



Family and Consumer Sciences Department

Course Name/Number: Lifespan Fitness and Nutrition: NFS 1030

CRN: 41983

Meeting Days and Time: Tuesday and Thursday 11-11:50 am Aug 23-Dec 8

Semester/Year: Fall 2016

Credit Hours: 2 credit hours

Location: PAB 112

Instructor: Debbie Mosher

DSU Email Address: mosher@dixie.edu

Cell Phone: 435-229-1340

Office Hours: Before and after class in Rm 112

Prerequisites: None

Lab and other fees: \$35.00

Course Description from Catalog:

Open to all students with an interest in learning appropriate fitness and nutrition practices over the lifespan. Of special interest to athletes, and students studying nutrition or physical fitness. Basic

nutrition and fitness concepts will be taught. Weight control, nutrition for the athlete, low fat and healthy cooking and stress management will be emphasized. Includes lecture, fitness activities, group work, dietary analysis and food labs. Students will develop an individualized fitness and nutrition plan.

Required Text: Get Fit Stay Well (3rd edition) by Hopson, Donatelle, Littrell

Family and Consumer Sciences Department Learning Outcomes

Students taking FCS courses will:

1. Explain the major concepts of a view of life, the cell and genetic basis of life
2. Demonstrate knowledge of the process of science including asking testable questions, using inductive and deductive reasoning in forming hypotheses and in making reliable predictions
3. Define the objective of science and research including distinguishing among the natural sciences, liberal arts and social and behavioral sciences, and pseudo-science.
4. Compute ratios, proportions, percentages, decimals, fractions, frequencies and elementary probabilities
5. Describe scientific ideas through oral and written assignments, critiques, questions and or discussion
6. Critique the content of scientific articles regarding nutrition-related studies
7. Explain experimental designs using scientific theory
8. Demonstrate basic knowledge and concepts in nutrition and apply the relevance of the materials to their everyday lives by giving ample analogies and examples in order to enlighten and motivate them
9. Identify essential nutrients, their functions and how they relate to the anatomy, physiology and chemistry of the human body
10. Complete dietary analysis on their eating habits and analyze it for nutrient content and adequacy based on concepts taught during the course
11. Analyze current diet and nutritional trends and the effects these have toward good health
12. Identify the special nutritional concerns of the changing needs throughout the human life span, eating disorder, weight control, disease prevention, physical activity, food safety, and technology

Course Objectives:

Students successfully completing this course will be able to:

1. Demonstrate an understanding of the importance of fitness and motor skill development.
*This will be accomplished by reading and studying chapters on cardio respiratory fitness, muscular fitness and flexibility fitness. Also by taking actual tests to find the level of fitness in all three of these areas.

2. Demonstrate an understanding of the link between childhood activity patterns and adult health and wellness.
*This will be accomplished by studying and reading the chapter on childhood fitness. Also by designing activities that would be suitable to children and their level of fitness from birth through 12 yrs.
3. Demonstrate an understanding of the importance of fitness throughout the lifespan.
*This will be accomplished by reading and studying the chapters on what happens to the body without physical activity and eating a healthy diet. We will be comparing and making food items with a healthy version verses an unhealthy version.
4. Demonstrate the knowledge and skills needed to create a personalized fitness program.
*This will be accomplished by interviewing each student on their fitness level and goals for becoming more fit in specific areas.
5. Demonstrate an understanding of proper nutrition practices and conducive to a healthy lifestyle.
*This will be accomplished by studying and reading the chapters on nutrition. Also by doing comparison to fast food and healthier choices.
6. Demonstrate an understanding of physical activity in relation to maintaining a healthy body composition.
*This will be accomplished by participating in tests related to physical fitness and studying and reading about the benefits of physical activity.
7. Demonstrate an understanding of safe exercise practices.
*This will be accomplished by evaluating each students level of fitness and designing plans for their individual health.
8. Demonstrate knowledge as a wise consumer relative to health and nutrition.

*This will be accomplished by learning the costs of repairing the effects of bad health practices verses keeping on a healthy path.

These objectives will be accomplished by participation in actual physical tests. Personally discussing and planning a nutrition plan. Taking exams on each section of study. Class discussions and lectures.

Instructor policy on late assignments, missed quizzes and absences:

This is a participation based class. If you for see missing class, you must make arrangements beforehand.. If you miss the due date for exams or assignments, you must make arrangements with me, or a grade a 0 will be given.

Grading

Grades will be based on the following:

| | |
|----------------------|----------------|
| Exam 1 | 100 points |
| Exam 2 | 100 points |
| Exam 3 | 100 points |
| Chapter labs | 25 points each |
| Your fitness program | 25 points |
| Your Diet plan | 25 points |

Total About 760 points

There will be opportunities for extra credit.

The final grade will be calculated on the following percentages:

| | |
|----|---------------|
| A | 95-100% |
| A- | 91-94% |
| B+ | 88-90% |
| B | 84-87% |
| B- | 81-83% |
| C+ | 78-80% |
| C | 74-77% |
| C- | 71-73% |
| D+ | 68-70% |
| D | 64-67% |
| D- | 60-63% |
| F | 59% and below |

Course Outline:

Tuesday

Aug 23, -- class intro

Aug 30,-- Fitness Principles

Sept 6, -- Exercise

Sept 13, -- Exercise

Sept 20, -- Exercise

Sept 27, -- Exercise

Oct 4, -- Exercise

Thursday

Assessing Fitness

Setting fitness goals

1st gym visit

2nd gym visit

3rd gym visit

Track

Muscular strength tests

| | |
|--|---|
| Oct 11, -- Exercise | fall break |
| Oct 18. -- flexibility tests | written test on exercise |
| Oct 25, -- nutrition | cooking #1 fat vs low fat |
| Nov 1, -- Nutrition | cooking #2 reading food labels |
| Nov 8, -- Nutrition | recipe modifications |
| Nov 15 -- Nutrition (recipe modifications) | written test on nutrition |
| Nov 22, -- | Thanksgiving |
| Nov 29 -- Stress | lifestyle choices |
| Dec 6 -- lifestyle choices | written test on stress, lifestyle choices |