

Santa Ana College/Kinesiology/Fall 2021

Course Name/Section Number: KNHE 104: Nutrition and Fitness

Meeting Days/Times: TBA

Instructor:

Office: F-121

Office Hours: MTWTH 9:20am-10:20am

Phone:

Email:

Course Description:

This is an applied nutrition and physical fitness course designed to facilitate a basic understanding of basic nutrition and fitness concepts. This course will focus on principles of physical fitness, cardiorespiratory fitness, muscular strength and endurance, flexibility, body composition, and nutrition. Applied concepts will include personal fitness program development, diet analysis, and a personal nutrition plan.

Student Learning Outcomes:

1. Discriminate between the classes of nutrients and understand their role in the production of energy and sustaining good health.
2. Record and document their eating behaviors and formulate appropriate nutritional Strategies.
3. Understand and apply the synergism that diet and exercise have on Health and body composition of the human being.
4. Know how to evaluate, interpret, and prescribe (in the context of health and fitness) Appropriate body composition.
5. Gain knowledge about flexibility, aerobic and anaerobic fitness assessment, and Exercise prescription.
6. Understanding obesity, weight management, and aging.
7. Assess the overall diet, as well as create a diet that will facilitate the nutritional and body composition goals of an individual.
8. Prescribe an exercise program that will facilitate body composition and fitness goals.
9. Understand the metabolism of food in energy production
10. Demonstrate an awareness of the scientific basis of nutrition, emphasizing the role of individual nutrients as integrated parts of the whole process.

Required Textbook:

Fit and Well 13th Edition, Fahey ISBN# 9781264020423.

This custom book is available through the Santa Ana College Campus Bookstore online at <http://www.donbookstore.com/> or on campus. The textbook is an integral part of this course and will be used throughout. If you don't already have the textbook, please get one as soon as possible.

Communication:

The primary sources of communication in this course will be through the discussion board and by email. Please be sure to have a current working email address in your Blackboard profile.

Personal Issues: For questions regarding personal issues such as a grade on a specific assignment, please communicate with me via email. Emails must include our Course Section Number, course number, name, and the subject, in the subject line. (example: 02005 KNHE 104 Abbey – DB #1 Question) I will generally respond to emails within 24 hours between Monday 9am and Friday 4pm if they have the section number in the subject line. Emails received over the weekend will be answered on Monday. Responses to emails without the proper subject information will be delayed.

Assignment and Course Questions: For questions about specific assignments, course navigation or Blackboard, please post a question on our discussion board link. Students are encouraged to post answers to each other's questions on this link. I will check the board at least once each day to post answers during the school week (see above).

Instructor Availability: Finally, please understand that I am not online 24/7 awaiting your every concern. In general, I check my emails, questions for the instructor etc....once in the morning and once in the evening daily; please be patient.

Student Expectations:

Enrolling in an online class is a significant commitment of your time, energy, and at times, your patience! You will be required to manage your time wisely, complete assignments on or before the due dates, and have adequate computer skills to navigate your way through an Internet web browser and Microsoft Word. If you anticipate significant challenges in these areas, please talk to me so we can explore various options. Above all, be vigilant about setting aside regular time for this course.

Attendance Policy:

To be successful in this course, regular "attendance" will be necessary. What this means is you should plan on logging into the course regularly to look for announcements, new assignments, and engage in threaded discussions through the discussion board on a daily and weekly basis.

Drop Policy:

Attendance Policy: In accordance with the college drop policy, students who do not access the class web site or submit the “first assignments” by the due date may be dropped as a no show. Students who fail to turn in the weekly assignments and or participate in the discussion boards will be considered “absent” and may be dropped from the class for “excessive absence.” Students are responsible to officially drop the class or they will receive a letter grade based on their performance.

No Show Drop: In this course, you must complete the following activities by Wednesday of the first week of classes or you will be dropped as a “No Show”:

1. Complete the “Check-in Assignment” from the 1st announcement by 8pm Tuesday.
2. Post a new thread on Discussion board #1 and #2, following directions found in course the information link, by Wednesday at 8am.

Excessive Absence Drop: If the instructor observes two consecutive weeks of non-participation the student will be dropped.

Deadlines:

Two modules or chapters (assignments, quizzes, discussion Boards etc....) will be assigned and opened each week on Monday’s at 8am. The modules assigned each week are due the following Monday from which they were assigned by 8:00am deadline.

All file submissions must be as Microsoft Word (.doc) files.

Academic Dishonesty Policy:

Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one’s research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization or uses unauthorized materials or fabricated information in any academic exercise. As institutions, we also consider academic dishonesty to include forgery of academic documents, intentionally impeding or damaging the academic work of others, assisting other students in acts of dishonesty or coercing students into acts of dishonesty.

Any student who is found to be cheating or plagiarizing will receive an automatic zero

for the assignment, and at the instructor's discretion, may receive a permanent grade of "F" for the course. The instructor reserves the right to pursue disciplinary action against students guilty of academic dishonesty, in accordance with the SAC student dishonesty policy.

Grades/Grading Scale:

Your grade in this course will be based on a cumulative point's total of ALL assignments, Discussion Boards, quizzes, and exams. I do not use a weighted scale. The following scale will be used to determine your final grade in this course:

Percentage	Letter Grade	Achievement
90-100	A	Outstanding Achievement
80-89	B	Very Good Achievement
70-79	C	Average Achievement
65-69	D	Below Average Achievement
Below 65	F	Failed the Course

A note about your grades in this course: Sometimes students find the environment of an online course to be challenging. This has caused some students to fall behind in their coursework, even to the point of giving up on the course altogether. If at any point in the course, you find yourself falling behind, please contact me. I do not want to see anyone fail or withdraw from the course unnecessarily. Our emphasis is on learning the material. In general, students who regularly complete the assignments and participate in projects and discussions will be successful in this course.

STUDENTS WITH DISABILITIES: Your success in this course is important to me. Santa Ana College and I are committed to providing reasonable accommodations for all individuals with disabilities. If you have a disability that may have some impact on your ability to do well in this course, I encourage you to speak with me as soon as possible. Also, please contact Disabled Student Programs & Services so that we can all collaborate on your classroom accommodations in a timely manner. DSP&S is in U-103 and their phone number is 714-564-6264. The DSP&S office requires documentation of your disability to receive reasonable accommodations. If you do not have documentation, they will work with you to acquire it. I look forward to supporting you to meet your learning goals.

Additional Information:

Update your Email: Login to Web Advisor, click on "Address Change", Enter your Email Address, click "Submit", and "Log out" to exit. Please see the Distance Education website for further details: <http://sac.edu/disted>

Questions: If you have any trouble logging in, or with Blackboard, please contact the instructor. As a secondary means of contact, you may use the Distance Education Student Help and Frequently Asked Questions page (<http://sac.edu/disted>). If necessary, contact them directly at (714) 564-6725, or A-101.

Preparation: Are you ready for Online Learning? Do you have the necessary Blackboard skills?

- This course is geared for students who are self-directed, manage their time and have basic computer skills.
- It is mandatory to be able to use the Internet and type all assignments.
- Complete the “SAC Student Online Orientation”, under “My Organizations” on the Blackboard homepage. It will allow to you become familiar with Blackboard, learn about time management, learning styles, and will help you to determine the best approach for you in an online course: <http://rsccd.blackboard.com>.
- Complete “Bb Basics for Students”, under “My Courses” on the Blackboard homepage. It will familiarize you and give you practice with the necessary skills that you will use in our course.

Expectations: This is a college level course. Many students expect that an online course will be easier or entail less time. This is not true. This online class will take just as much time as a traditional classroom course. College credits are based on the Carnegie Unit, the structure of the US Education system, for a system of “units”. One semester unit represents one lecture hour of required classroom time and two hours of student preparation time. Thus, our 2-unit course requires, 2 lecture hours and 4 hours of student preparation, or approximately 6 hours total, per week that you will need to spend on this course

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I look forward to working with you and hope this will be a rewarding learning experience for you. As your guide through this course, please do not hesitate to contact me if you run into difficulties, technical, content-based, or otherwise.

Welcome to our course!