

MONTGOMERY COLLEGE
Department of Health Enhancement, Exercise Science, and Physical Education

HLTH 121: Nutrition for Fitness & Wellness
(3 credits)

I. Instructor Information

Instructor information is available under the “**Start Here**” tab on the “**Course Content**” page.

During the course, all email communication should be done through Blackboard. The only exception is if you are unable to access the course. Any e-mail sent to the instructor’s outside email address that does not involve being unable to open the class website will be deleted.

All emails must be sent to your instructor – **First Name Last Name (Instructor)**. **Do not send emails to the HLTH 121 Coordinator, as this mailbox is not monitored.** Please, note that you should not expect an immediate response to emails. It may take up to two business days for your instructor to respond.

II. General Course Information

This course will be delivered entirely online through Blackboard.

HLTH 121 - NUTRITION/FITNESS & WELLNESS

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. (GEIR) Assessment Level: ENGL 101/ENGL 101A. Three hours each week. Formerly HE 108.

ENGL 101/101A 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. If you do not meet this prerequisite you will have difficulty completing the necessary requirements for this course.

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 what your major is and when you started taking classes at the college. 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. Specific Course 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 NutritionCalc Plus

Option #2

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

V. Grading

A. Requirements:

To be able to continue in the course and have access to the course modules, you must successfully complete all required tasks in the “HLTH 121 Academic Integrity Module” and “Orientation Module”. It is highly suggested that this is done by 11:59 pm Thursday, September 13, 2018 to gain access to the course modules before the first due date.

The instructor will grant access to the course modules, when all mandatory tasks are completed. Since each task must be reviewed by the instructor, it may take two business days to be granted access to these modules. **Any due dates or work the student misses due to failure of successful completion of the “HLTH 121 Academic Integrity Module” and “Orientation Module” by September 13, 2018 CANNOT be made up.**

B. Course grades:

Quizzes (13 @ 15 points each)	195 points
LearnSmart Assignments (13 @ 10 points each)	130 points
Case Studies*	125 points
Nutrition Analysis Project*	100 points
Total Points	550 points

*Grades will be submitted within seven business days from the coursework’s due date.

Quizzes

You are responsible for the reading assignments that are listed for each chapter. Chapter quizzes must be completed by the due date listed for that chapter. The quizzes are open book, although it is expected that the student has read the chapter and completed the LearnSmart assignment prior to taking the quiz.

- Quizzes get progressively more difficult throughout the semester.
- Quizzes can be found in the modules under the “Course Content” tab.
- The quizzes can only be opened once. **(Do not close your browser.)**
- Each question is worth 0.75 points and there are 20 questions per quiz.
- Once you start the quiz you have 20 minutes to finish it.

LearnSmart Assignments

A LearnSmart is assigned for each chapter. 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. All questions in LearnSmart must be answered correctly to receive full credit. **See LearnSmart FAQ in the “Start Here” section for more details.**

Case Studies

The case studies are designed to help you analyze your current diet using information from the diet analysis that will be created during Part I of the Nutrition Project. Case studies will not be graded for failure to submit Part I of the Nutrition Project.

Nutrition Analysis Project

The Nutrition Analysis Project will give you the opportunity to analyze your current dietary habits, develop nutritional goals, and develop a plan to help you improve nutritional habits. Detailed instructions for the project can be found in the “Nutrition Analysis Project Folder.” The project will be submitted as an Attached File in the “Nutrition Analysis Project Drop Box”. The file must be saved as a Word or PDF document. Papers that are submitted in the “submissions” box or submitted as incorrect files will not be graded.

C. Standards

495 – 550 = A
440 – 494 = B
385 – 439 = C
330 – 384 = D
0 – 329 = F

D. Make-up Policy

There should be no reason for you to miss any assignments/quizzes. If an emergency happens, you have 24 hours from the time the assignment/quiz was due to get in contact with your instructor. You must have written documentation for your emergency. No extensions will be given without the proper documentation. An emergency does not include you being stuck at work, or your computer crashing the night the assignment was due.

E. Late Policy

NO assignments will be accepted late. Due dates are not negotiable.

F. Audit Policy:

If you are auditing the class, you must complete all work.

VI. Policies and Procedures

A. Attendance Policy

You are expected to log in to the class at least three times per week. You are expected to check your email regularly. Failure to log in on a weekly basis may result in a student being dropped from the course for excessive absences as outlined in the Montgomery College Student Code of Conduct. It is ultimately your responsibility to withdraw from the course by the appropriate withdrawal date (see the MC Academic Calendar) if you are no longer interested in participating in the course.

B. 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 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, withdrawal 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 address them with 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/>

C. Academic Honesty

Academic dishonesty can result in a "0" on the assignment or quiz, or an "F" in the course. Please make sure to read closely the Academic Integrity Tutorial (see Academic Integrity Module). In addition, this course will use "SafeAssign" via Blackboard, a digital plagiarism tool, to check your work for academic dishonesty.

Forms of plagiarism/cheating include, but are not limited to the following:

- Submitting work you had previously turned in for another section of the course (HLTH 121) from a different semester, whether in-class or online. This applies if you are taking this course again
- Submitting work, you submitted for another course.
- Submitting someone else's work from another section of the course (whether in the same semester or a different semester)
- Copying from websites, textbooks, and/or other sources of information without proper citations

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 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 laws.

D. Communication

Student e-mail (via Blackboard) is the official means of communication for online courses. If you are unable to access your Blackboard course site, you should email your professor via your student e-mail (montgomerycollege.edu) account.

IMPORTANT: 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.

VII. Technology

A. Blackboard – Technology:

It is the student's responsibility to be familiar with how to use Blackboard. If you are unfamiliar with the technology, you should visit the following web addresses to determine if online courses are appropriate for you and to prepare for this course.

<http://cms.montgomerycollege.edu/EDU/Department2.aspx?id=9294>

B. Blackboard & McGraw-Hill Connect – Technical Issues:

If during the course you experience a technological problem with Blackboard or McGraw-Hill, you need to follow the procedures below. Following these correct procedures may make it possible for you to resubmit an assignment or be granted an extension to a course deadline (if necessary) depending on the circumstances and approval from your professor.

1. Call the Blackboard Help Desk at 240-567-7222 or McGraw-Hill at 800-331-5094 to report your problem.
2. Write down the work order number received from the Blackboard Help Desk or McGraw-Hill Technical Support.
3. Send an email to your professor identifying: the date and time of the phone call, the work order number, the nature of the problem, the steps to resolution suggested by Blackboard or McGraw-Hill and the outcome of the phone call. This email must be sent within one hour of contacting the Blackboard Help Desk or McGraw-Hill Technical Support.

***If in doubt, contact the Blackboard Help Desk or McGraw-Hill Technical Support if you are experiencing a problem. If you do not follow the instructions listed above, you will not be able to resubmit work due to technical errors.**

HLTH 121 – Nutrition for Fitness & Wellness

Course Schedule

Required Tasks	Due Date (by 11:59 pm)
<p style="text-align: center;">Academic Integrity Module</p> <p>Required tasks you must complete:</p> <ul style="list-style-type: none"> • Review Academic Integrity and Avoiding Plagiarism Tutorial • HLTH 121 Academic Integrity Quiz (this quiz is in Blackboard and must be completed with a perfect score BEFORE you can complete the Orientation Module) 	<p><u>IMPORTANT:</u> These <i>required</i> tasks must be completed by _____ to gain access to the course modules before the first due date**</p>
<p style="text-align: center;">Orientation Module</p> <p>Required tasks you must complete:</p> <ul style="list-style-type: none"> • Connect Registration • SmartBook Overview • Practice Drop Box Assignment • Introduction Discussion 	

***Remember, any module you miss due to failure to complete the required tasks cannot be made up. Also, access to the course modules is **not** automatic. It may take up to three business days after you submit your last required task for you to gain access to the rest of the course.*

*****See next page for Course Schedule*****

HLTH 121 – Nutrition for Fitness & Wellness

Course Schedule

Module	Topic	Module Tasks	Due Date (by 11:59 PM)
Module 1	Chapter 1: Intro to Nutrition for Health, Fitness, and Sports Performance	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 1 Quiz Review Class Project Instructions 	Thursday
Module 2	Chapter 2: Healthful Nutrition for Fitness and Sport	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 2 Quiz Case Study 	Thursday
Module 3	Chapter 3: Human Energy Part I: Nutrition Analysis Project Due	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 3 Quiz Nutrition Analysis Project Part I Drop Box 	Thursday
Module 4	Chapter 4: Carbohydrates: The Main Energy Food	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 4 Quiz Case Study 	Thursday
Module 5	Chapter 5: Fat: An Important Energy Source	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 5 Quiz Case Study 	Thursday
Module 6	Chapter 6: Protein: The Tissue Builder	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 6 Quiz Case Study 	Thursday
Module 7	Chapter 7: Vitamins: The Organic Regulator	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 7 Quiz Case Study 	Thursday
Module 8	Chapter 8: Minerals: The Inorganic Regulator	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 8 Quiz Case Study 	Thursday
Module 9	Chapter 9: Water, Electrolytes, and Temperature Regulation	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 9 Quiz Case Study 	Thursday
Module 10	Chapter 10: Body Weight and Composition for Health and Sport	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 10 Quiz Case Study 	Thursday
Module 11	Chapter 11: Weight Maintenance and Loss through Proper Nutrition and Exercise Chapter 12: Weight Gaining through Proper Nutrition and Exercise	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 11 Quiz LearnSmart Assignment Chapter 12 Quiz Case Study 	Thursday
Module 12	Chapter 13: Food Drugs and Related Supplements Part II: Nutrition Analysis Project Due	<ul style="list-style-type: none"> LearnSmart Assignment Chapter 13 Quiz Nutrition Analysis Project Part II Drop Box 	Thursday