

HESM 286

DE

Fall 2019

Nutrition, Exercise, and Weight Management

Instructor: Kari Lewis

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Telephone:

Office: 1309 Carmichael Gymnasium

Office Hours: contact via email

Course Prerequisites, Corequisites: None

Texts: None - All required readings are available on Moodle.

Course Description: A nutrition, exercise and weight management program emphasizing the basics of proper nutrition and exercise. Emphasis on lifestyle changes and their relationship to appropriate weight management.

Health Information Statement:

Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Physical Education supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Physical Education course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

Student Learning Outcomes

By the end of the course students will be able to:

1. Apply the principles of nutrition and exercise in maintaining a healthy weight or in working at a healthy weight reduction or increase;
2. Identify the harmful physical and psychological effects of being over-fat;
3. Apply nutrition and exercise knowledge to identify false claims in advertising of both diet and exercise products;
4. Apply nutrition and exercise knowledge in evaluating research and publications;
5. Establish healthy eating habits, regular exercise, and appropriate stress management and behavior control techniques.

Grading

1. Behavior Change Plan	5
2. Goal updates (4 @ 2.5 points each).....	10
2. Forum (4 @ 10 points each).....	40
3. Presentation.....	25
4. Tests (4 @ 30 points each).....	120
	Total 200

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97-100 = A+	93-96.99 = A	90-92.99 = A-
87 – 89.99 = B+	83-86.99 = B	80-82.99 = B-
77-79.99 = C+	73-76.99 = C	70-72.99 = C-
67-69.99 = D+	63-66.99 = D	60-62.99 = D-
0-59.99 = F		Percentage points

LATE ASSIGNMENTS: A late assignment will result in a loss of 5 points. For each additional day that an assignment is late there will be a 2 point deduction. Tests are NOT considered assignments and therefore do not fall under the late assignment policy.

BEHAVIOR CHANGE PLAN & GOAL UPDATE

1. Each student will set a goal for the semester and report every few weeks (schedule for due dates will be on Moodle) on his/her progress toward that goal. Prior to setting the goal, we will discuss behavior management and behavioral change.
2. At the end of the semester, the student should complete a written reflection regarding their overall experience.

FORUMS

Four times during the semester you will be required to participate in discussing a current event relating to nutrition, exercise and/or weight management. **You must support** your post/argument with relevant information from class, media and/or current events. **In order to receive full credit you must document where you obtained your information.**

Rubric for initial post:

Grammar & Spelling	1 pt.
Supporting information from class and/or documented source	2 pt. underline, italicize or highlight information
Content	3 pt.

PRESENTATIONS

Each student will propose and then research the existing information on a research question. For example: How does HIIT compare with steady state aerobic activity for increasing VO2 max? The questions can be related to nutrition, fitness, weight loss, weight management or disordered eating. This can be a product, diet, program, specific topic, etc. This is a research based ppt presentation so sources used (at least 3) **must all**

be primary sources using peer reviewed literature. Use APA format to cite the sources. You may cite the sources on the ppt. slide or have a slide with your references on it. Be creative... use images when appropriate. **The topic must be approved by the instructor. You will develop a powerpoint presentation with detailed notes (representative of what you would say if you were to present it orally).**

TESTS

There are four tests on Moodle. The tests will be open for ONLY 2 days and you must complete the test within the allotted time. You may NOT take a test after the two days.

EMAILING INSTRUCTOR

In order to receive a response from your instructor, your email should be structured as follows:

1. Properly address your instructor.
2. Identify who you are, the class you are in and the purpose of your email.
3. Please be specific and use complete sentences in your comments/questions.
4. Any emails which are not sent appropriately as outlined above will not be responded to and will be deleted.

GENERAL INFORMATION

1. Every sport/fitness activity has certain inherent risks and regardless of precautions taken, it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury in all the activities and sports you participate in.
2. You will need your All-Campus Card to enter the Carmichael gymnasium.
 1. Students must warm-up and stretch properly before participating in activity and cool-down after any workout.
 2. Inform instructor within the first week of class if you have any medical issue that would affect your performance in the outside class workouts.
 3. Let instructor know immediately of any symptoms of nausea, fainting, shortness of breath, dizziness, or any other symptoms of discomfort you experience when exercising.
 4. Be aware of location of emergency phones and other methods of obtaining help when you are exercising.
3. NC State Student Health Services has information about the Mental Aspects of Sports Participation Guidelines.
<http://www7.acs.ncsu.edu/health/medicalAspects.html>.

In this class, Turnitin is used to help students ensure that they have not plagiarized others in their written assignments. Plagiarism is a serious violation of the Code of Student Conduct; a definition appears below. Students who are found to have plagiarized on their final assignment submissions will have their case referred to Student Conduct for disciplinary proceedings.

Plagiarism is the use or close imitation of the language and thoughts of another and the representation of the other's work as their own. The act of submitting work for evaluation or to meet a requirement is regarded as assurance that the work is the result of the student's own thought and study, produced without assistance, and stated in that student's own words, except as quotation marks, references, or footnotes acknowledge the use of other sources. Any ideas or materials taken from another source for either written or oral use must be fully and correctly acknowledged. Submission of work used previously must first be approved by the faculty member. Plagiarism includes, but is not limited, to the following actions:

(a) Representing the work of others as his or her own; or

(b) Submitting written materials without proper attribution or acknowledgment of the source.

Attendance: <http://policies.ncsu.edu/regulation/reg-02-20-03>

Student Ombuds: <https://ombuds.dasa.ncsu.edu/>

Credit only: <https://policies.ncsu.edu/regulation/reg-02-20-15/>

Academic calendar: <https://studentservices.ncsu.edu/calendars/academic/>

Audit: <https://policies.ncsu.edu/regulation/reg-02-20-04/>

Grades: <https://policies.ncsu.edu/regulation/reg-02-50-03/>

Class eval: <https://oirp.ncsu.edu/classeval/>

Class eval for students: <https://oirp.ncsu.edu/classeval/for-students/>

Student Conduct/Honor code: <https://policies.ncsu.edu/policy/pol-11-35-01/>

Anti-discrimination: <https://policies.ncsu.edu/policy/pol-04-25-05/>

OIED: <https://oied.ncsu.edu/divweb/equity/>

DRO statement:

1. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with the Disability Resource Office (<https://dro.dasa.ncsu.edu/>) at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.01) <https://policies.ncsu.edu/regulation/reg-02-20-01/>

INCOMPLETE GRADES:

http://www.ncsu.edu/provost/academic_regulations/end_of_semester.html

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

ACADEMIC INTEGRITY:

Students are expected to work within the letter and spirit of the NCSU Code of Student Conduct. Please see

http://www2.ncsu.edu/prr/student_services/student_conduct/POL445.00.1.htm for more information.

Note: It is now University policy that all students sign the Honor Pledge on all tests and assignments.

Honor Pledge: I have neither given nor received unauthorized aid on this test or assignment.

DIVERSITY:

It is the policy of the State of North Carolina to provide equality of opportunity in education for all students. Accordingly, the university does not practice or condone unlawful discrimination in any form against students, employees or applicants on the grounds of race, color, religion, creed, sex, national origin, age, disability, or veteran status.

http://www2.ncsu.edu/prr/campus_environ/non-discrimination/REG04.25.1.php

Academic Regulations- Beginning of Semester Reminders

http://www.ncsu.edu/provost/academic_regulations/beg_of_semester.html

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Nutrition, Exercise, and Weight Management
DE Tentative Schedule

Week	Resource	Activity
1	Lecture 1-Components of Fitness, Exercise Guidelines & Overtraining	Moodle BCP/SMART Goal Due by midnight Sunday
2	Lecture 2 – Nutrition Basics & Estimated Caloric Needs	Moodle Forum #1 Due by midnight Sunday
3	Lecture 3 - Principles of Behavior Management & Change	Moodle Goal update due (#1) by midnight Sunday
4	Submit topic for ppt. presentation	Moodle Forum #2 Due by midnight Sunday
5	Lecture 4 – Aerobics and Weight Training, HIIT, Weight Training Workouts	Test # 1 (lectures 1-4)
6	Lecture 5 – Body Composition & Flexibility	Goal update due (#2) by midnight Sunday
7	Lecture 6 - Recovery Nutrition, Hydration, & Low Carb Eating	
8	Lecture 7 - Ergogenics	
9	Lecture 8 – Exercise/Nutrition during Vacation/Travel	Test # 2 (Lectures 5-8)
10		Forum #3 Due by midnight Sunday
11	Lecture 9 – Eating Disorders, Male Body Dys., Obesity Drugs, Campaign to end Obesity	Goal update due (#3) due by midnight Sunday
12	Lecture 10 – Mindful Eating, Portion Size, Can your Friends make you Fat? Lecture 11 – Diet Comparisons, Fad Diets	Test #3 (lectures 9- 11)
13	Lecture 12 – Stress Management Lecture 13 – Fitness during Life Changes/Challenges	Ppt. presentation due by midnight Sunday
14		Forum #4 due by midnight
15	Lecture 14 – Exercise Adherence	Final Goal update due by midnight Sunday
16	Lecture 15 – Exercise Endocrinology	
exam	The 4 th exam will be available ONLY on the first Monday and Tuesday of exams	Test #4 (lectures 12-14)