LEARNING UNLIMITED PREPARATORY SCHOOL

**NUTRITION AND FITNESS 2022 SYLLABUS**

**Welcome!** **Welcome to Ms. Sarah’s Nutrition & Fitness Elective.** Hope you had a wonderful holiday break and are set to begin a new year of challenges, activity, healthy living!

**Course Description:** This one-semester course is designed to help students understand the importance of exercise and healthy eating habits presently and for a lifetime.

This course provides an understanding of the interactions between nutrition and exercise by integrating metabolism and physiology concepts in the context of recreational physical fitness training. This course will enhance students’ understanding of their fitness needs and guide them in making wise decisions to improve their health and wellness.

This course will cover fluid, macronutrient and micronutrient requirements for sport and explore specific roles that carbohydrates, fats, proteins, vitamins and minerals play in fueling the body before, during and after exercise. Special topics exploring specific nutritional concerns of various types of athletes and recreational athletes will be discussed.

Students will analyze and compare healthy food choices, as well as analyze their health risk, fitness levels, nutritional habits, lifestyles and attitude toward wellness. Students will participate in a wide variety of fitness activities, as well prepare healthy and delicious food.

**Course Objectives:** Through lectures, readings, class discussions, and active participation, students will:

1. Gain an understanding of basic nutrition principles and apply this knowledge to the needs of recreational athletes to enhance lifelong fitness and prevent chronic disease.

2. Outline the basic issues related to the legality of dietary supplements and the decision on whether to include them in a diet and training plan.

3. Classify types of research studies and levels of evidence in the exploration of dietary supplement claims and the use of scientific studies as a marketing tool.

4. Identify and describe disordered eating and exercise patterns.

5. Gain an understanding of the training and experience necessary to obtain various nutrition and exercise credentials.

**Course Outline:** This year we will be using the digital version of Dunford, M., & Doyle, J. A. (2019). *Nutrition for sport and exercise* (4th ed.). Cengage.

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| **TERM** | **CHAPTER** | *Dunford, M., & Doyle, J. A. (2019). Nutrition for sport and exercise (4th ed.). Cengage.* |
| Q3 | Ch 1 | Introduction to Sports Nutrition |
|  | Ch 2 | Defining and Measuring Energy |
|  | Ch 3 | Energy Systems and Exercise |
|  | Ch 4 | Carbohydrates |
|  | Ch 5 | Proteins |
|  | Ch 6 | Fats |
| Q4 | Ch 7 | Water and Electrolytes |
|  | Ch 8 | Vitamins |
|  | Ch 9 | Minerals |
|  | Ch 10 | Diet Planning: Food First, Supplements Second |
|  | Ch 11 | Weight and Body Composition |
|  | Ch 12 | Disordered Eating and Exercise Patterns in Athletes |
|  | Ch 13 | Diet and Exercise for Lifelong Fitness and Health |

**Course Policies & Expectations:**  Your success in this class is dependent upon your willingness and motivation to work and learn beyond the allotted class time.

* Set aside at least **30 minutes** every night to read sections of the textbook AND to review material covered/discussed in class. DO YOUR HOMEWORK INDIVIDUALLY AND SUBMIT IN A TIMELY FASHION!!!
* Throughout the year, you will be expected to write research reports and utilize various reference sources. You will be expected to cite your references accordingly or be penalized with a failing grade for the assignment.
* Group work is expected. Please remember to work collaboratively and harmoniously!
* Assignments, projects, lab reports, etc. are expected to be turned in as per deadline date AND time. After 1 day post-deadline date, late assignments WILL NOT BE ACCEPTED*.* An assignment submitted a day after the expected due date will be subject to a 30% penalty. To better prepare you for college life, **LATE WORK IS PROHIBITED**! *If extenuating circumstances should arise, it is YOUR responsibility to communicate with the teacher prior to deadline date(s).*
* Please prepare for weekly quizzes, especially those associated with chapter vocabulary. **Review daily** and be prepared for Section Review “pop quizzes”. Learning, remembering, and utilizing the proper scientific terminology is crucial for basic success in the course.
* Those absent (unexcused) during the day of a quiz/exam will not be permitted to “make it up”. If the absence is excused, you are responsible for arranging to write the quiz/exam within one week of the absence; failure to do so, results in a score of “F”.

Students are responsible for their own academic success. **This means a student who misses a class period for any reason is responsible for determining the day’s assignment and completing the requisite work.**

**Supplies & Materials:** You are expected to provide your own supplies, unless otherwise provided by the teacher. You are solely responsible for acquiring and maintaining these items: personal notebook/folder; USB flash drive, scientific calculator. **Access to a computer, tablet or e-Reader will be necessary to utilize the digital format of the textbook AND to complete assignments.**

Daily lessons will be available at: **msbeland.weebly.com** or on a downloadable file. Every day you will be expected to bring your laptop/tablet for the day’s activity.

\*\*\*Contents of this syllabus, course policies and procedures are subject to change, by the teacher, with prior notice to students before implementation.

**REMEMBER: CHEATING AND PLAGIARISM ARE PROHIBITED!!**

**NO FOOD OR BEVERAGES IN THE CLASSROOM!**

**Grading Distribution:** Your grades will reflect a weighting distribution according to the following categories:

ASSIGNMENTS [Homework/Participation/Class Work/Discussions] = 50% ASSESSMENTS [Quizzes/Tests] = 50%

**Grading Scheme: A** = 90 -100% **B** = 80 – 89% **C** = 70 – 79% **D** = 65 – 69% **F** = <65%

**Quarter 3**: 50 % **Quarter 4**: 50%

**School Policies & Procedures:** Please refer to the Student Parent Handbook located online (*http://www.luschool.com/student-parent-handbook.html*) for further information regarding school-wide policies and procedures.

**Contact:** Daily lessons can be viewed on: **msbeland.weebly.com**. You may address any further concerns, deliver assignments, projects, lab reports, etc. to the following email address: [sbeland@luschool.com](mailto:sbeland@luschool.com). If you desire immediate feedback/response, please send me a **Google Hangout Chat**.

**\*\*”It’s okay to STRUGGLE, but it’s not okay to give up on yourself or your dreams .”** – Gabe Grunewald**\*\***