

**Exercise Science Program**  
**School of Health Sciences**  
**Oakland University**

<b>Course:</b>	EXS 2400 - Weight Control, Nutrition and Exercise
<b>CRN:</b>	14055
<b>Course Credits:</b>	4 Credits
<b>Semester/Year:</b>	Winter, 2018
<b>Location/Time:</b>	Monday, Wednesday, Friday 10:40 – 11:47 a.m., 208 Elliott Hall
<b>Instructor:</b>	Tamara Hew(-Butler) DPM, PhD, FACSM
<b>Office:</b>	3157 Human Health Building
<b>Office Hours:</b>	Wednesday's 1-3pm or by appointment
<b>Phone/email:</b>	248-364-8686/hew@oakland.edu

**Course Description**

Theories dealing with weight loss and nutrition including such topics as fundamental nutrition, the relationship of foods to weight control, the physiology of weight loss and the body's internal weight control mechanisms will be discussed. This course is recommended for students attempting to develop the necessary skills for successful weight management and nutrition habits.

**Course Objectives**

At the conclusion of the course the student will have an understanding of the following:

- ✓ The role of lifestyle in disease prevention
- ✓ Disease process related to lifestyle
- ✓ Basic nutrition
- ✓ The role of nutrition in exercise and sport
- ✓ Energy systems used during exercise
- ✓ The energy value of food and of physical activity
- ✓ Evaluation of body composition
- ✓ The nature and dangers of obesity
- ✓ Weight control mechanisms and methods
- ✓ Behavior modification – eating and exercise
- ✓ Aging, exercise and cardiovascular health

Furthermore, the students shall collectively *create relevant strategies to promote life-long exercise and healthy eating habits.*

**Reference Textbook (not required)**

Nutrition for Sport, Exercise, and Health, MA Spano, LJ Kruskall and DT Thomas. Human Kinetics 2018.  
ISBN: 978-1-4504-1487-6 (print)

## Course Procedures

This course will be a combination of lecture (M), discussion (W) and creative exercises (F). The final outcome will be a class project (video) intended to motivate fellow students to embrace exercise and healthy eating as a FUN life-long habit. **Being present and engaged is imperative to success in this class (i.e. getting a good grade).** Participation and small weekly exercises will REQUIRE students to attend class. Therefore, if attendance will likely be a problem, please consider taking this class online in future.

## Grading

Every week, there will be short assignments and reflections completed in your notebook. You will be expected to participate in discussions. If you: attend class, participate in discussions, and complete short notebook assignments which demonstrate improvement or quality thought processes, you will receive a maximum of 6 points per week. Over 14 weeks, these weekly endeavors will comprise 84% of your grade. This is a marathon where regular and consistent training towards *gradual improvement* counts more than performance in the final race itself.

The remaining 16% of your grade will be split into 8% for your individual project and 8% on your final exam. The class will be given an option for the final exam, which will be discussed in class.

## Grading Scale

<b>A</b>	90-100%	4.0	<b>C</b>	79%	2.9	<b>D</b>	65%	1.5
				78%	2.8		64%	1.4
<b>B</b>	89%	3.9		77%	2.7		63%	1.3
	88%	3.8		76%	2.6		62%	1.2
	87%	3.7		75%	2.5		61%	1.1
	86%	3.6		74%	2.4		60%	1.0
	85%	3.5		73%	2.3			
	84%	3.4		72%	2.2	<b>F</b>	<59%	0.0
	83%	3.3		71%	2.1			
	82%	3.2		70%	2.0			
	81%	3.1						
	80%	3.0						

- If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible. If you need help regarding this issue (to document your disability) you can contact Disability Support Services at 248.370.3266 or 121 NFH.
- The PowerPoint made available to you should be used with each class.
- Using your phone, computer or mobile device during class is not permitted. If you need to take or make a phone call/text, discreetly leave the class-room and return when done.
- Work will not be accepted by e-mail unless specified by the instructor.
- Late work will not be accepted. No exceptions.
- The following is the link for important dates during the Winter academic semester:  
<https://www.oakland.edu/registrar/important-dates/>

## EXS 2400: Weight Control, Nutrition and Exercise

Tentative Topic Outline (subject to change): Winter Semester, 2018

Week	Date	Topics	Notebook Assignments
1	Jan 3-5	Introduction and Assessment	6%
2	Jan 8-12	Body Weight and Composition	6%
3	Jan 17-19 (no class 1/15)	Exercise and Weight loss (Fit and fat?)	6%
4	Jan 22-26	Unhealthy exercise	6%
5	Jan 29-31 (no class 2/2)	Energy Metabolism	6%
6	Feb 5-9	Carbohydrate	6%
7	Feb 12-16	Motivating people to exercise *GUEST LECTURE* Prof Brian Rider Hope College	6%
	<b>Feb 19-23</b>	<b>-WINTER BREAK-</b>	-----
8	Feb 26-March 2	Fat	6%
9	March 5-9	Protein	6%
10	March 12-14 (no class 3/16)	Vitamins and Minerals	6%
11	March 23 (no class on 3/19 or 3/21)	Water and Electrolytes	6%
12	March 26-30	Nutritional Supplements	6%
13	April 2-6	Nutrition for aerobic exercise	6%
14	April 9-11 (no class 4/13)	Nutrition for Resistance training	6%
15	April 16	Individual Project	8%
16		FINAL EXAM or VIDEO	8%

**TOKEN 1**



**TOKEN 2**



# 2018 JANUARY

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1		1	2	3	4	5	6
Week 2	7	8	9	10	11	12	13
Week 3	14	15 X No Class Holiday	16	17	18	19	20
Week 4	21	22	23	24	25	26	27
Week 5	28	29	30	31			

[www.free-printable-calendar.com](http://www.free-printable-calendar.com)

# 2018 FEBRUARY

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 5					1	2 X No Class!	3
Week 6	4	5	6	7	8	9	10
Week 7	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	<b>WINTER BREAK</b>						
Week 8	25	26	27	28			

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# 2018 MARCH

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 8					1	2	3
Week 9	4	5	6	7	8	9	10
Week 10	11	12	13	14	15	16 X No Class	17
Week 11	18	19 X No Class	20	21 X No Class	22	23	24
Week 12	25	26	27	28	29	30	31

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# 2018 APRIL

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 13	1	2	3	4	5	6	7
Week 14	8	9	10	11	12	13 X No class!	14
Week 15	15	16 Last day of class	17	18	19	20	21
FINALS WEEK!	22	23	24	25	26	27	28
	29	30					

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