**KIN 310**

**Nutrition for Health and Performance**

**Block 5 Spring 2019**

Instructor: Justus Hallam PhD

Email: jhallam@cornellcollege.edu

Office: 312 Law Hall

Office Hours: Mon-Fri afternoons or by appointment, please just email me

Class Time: Every Day 9am-12pm

Class Location: 321 Law Hall

**Course Description: KIN 310 Nutrition for Health and Performance** is an in-depth study of nutrition in health promotion and disease prevention. Topics include ingestional physiology, regulation of food intake and energy balance, biological roles of macro- and micro-nutrients, nutrient dietary reference intake values and food sources, eating disorders and the female athlete triad, as well as nutritional strategies for athletes to promote exercise performance. This course will include a nutritional analysis.

**Course Prerequisites:** Kin 207 Systems Physiology

**Course Objectives:**

* Students will demonstrate an understanding of nutritional terminology and fundamental nutritional concepts applied to health and performance. (knowledge, well-being)
* Students will increase their understanding of ingestional physiology and human energy including: digestion processes, the three human energy systems and their primary sources, and regulation of water, electrolyte, and temperature within the body. (knowledge, well-being)
* To provide opportunities for critical thinking of ethical issues and behaviors as they relate to nutritional principles such as supplements, ergogenic aids, and genetically modified organisms. (inquiry, ethical behavior)
* Students will apply nutritional concepts to their personal life with a nutritional self-analysis, and make recommendations for diverse population targets. (well-being, intercultural literacy)
* To provide opportunities for students to research, discuss, present, and write about specific nutritional concepts related to health, fitness, and sport. (inquiry, communication, reasoning)
* Students will experience the clinical use of nutrition as it relates to the management of health and performance. (vocational, well-being)
* This course supports the Educational Priorities and Outcomes of Cornell College with emphasis on knowledge, well-being, inquiry, vocation, reasoning, communication, ethical behavior, and intercultural literacy.

**Instructional Methods/Course Structure:** Classes will include a combination of lectures, discussion & laboratory sessions. Reading assignments and presentations will be required. All topics covered may be on the exams and students are highly encouraged to take notes.

**Required Reading/Textbooks:**

Marie A. Spano, Laura J. Kruskall, D. Travis Thomas, Nutrition for Sport Exercise and Health. Human Kinetics. ISBN: 978-1-4504-1487-6

**Grading Breakdown:**

|  |  |
| --- | --- |
| **Exams (2)** | **60pts each (120pts Total)** |
| **Nutritional Assessment Assignment** | **30pts** |
| **Literature Review** | **60pts** |
| **Assignments** | **~30pts** |
| **Attendance/Participation** | **10pts** |
| **Quizzes** | **50pts** |

**Grade Scale:**

A = 95-100% C+ = 77-79.99%

A- = 90-94.99% C = 74-76.99%

B+ = 87-89.99% C- = 70-73.99%

B = 84-86.99% D+ = 67-69.99%

B- = 80-83.99% D = 60-66.99%

F = 59.99% and below

* Exams: There will be 2 written exams. Each written exam will be worth ~60 points and will include multiple choice, true/ false, and short answer questions. Make up exams will not be given except under extreme, extenuating circumstances and must be previously approved and arranged with Dr. Hallam.
* Literature Review and presentation: Each student (in groups of 2 or 3) will write a literature review about a specific research question or topic related to nutrition. This will be an in-depth look at the available research on a topic and an extensive written review. In addition to this, you will give an oral presentation discussing your literature review. There will be a detailed description of the presentation assignment and grading rubric provided on Moodle.
* Assignments: There will be numerous in-class exercises and homework assignments throughout the block.
* Attendance: Students are not required to come to class, but you will be given a grade for attendance and participation at the end of the block. I do expect you to be on time for class so as not to disrupt others.

**Exams:** There will be 2 exams during the course of the semester. Exams will include information from the book, course lectures, activities, and assignments. I will make most PowerPoint lectures available online, however these slides are only an outline and students should add their own notes to supplement that material. Exams will take place during normal class time. Arriving late to an exam is the equivalent of not showing up for the exam. Students are expected to be on time to take their exams, coming late distracts others trying to take the exam. Students who miss an exam without a valid excuse can take the exam for half credit, as long as they take it within one week. Make up exams will be given to students who have valid excuses for missing the exam and talk to me beforehand. Make up exams will cover similar material but will be different than exams given during class time. All make up exams must be taken within one week of the original exam date. If you have questions about the exam it is in your best interest to contact Dr. Hallam well in advance instead of waiting to ask questions right before an exam.

**Assignments:** All written assignments are due to Dr. Hallam before the start of class on the day they are due. All written assignments need to be typed in APA format. The assignment should include your name and the date. Anything that is NOT in this format or late will receive an automatic zero. All work should be properly cited; this includes text or images that are taken from outside sources. Plagiarism will not be tolerated in any circumstance.

**Quizzes:** We will have approximately 12 quizzes at that start of lecture during the block. If you are late to class and miss the quiz, you CANNOT make it up. Each of these will be worth 5pts. I will take your best 10 scores on quizzes to give you a final grade out of 50. The quizzes with take place on an app called Socrative. We will discuss this more in depth in class.

**Late Assignments:** Assignments turned in after the due date and time, will not be accepted without prior approval. In the event a student has approval to submit late coursework, a 50% per day grade reduction will be imposed. The late penalty is waived for excused absences.

**Moodle:** Moodle will be used as a course management tool. You are responsible for checking this site on a regular basis. Course notes will be available on Moodle. I would recommend checking Moodle prior to class to make sure you have the most up to date course notes and announcements.

**Accommodations for students with documented disabilities:**

Cornell College is committed to providing equal educational opportunities to all students. Students who need accommodations for learning disabilities must provide documentation from a professional qualified to diagnose learning disabilities. For more information see cornellcollege.edu/disabilities/documentation/index.shtml. Students requesting services may schedule a meeting with the disabilities services coordinator as early as possible to discuss their needs and develop an individualized accommodation plan. Ideally, this meeting would take place well before the start of classes. At the beginning of each course, the student must notify the instructor within the first three days of the term of any accommodations needed for the duration of the course.

Contact: Brooke Paulson (319) 895-4382 bpaulsen@cornellcollege.edu

**Academic Honesty Statement:**

Cornell College expects all members of the Cornell community to act with academic integrity. An important aspect of academic integrity is respecting the work of others. A student is expected to explicitly acknowledge ideas, claims, observations, or data of others, unless generally known. When a piece of work is submitted for credit, a student is asserting that the submission is her or his work unless there is a citation of a specific source. If there is no appropriate acknowledgment of sources, whether intended or not, this may constitute a violation of the College's requirement for honesty in academic work and may be treated as a case of academic dishonesty. The procedures regarding how the College deals with cases of academic dishonesty appear in The Compass, our student handbook, under the heading "Academic Policies – Honesty in Academic Work."

<http://www.cornellcollege.edu/student-affairs/compass/academic-policies/honesty-in-academic-work.shtml>

Cheating refers to the use of unauthorized sources of information on examinations or any attempt by students to deceive the evaluator of an examination, paper, or project.

Plagiarism is the act of taking the work of another and presenting it as one's own, without acknowledgement of the original source.

**Any student caught plagiarizing will automatically fail that assignment and further action may be taken.**

**Any student caught cheating will automatically fail the class.**

**Tentative Schedule**

**Subject to change**

|  |  |  |
| --- | --- | --- |
| **Mon**  **Jan 14** | **Class Intro:** Review syllabus and assignments  **Literature Review How To** | Assg: CRON-O-Meter acct set-up  Bring computer to class Tuesday |
| **Tues**  **Jan 15** | **Digestive System overview** | Read: Chapter 1  Assg: Choose Literature Review topics |
| **Wed**  **Jan 16** | **Chapter 1: Optimizing Health and Well Being Throughout the Lifespan**  **Chapter 2: Energy Metabolism** | Read: Chapter 2  Due: Movie Reflection |
| **Thurs**  **Jan 17** | **Chapter 3: Carbohydrates** | Read: Chapter 3 |
| **Fri**  **Jan 18** | **Chapter 4: Fats** | Read: Chapter 4  Due: presentation group and topic choice |
| **Mon**  **Jan 21** | **Chapter 5: Protein** | Read: Chapter 5 |
| **Tues**  **Jan 22** | **EXAM 1** | Exam over Chapters 1-5 |
| **Wed**  **Jan 23** | **Chapter 6: Vitamins**  Chapter 7: Minerals | Read: Chapters 6-7 |
| **Thurs**  **Jan 24** | **Chapter 8: Water and Electrolytes** | Read: Chapter 8  Read: ACSM Position Statement on Exercise and Fluid Replacement |
| **Fri**  **Jan 25** | **Chapter 9: Nutritional Supplements** | Read: Chapter 9  Due: Outline for Literature Review |
| **Mon**  **Jan 28** | **Chapter 10: Body Weight and Composition** | Read: Chapter 10 |
| **Tues**  **Jan 29** | **TRIP TO HY VEE** | Half will go at 9am. Other half at 1pm |
| **Wed**  **Jan 30** | **Chapter 13: Changing Weight and Body Comp** | Read: Chapter 13 |
| **Thurs**  **Jan 31** | **Chapter 11: Nutrition for Aerobic Exercise** | Read: Chapter 11 |
| **Fri**  **Feb 1** | **Chapter 12: Nutrition for Anaerobic Exercise** | Read: Chapter 12  Due: Hyvee Reflection |
| **Mon**  **Feb 4** | **EXAM 2** | Chapters 7-13 |
| **Tues**  **Feb 5** | **Presentations** |  |
| **Wed**  **Feb 6** | **Presentations** |  |