Family and Consumer Sciences Department
Course Name/Number: NFS 1030 – 01 Lifespan Fitness and Nutrition

CRN: 41983
Meeting Days and Time: Thursday – 12:00 pm – 1:40 pm
Semester/Year: Fall 2014
Credit Hours: 2.0 Credit Hours
Location: NIB #133
Instructor: Jill Bryan, MS, RD
DSU Email Address: bryan@dixie.edu
Office Phone: 435-879-4247
Office Hours: Thursday: 8:30-9 am. Other office hours available by appointment.
Office Location: NIB #134
Prerequisites: None

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 Center activities, group work, dietary analysis, and food labs. Students will develop an individualized fitness and nutrition plan.


Family and Consumer Sciences Department Learning Outcomes:

Students successfully completing this course will be able to:

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

Course Objectives:
By the end of this course students will be able to:
1. demonstrate an understanding of the importance of fitness and motor skill development during the pediatric years;
2. demonstrate an understanding of the link between childhood activity patterns and adult health and wellness;
3. demonstrate an understanding of the importance of fitness throughout the lifespan;
4. demonstrate the knowledge and skills needed to create a personalized fitness program;
5. demonstrate an understanding of nutritional practices conducive to a healthy lifestyle;
6. demonstrate an understanding of nutritional and activity practices conducive to obtaining and maintaining a healthy body composition;
7. demonstrate an understanding of safe exercise
8. demonstrate knowledge of being a wise consumer relative to health and nutrition

Course Assignments and Assessments:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average of chapter quiz grades</td>
<td>100</td>
</tr>
<tr>
<td>&amp; class assignments</td>
<td></td>
</tr>
<tr>
<td>Exam 1</td>
<td>100</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
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<tr>
<td>Exam 3</td>
<td>100</td>
</tr>
<tr>
<td>Total Possible Points</td>
<td>400</td>
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</tbody>
</table>

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences: Late assignments, missed exams, and missed quizzes will be given a grade of zero unless previous
arrangements have been made with the instructor. Only valid excuses with accompanying documentation will be considered for make-up work.

Course Outline
A paper copy was handed out the first day of class. It is also located on the Class Outline page from the Home page of the course on Canvas.

Departmental Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>95%-100%</td>
</tr>
<tr>
<td>A-</td>
<td>91%-94%</td>
</tr>
<tr>
<td>B+</td>
<td>88-90%</td>
</tr>
<tr>
<td>B</td>
<td>84-87%</td>
</tr>
<tr>
<td>B-</td>
<td>81-83%</td>
</tr>
<tr>
<td>C+</td>
<td>78-80%</td>
</tr>
<tr>
<td>C</td>
<td>74-77%</td>
</tr>
<tr>
<td>C-</td>
<td>71-73%</td>
</tr>
<tr>
<td>D+</td>
<td>68-70%</td>
</tr>
<tr>
<td>D</td>
<td>64-67%</td>
</tr>
<tr>
<td>D-</td>
<td>61-63%</td>
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</table>

Information on semester dates, final exam dates, available resources, college policies and Dmail is listed below. For this and other information, click the following link:

http://www.dixie.edu/reg/syllabus/

Final Exam Schedule

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Class Time</th>
<th>Exam Day</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily, MWF, MTWF, MWRF, MW, etc.</td>
<td>7:00 a.m.</td>
<td>Mon, Dec 15</td>
<td>7:00 a.m. - 9:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>8:00 a.m.</td>
<td>Wed, Dec 17</td>
<td>8:30 - 10:30 a.m.</td>
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<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Fri, Dec 19</td>
<td>9:30 - 11:30 a.m.</td>
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<tr>
<td></td>
<td>10:00 a.m.</td>
<td>Mon, Dec 15</td>
<td>10:30 a.m. - 12:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>11:00 a.m.</td>
<td>Wed, Dec 17</td>
<td>11:00 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Fri, Dec 19</td>
<td>12:00 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Mon, Dec 15</td>
<td>1:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:00 p.m.</td>
<td>Wed, Dec 17</td>
<td>2:30 p.m. - 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>3:00 p.m.</td>
<td>Fri, Dec 19</td>
<td>3:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Mon, Dec 15</td>
<td>3:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Tue/Thur</td>
<td>7:30/8:00 a.m.</td>
<td>Tue, Dec 16</td>
<td>8:00 a.m. - 10:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>9:00 a.m.</td>
<td>Thu, Dec 18</td>
<td>9:30 a.m. - 11:30 a.m.</td>
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<tr>
<td></td>
<td>10:30 a.m.</td>
<td>Tue, Dec 16</td>
<td>10:30 a.m. - 12:30 p.m.</td>
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<tr>
<td></td>
<td>12:00 p.m.</td>
<td>Thu, Dec 18</td>
<td>12:00 p.m. - 2:00 p.m.</td>
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<tr>
<td></td>
<td>1:00 p.m.</td>
<td>Tue, Dec 16</td>
<td>1:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:30 p.m.</td>
<td>Thu, Dec 18</td>
<td>2:30 p.m. - 4:30 p.m.</td>
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<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Tue, Dec 16</td>
<td>5:30 p.m. - 7:30 p.m.</td>
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Once a Week or Evening Classes
Classes which meet once a week or in the evening (5:00 p.m. or later) hold Final Exams during the regularly scheduled class time during the Final Exam week.
Important Semester Dates to remember

Aug 25   Classwork Starts  
Aug 28   Last Day for Waitlist  
Aug 29   Last Day to Add Without Signature  
Sep  1   Labor Day  
Sep  4   Drop/Audit Fee Begins ($10 per class)  
Sep  4   Residency Application Deadline  
Sep  9   $50 Late Registration/Payment Fee  
Sep 15   Pell Grant Census  
Sep 15   Last Day for Refund  
Sep 15   Last Day to drop without receiving a "W" grade  
Sep 17   Courses dropped for non-payment  
Sep 19   Last Day to Add/Audit  
Oct  1   Fall 2014 Associate's degree Graduation Application Deadline  
Oct  15  Mid-Term Grades Due  
Oct 16-17  Semester Break  
Oct 20   Last Day to Drop Individual Class  
Oct 27   Spring and Summer 2015 class schedules available online  
Nov  3   Spring 2015 Bachelor's degree Graduation Application Deadline  
Nov 11   Career Day  
Nov 14   Last Day for Complete Withdrawal  
Nov 17   Spring Registration open to Seniors (90+ credits)  
Nov 18   Spring Registration open to Juniors (60+ credits)  
Nov 19   Spring Registration open to Sophomores (30+ credits)  
Nov 20   Spring Registration Open to All Students  
Nov 26-28  Thanksgiving Break  
Dec 12   Classwork Ends  
Dec 15-19  Final Exams

Important Links

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the Smith Computer Center and the Library)
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- **Tutoring Center** - Free and open to all students. Improve your study skills and clarify concepts and class material.
- **Writing Center** - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

### Policies and Statements

- **Disability Statement:**

  If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- **Academic dishonesty / Academic integrity policy**
- **Reference to "Policy for Absences Related to College Functions"**
- **Disruptive behavior policy / classroom expectations**

### Dmail

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit [go.dixie.edu/dmail](http://go.dixie.edu/dmail). If you do not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](http://go.dixie.edu/mydixie) and follow the respective instructions.