor - Kinesiology

Office: Graves-Pierce 101
Phone: 432/837-8375 office
Email: Christopher.herrera@sulross.edu
Office Hours: MWF: 1230pm-2pm
Tue/Thur: 9am-1030am

By appointment (Email to set an appointment)

Required Text: Title: Schiff, Nutrition Essentials: A Personal Approach, 3e
Author: Wendy Schiff, 3e
Publisher: McGraw-Hill Education
ISBN10: 1260259005 | ISBN13: 9781260259001

Get Connect access directly from the Connect website when registering for your course section here
<https://connect.mheducation.com/class/c-herrera-srsu-kes2303-fall2020>

Course Description

Principles of nutrition including roles of nutrients, psychosocial aspects of eating, nutritional issues at various stages in life; developing diet plans, computing energy consumption and energy expenditures.

Purpose of the Course

The purpose of this course is to provide an in-depth study of the principles of nutrition.

Course: Student Learning Objectives

Upon successful completion of this course students will:

1. Discuss diet plans for individuals of varying nutritional needs due to chronic health conditions.
2. Identify the role of nutrients and describe their physiological importance.
3. Describe the importance of nutrition during various stages of life.
4. Examine psychosocial aspects of eating and their relevance in creating nutritional guidelines.
5. Analyze food labels and integrate that knowledge to create a basic meal plan based on nutritional guidelines.

Standard II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 009

The teacher understands health and wellness concepts, including those related to nutrition, weight control and stress management, and analyses ways in which personal behaviors influence health and wellness.

Course: Marketable Skills

The following marketable skills are achieved in this course:

Critical Thinking/Problem Solving: Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

Program Learning Outcomes

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Outcome Measure	Points per item	No of items	Available Points	Percentage of Grade
Connect SmartBook Chapter Readings	15-20	11	200	25%
Discussion Boards	50	6	300	30%
Homework Assignments	50	4	200	20%
Unit Tests	100	2	200	20%
Final Project	100	1	100	10%
Total/Final Grade*	--		1000	100%

*Letter Grading as per SRSU policy will be used in this course.

Be sure to complete all assignments by the due date. Late assignments will have points deducted!

COURSE REQUIREMENTS

- I. Chapter Readings (e.g. SmartBook via Connect).** 11 units
- II. DISCUSSION BOARDS.** Choose a topic from each unit and write a minimum 250 word essay, also reply to two (2) classmates' discussion boards with a minimum 100 word scholarly reply.
- III. Homework assignments.** Six (6) available; will vary in difficulty and be in class and through distance
- IV. UNIT TEST.** Two test will be given.
- V. NUTRITION PROJECT.** Using NutritionCalcPlus app, you will track your nutrition for three days and write a one (1) page summary paper of the results (minimum 500 words).

ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Wednesday in Week 8 at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per above policy.

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit – no late work will be accepted. Discussions/Responses/Assignments/ Quizzes/Final Projects carry a 5% deduction per day late; up to 30% maximum deduction. If you have not turned in an assignment within 7 days of the due date, you must email the professor for grading consideration.

DISTANCE EDUCATION STATEMENT

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard or designated platform, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

TENTATIVE COURSE CALENDAR

Week	Dates	Content	Due
1	Aug 24-30	Overview & Demonstrations	Unit 1 SB Discussion 1
2	Aug 30-6 Sept	Unit 1 – Food is More than Something to Eat	Unit 2 SB Assignment 1
3	Sept 7-13	Unit 2 – Nutrition Information	Unit 3 SB Discussion 2
4	Sept 14-20	Unit 3 – Making More Nutritious Choices	Unit 4 SB Assignment 2
5	Sept 21-27	Unit 4 – How Food Becomes You	Unit 5SB Discussion 3
6	Sept 28-4 Oct	Unit 5 – Carbohydrates	Unit Assignment 3
7	Oct 5-11	Review	Test 1: Units 1-5 Unit 6 SB
8	Oct 12-18	Unit 6 – Lipids	Unit 7 SB Discussion 4
9	Oct 19-25	Unit 7 – Proteins	Unit 8 SB Assignment 4
10	Oct 26-1 Nov	Unit 8 – Vitamins	Unit 9 SB Discussion 5
11	Nov 2-8	Unit 9 – Minerals	Unit 10 SB Assignment 5
12	Nov 9-15	Unit 10 – Nutrition for Healthy Weight	Unit 11SB Discussion 6
13	Nov 16-22	Unit 11 – Nutrition for Life & Environment	<i>Final Project Draft</i>
14	Nov 23-29	No Lecture→Use Class time & Office Hours for meetings THANKSGIVING	Test 2: Units 6-11
15	Nov 30-6 Dec	No Lecture→Use Class time & Office Hours for meetings	<i>Continue with Project</i>
16	Dec 7-11	NA	Final Project Due

Academic Honesty

Students are expected to do their own work. Cheating in any form will be subject to disciplinary action that can result in dismissal from the class with a grade of F. This includes plagiarism.

All of the following are considered plagiarism: (taken from: <http://www.plagiarism.org/>)

- turning in someone else's work as your own
- copying words or ideas from someone else without giving credit
- failing to put a quotation in quotation marks
- giving incorrect information about the source of a quotation
- changing words but copying the sentence structure of a source without giving credit
- copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

Academic Integrity Statement

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

LEARNER SUPPORT

SRSU GRADUATE CENTER

The Graduate Student Center, located in BAB 104, provides resources and services for all SRSU graduate students. There is a computer lab with desktop computers and a networked printer/copier/scanner; laptop computers which can be checked out; a projector and screen for rehearsing student presentations; and a conference room for group study. Both Alpine and distance education students can receive writing and other assistance by calling 432-837-8524.

BLACKBOARD

Our new 24/7 Blackboard online support desk and toll free hotline are set to debut next Monday, May 18th, the Blackboard online support desk toll free number will go live and will be made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues. SRSU 24/7 Blackboard Technical Support Online Support Desk Contact Info: Toll Free: 888.837.6055 Email: blackboardsupport@sulross.edu

MCGRAW HILL CONNECT If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.

SRSU DISABILITY SERVICES The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432- 837-8178; fax is 432-837-8724.