



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 2303

NUTRITION

Spring 2022 - LAW 003 - MWF 10:00-10:50am

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Office Hours: MW 1-4pm; T/Th 2-4; Fri 11-12pm. Or by appointment
(<https://www.schedulicity.com/scheduling/SRSN5W>)
Required Text: Title: Nutrition Essentials: A Personal Approach, 3rd Ed.
Author: Wendy Schiff
Publisher: McGraw-Hill Education
ISBN10: 1260259005 | ISBN13: 9781260259001

Permanent link to syllabus: <https://srinfo.sulross.edu/fs/sum20gg>

Purpose of the Course

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

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.

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 student understands health and wellness concepts, including those related to nutrition, weight control and stress management, and analyzes 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.

Collaboration: Emphasis on professional etiquette through group activities/CPR work

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).

Style Of Teaching:

The objectives of this course will be met through an integrated teaching style that will include online presentations and discussion boards. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is an online blackboard course. No assignments shall be accepted via email and all assignments shall be turned in on blackboard or during class.

Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.

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 15 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.

COURSE REQUIREMENTS

I. Chapter Readings (e.g. SmartBook via Connect). 11 units

II. Class Participation Attendance, active participation in discussions and activities is required to earn daily credit.

III. Homework assignments. Food Tracking report (x2)

IV. Certifications. Visit nfhs.org and complete/earn the assigned nutrition related certifications (x2).

V. UNIT TEST. Two tests will be given through Connect.

VI. Nutrition Project. Using a nutrition tracking app, you will track your nutrition for three days and write a final report.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Connect\Smartbook Chapter Readings	20	11 (1 extra credit)	200	25%
Class Participation	10	40	400	40%
Homework Assignments	25	4	100	10%
Unit Tests	100	2	200	10%
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 to receive full credit.

TENTATIVE COURSE CALENDAR
KES 2303 Nutrition

Week	Date	Content	Due
1	1/10-1/14	Overview & Introductions	2x Certifications
2	1/17-1/21	Unit 1 - Food is more than what to eat	Unit 1 SB
3	1/24-1/28	Unit 2 - Nutrition Information	Unit 2 SB
4	1/31-2/4	Unit 3 - Making more Nutritious Choices	Unit 3 SB
5	2/7-2/11	Unit 4 - How Food Becomes You	Unit 4 SB
6	2/14-2/18	Unit 10 - Nutrition for Healthy Weight	Unit 10 SB (longer)
7	2/21-2/25	Review Units 1-4 & 10 + field trip	Assignment 1
8	2/28-3/4	Unit 5 - Carbohydrates	Unit 5 SB Test 1 Units 1-4 & 10
9	3/7-3/11	SPRING BREAK	
10	3/14-3/18	Unit 6 - Lipids	Unit 6 SB
11	3/21-3/25	Unit 7 - Proteins	Unit 7 SB
12	3/28-4/1	Unit 8 - Vitamins	Unit 8 SB
13	4/4-4/8	Unit 9 - Minerals	Unit 9 SB Assignment 2
14	4/11-4/15	Unit 11 - Nutrition for Life & Environment	Unit 11 SB (*extra credit)
15	4/18-4/22	Field Trip	Test 2: Units 5-9 & 11
16	4/25-4/29	N/A	Final Project DUE

UNIVERSITY POLICIES

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related to injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Professional Development

All undergraduate Kinesiology majors are required to participate in continuing education activities outside of the classroom. Students must complete a total of 20 Professional Development points (PD points) prior to enrolling in Internship or Student Teaching. See the Kinesiology webpage for detailed information.

SRSU Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as 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, which requires secure login. 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. Directions for filing a student complaint are located in the student handbook.

SRSU Library Info

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Disability Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartz Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email mschwartz@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

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.