

## **MONTGOMERY COLLEGE**

Department of Health Enhancement, Exercise Science, and Physical Education  
Rockville Campus

### ***HLTH 121* Nutrition for Fitness & Wellness (3 credits)**

#### **I. Instructor Information**

#### **II. General Course Information**

This course provides an overview of the scientific principles of nutrition and weight management with particular application to fitness and sport. The focus is on optimal wellness and disease prevention. Nutritional and body composition guidelines will be critically examined in order to personalize them for the individual as well as for high-level participants in a variety of fitness activities. Assessment Level: ENGL 101/101A. Three hours each week. Formerly HE 108.

ENGL 101/A and/or READ 120: is a required assessment level for this class. If you do not meet this level, you may be asked to leave the class, or may be dropped by the instructor.

Montgomery College's General Education Program is designed to ensure that students have the skill, knowledge, and attitudes to carry them successfully through their work and personal lives. This course provides multiple opportunities to develop the following competencies: critical analysis and reason, written and oral communications, and personal, social, and civic awareness. How HLTH 121 fits in the General Education Program depends on the student's major and the date of matriculation. See a counselor or check online at : <http://cms.montgomerycollege.edu/EDU/Department.aspx?id=11681> to see if this course will fulfill your general education requirement.

#### **III. Student Learning Outcomes**

By the end of this class, the student will be able to:

- Identify the major nutrients and their function in the human body.
- Explain how nutrition impacts health, physical activity, wellness, and sports performance.
- Identify study designs used in nutrition research and demonstrate knowledge of current, scientific-based information on nutrition and its influence on sports performance.
- Demonstrate knowledge of the impact nutrition has on the wellness and health of the global community, particularly in the development of acute and chronic illnesses.
- Analyze current personal dietary habits and design a diet, based on nutrition principles, to improve health and physical performance.

#### IV. Text and Supplies

##### Option #1

Nutrition for Fitness and Wellness (ISBN: 9781307018684)  
Electronic Textbook, Connect, LearnSmart, and NutriCalc Plus

##### Option #2

Nutrition for Fitness and Wellness (ISBN: 9781307164312)  
Electronic Textbook, Connect, LearnSmart, NutriCalc Plus, and Hard Copy of Textbook

#### V. Course Requirements

##### Course Grade

You are expected to spend time outside of class to prepare for the next class (i.e. by completing the assigned readings) and extra time to prepare for exams. Additional course materials will be distributed in class.

Exams (4 exams @ 50 points and 10 quizzes @ 5points)	250 points
Assignments	80 points
LearnSmart (12 Chapters)	120 points
Nutrition Analysis Project	100 points
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<b>Total</b>	<b>550 points</b>

Final grades are calculated based on the number of points you earn in the class. The grade breakdown is as follows:

495 – 550 =	A
440 – 494.5 =	B
385 – 439.5 =	C
330 – 384.5 =	D
0 – 329.5 =	F

**Exams/Quizzes (250 points):** There will be 4 non-cumulative exams (50 points each) and 10 quizzes (5 points each). Each exam and quiz will be a combination of multiple-choice, true/false, matching, and short answer questions. Exams and quizzes will cover all materials covered in class (lecture, presentations, videos, etc.) and reading assignments. All quizzes and exams will be given at the beginning of class.

**Assignments (80 points):** Students will be asked to complete a variety of assignments throughout the semester. Assignments should be turned in at the beginning of class on the due date. Points will be given based on the quality of the response, not necessarily the quantity. Missed in-class assignments cannot be made up unless there is a documented emergency (see class make-up policy).

**LearnSmart (120 points):** LearnSmart is a web-based assignment and assessment tool required for this course. LearnSmart is designed to assist you with your coursework based on your individual needs. LearnSmart assignments are due by their assigned due dates.

**Nutrition Analysis Project (100 points):** The Nutrition Analysis project is designed to help students analyze their current diet, set goals for improving their eating habits, and developing a diet plan and evaluate its success. This project is progressive; Part I is worth 25 points and part II – 75 points. Each section builds on the previous section; therefore, students will be required to complete each part successfully before moving on to the next. Further details for the project will be provided later in the course.

### **Grading standards for typed assignments**

- **Font-** Font size must be 12 and must be either Arial or Times New Roman. The font must be a dark color, either black or dark blue.
- **Margins-** The margins must be one-inch. Please note that most word programs are preset to 1-¼ inches.
- **Spacing-** All papers must be double spaced with no additional lines between paragraphs
- **Spelling and grammar-** All typed assignments are graded on spelling and grammar, and the grading is progressive. The more mistakes you make; the more points you will lose. **If you have ten or more spelling and grammatical mistakes in a paper, the paper will receive a 0.**
- **Title page-** Papers need to have a title page that has the title, your name, my name, and the class name, day and time.
- **Reference page-** if you use a source, you must include in-text citations and a list of reference. These references must follow APA style format. <http://owl.english.purdue.edu/owl/resource/560/05/> is a good resource for APA formatting.
- **Stapled-** If your paper has multiple pages it must be stapled or at least your full name must appear in all pages.

### **Make-up policy**

Students are responsible for obtaining the information they missed due to absence. If an emergency occurs before an exam, quiz or homework due date (be online or in-class) the student **must contact the professor within 24 hours of the quiz/exam/assignment and must have the proper documentation (car repair bill, traffic ticket, proof of illness, etc.) for the absence.** If you do not have proper documentation, or fail to contact me within 24 hours, you will NOT be given a make-up quiz, or allowed to make up missed assignments. If you know that you will be missing a quiz or homework ahead of time, you must speak with the professor **at least one week before** the exam or homework due date to allow enough time for accommodations to be made.

### **Late policy**

Work will **NOT** be accepted late. Deadlines and due dates are **not negotiable**. This applies to in-class activities, homework, online coursework, long-term assignments, quizzes, and exams. **Assignments will be considered LATE if they are not in the instructors' hands by the time lecture starts (at approximately five minutes past the start time of class) on the day they are due or submitted via Blackboard by their due date and time.** In the case of missing an assignment due to an emergency, please refer to the 'Make-up Policy' section above.

## **Academic Honesty**

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

## **Communication**

Class communication will be done mostly through MC e-mail and Blackboard (using the announcements feature). Please make sure you also log in to the course site on a regular basis to review announcements and other class-related information.

- If you contact me through the MC e-mail system, you must use your student MC e-mail account. Make sure to include your name, course name, and CRN in the subject section of the email.
- **Remember:** e-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications.
- E-mails will be answered within 24 - 48 hours during **weekdays**.
- If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.
- *If you are in the process of addressing an issue with your professor, then you are expected to return emails within two business days or the matter will be considered closed.*
- **No work will be accepted via e-mail.**

## **Classroom Conduct**

**Cell phones and tablets:** Students are required to turn-off cell phones at the beginning of each class. Cell phones and smart phones (i.e. Blackberry, iPhones, Android etc.) and all other electronic devices, such as MP3 players and tablets, are **NOT** permitted to be used in class or during tests.

This means no text messaging or taking photos of the PowerPoint presentations (unless instructed to do so); this is considered cell phone use. Also, any student using a cell phone or any other electronic device during testing will receive a zero for that exam. All students are responsible for the information located in the student code of conduct.

**Talking:** During class, please refrain from side conversations. These can be disruptive to your fellow students and your professor. The professor reserves the right to remove any disruptive student(s) from the classroom if necessary.

**In addition, it is expected that the student will:**

- ◆ If you will be missing a class for religious reasons, you must inform the professor of those dates by the end of the first week of class.
- ◆ Be responsible for obtaining any information and class notes from another classmate if he/she missed class.
- ◆ Have completed the assigned readings for the class session
- ◆ Be prepared to discuss the assigned readings and participate in the discussion
- ◆ Be respectful of the instructor and other students
- ◆ Arrive on-time
- ◆ Be open to new ideas and concepts
- ◆ Do your best in this class

**Important Student Information Link**

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College Alert System, and finally, how closings and delays can impact your classes. If you have any questions, please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

<http://cms.montgomerycollege.edu/mcsyllabus/>

## Tentative Class Schedule Spring (Two-Day Class)

Topics	Coursework Due by 10:00 am
Introductions/Syllabus	
Ch. 1 Intro to Nutrition for Health, Fitness, and Sports Performance	<b>LearnSmart Ch. 1</b>
Ch. 1 Intro to Nutrition for Health, Fitness, and Sports Performance	
Ch. 2 Healthful Nutrition for Fitness and Sport	<b>LearnSmart Ch. 2</b>
Ch. 2 Healthful Nutrition for Fitness and Sport	
Ch. 3 Human Energy	<b>LearnSmart Ch. 3</b>
Ch. 3 Human Energy	
<b>In-Class Assignment #1</b>	
<b>Exam # 1 – Ch. 1 - 3</b>	
Ch. 4 Carbohydrates	<b>LearnSmart Ch. 4</b>
Ch. 4 Carbohydrates	<b>Nutrition Analysis Pt. 1</b>
Ch. 5 Fats	<b>LearnSmart Ch. 5</b>
Ch. 5 Fats	
Ch. 6 Proteins	<b>LearnSmart Ch. 6</b>
Ch. 6 Proteins	
<b>Exam # 2 – Ch. 4 - 6</b>	
Ch. 7 Vitamins	
Ch. 7 Vitamins	<b>LearnSmart Ch. 7</b>
Ch. 8 Minerals	
Ch. 8 Minerals	<b>LearnSmart Ch. 8</b>
Ch. 9 Water, Electrolytes, and Temperature Regulation	
Ch. 9 Water, Electrolytes, and Temperature Regulation	<b>LearnSmart Ch. 9</b>
<b>Exam # 3 – Ch. 7 – 9</b>	
Ch. 10 Body Weight and Composition for Health and Sport	<b>LearnSmart Ch. 10</b>
Ch. 10 Body Weight and Composition for Health and Sport	
Ch. 11 Weight Maintenance and Loss through Proper Nutrition and Exercise	<b>LearnSmart Ch. 11</b>
Ch. 11 Weight Maintenance and Loss through Proper Nutrition and Exercise	
Ch. 11 Weight Maintenance and Loss through Proper Nutrition and Exercise	<b>Nutrition Analysis Pt. 2</b>
Ch. 12 Weight Gaining through Proper Nutrition and Exercise	<b>LearnSmart Ch. 12</b>
Ch. 13 Food Drugs and Related Supplements	<b>LearnSmart Ch. 13</b>
Ch. 13 Food Drugs and Related Supplements	
<b>In-Class Assignment #2</b>	
<b>Exam # 4 – Ch. 10 - 13 (10:15)</b>	