

Syllabus Nutrition and Weight Management

Course Description

This class promotes improving your overall health through developing a fitness and nutrition program. Students will actively participate in the development and comprehension of sport activities. It is primarily designed to help students fulfill the Physical Education portion for a High School diploma.

Through time spent in weekly physical activity, application of dietary fundamentals, learning in chat sessions with the instructor, and research for threaded discussions, students will exercise their bodies and their minds and discover that the only true way to reach their ideal weight is through a combination of nutrition and exercise! This class will provide students with all the necessary information to build a strong foundation for vital health and improved quality of life. Some of the topics covered in this class are the basic principals of fitness and the importance of regular exercise, the benefits of aerobic moderate exercise, diet fads, concepts of weight control through nutrition, vital nutrients and vitamins.

Through this program, and at its conclusion students will understand how to set goals with the intent of preserving and expanding opportunities for healthful, enjoyable physical activity and nutrition practices.

State Requirements

According to California State requirements high school students must complete a minimum of 400 minutes every 10 school days (EC 51222). This means that high school students are required to have 117 hours of physical education per school year. Two years of Physical Education are required for graduation (EC 51225.3). To fulfill the high school requirements for high school diploma students are required to have a total of 234 hours of physical education over a period of two calendar school years.

National University Virtual High School physical education curriculum is designed to assist students meet these requirements in part or in full.

Introduction

NUVHS assists students in their pursuit of obtaining a high school diploma as a means of fulfilling the 2 credit (1 credit per calendar school year) requirement for physical education. Students are not required to take two terms with NUVHS, nor are they restricted to a minimum number of terms. Remember that a total of 2 credits are required for high school graduation, however it is important to note that a maximum of **1 credit** can be obtained per academic calendar school year. It is mandatory that all ninth graders take physical education. Students are then required to obtain one more Physical Education credit in either the tenth, eleventh, or twelfth grades.

In any case students can receive one year's physical education credit in just 16 weeks, that's two full terms of a physical education course with NUVHS.

- 60 hours (1 term)= 1/2 credit
- 120 hours (2 terms)= 1 credit

Course Requirements

Students who enroll are required to:

- Have an up-to-date medical release form on file with National Virtual High School. If you do not please download a copy and have your Doctor sign it; then turn a copy into the school prior to the start date.
- Participate in a individualized fitness activity and nutritional program every week during the entire 8 week term (minimum of 400 minutes of every 10 days). Locate the weekly activity breakdown for specific details.
- Complete the assigned readings, and turn in projects, contracts, reports, and assessments as scheduled and on time.
- Ethical and honest behavior is expected in the classroom, on the field, in the gym, and on the court. This online course is no exception. Students taking this course are expected to honestly represent themselves. The time spent in activity, the content of the activity, the quizzes, assessments, and other relevant assignments must be honestly reported.
- **Plagiarism** is the presentation of someone else's work or ideas as one's own. Students found plagiarizing are subject to the penalties outlined in the Policies and Procedures section of the Virtual High School's Catalogue, which may include a failing grade for the work in question or for the entire course.

Failure to comply with any of the above requirements may result in a loss of points, being dropped from the class, or even the entire program!!

Learning Outcomes

Upon successful completion of the NUVHS Physical Education IA course, the student will possess:

1. Enhancement of movement skills and movement knowledge - students will develop effective motor skills and understand the fundamentals of movement by practicing and analyzing purposeful movement.
2. Increased self-image and personal development - students develop and maintain a positive self-image and strive to become the best they can be through planned physical activities.
3. Improved self-control skills - Students will learn how to manage their minds and their weight through nutrition education and application of principal
4. Improved social development - Students develop appropriate social behaviors by working independently and with others during planned physical activity.
5. Goal setting and goal accomplishment skills - Students are give the opportunity to plan and accomplish achievable goals.
6. Improved Physical Fitness - Students must set goals and complete a series of evaluations that are designed to confirm the progression of their skills and abilities in fitness.

Goals

- Offer students all over the globe the physical education courses/hours to satisfy California state requirements to receive a high school diploma.
- Emphasize gratifying participation in physical activities that can easily be enjoyed throughout life (e.g., dancing, jogging, swimming, bicycling, walking, aerobics).
- Understand important principals of nutrition and food choices its affect on the quality of your life.
- Learn the skills and gain a confidence for participating in the development of fitness levels and overall health.
- Promote and enhance physical activity experience through the coordinated efforts of

school, community, and family.

Schedule/Due Dates

One of the many advantages National University Virtual High School is able to offer its students is the opportunity to use the physical activity participation hours on Saturday and Sunday to achieve the hours needed in this course. The NUVHS physical education schedule is based on a 7day week, rather than a 5-day week.

Students are required to complete assigned readings, assessments, action plans, activity contracts, and participate in weekly threaded discussions. Each week is structured to optimize learning and develop skills and abilities. Weeks are considered to consist of seven days, Friday to Saturday including any time spent on Saturday or Sunday before the start of class.

The First Week

The first day (can also be completed before the official start of class) students are to complete the **pre-evaluation assessment**, and together with the instructors assistance, will create the **SAP (student action plan)**. The SAP, with the collaborative help of the instructor, will be completed by the end of the first week. Students are also required to complete and **return two signed**

Buddy Letters of Intent, as well as an **Activity Report**. It is the student's discretion as to when and how the activity is accomplished. It is required, however that students participate in a class activity every week for a minimum of 7 ½ hours.

MONDAY:

1. Students are to read the **chapters/lectures** assigned. Some of the issues in these assigned readings will be the topic of the threaded discussions and "office hours".
2. Students are to submit 3 separate responses to the threaded discussion (at least 12 hours apart and totaling 75 words) by Friday.

TUESDAY:

1. The instructor will hold "office hours" and students are encouraged to use this time to ask the instructor questions, clarify any details, work on SAP's or discuss any aspect of the course with the instructor (students are required to participate in one of the two "office hours" sessions).

****This is considered a *live chat* of *synchronous* sessions where you will be graded on your attendance, participation, and quality of responses both to the instructor and to fellow classmates.**

THURSDAY:

1. The instructor will hold "office hours" and students are encouraged to use this time to ask the instructor questions, clarify any details, work on SAP's or discuss any aspect of the course with the instructor (students are required to participate in one of the two "office hours" sessions).

****This is considered a *live chat* or *synchronous* sessions where you will be graded on your attendance, participation, and quality of responses both to the instructor and to fellow classmates.**

FRIDAY:

1. Students are required to post 3 separate responses to the threaded discussion. No drive by postings!! This means that students are required to submit thoughtful, and insightful postings. These should all occur at least 12 hours apart, and should total at least 75 words.
2. Students are required to submit a complete **activity report and Daily Diet Journals**.

Unit/Lessons

Lessons are created to ensure that learning and progress occurs. By the end of an 8- week term, students will possess a greater understanding of the active life. The active life is a way of living based on regular physical activity and new behaviors including healthy food choices as it relates to weight control. Themes of the lesson plans are divided into four modules:

- **Module 1- Introduction**
- **Module 2- Weight Management**
- **Module 3- Program Development**
- **Module 4- Behavior Change and Goal Setting**

Pre-Test, Mid-term, and Final assessments

These assessments are utilized as a means of understanding physical fitness levels, at the beginning, middle, and at the end of a term. This is how progress is monitored, and is large part of your final grade.

You will be asked to take a pre-assessment test, a mid-assessment test, and a final assessment. This is so that you can develop goals that are attainable, and appropriate, as well as track and plan your progress on your Student Action Plan Form. You will be amazed at how responsive your body can be with an appropriate program. You will be given complete directions and lists of the equipment you will need to accomplish these assessment tests. It is important to note that all the tests you perform in Week 1 will be the SAME for week 4, and week 8. The tests must be the same in order to track progress accurately.

Assignments

Students are required to turn in all assigned work as scheduled.

Buddy Contracts : Students are to recruit one individual who agrees to participate, encourage, and verify your activities. These individuals must each be given a copy of the participation letter. This agreement letter must be signed and given to the instructor via fax, or US mail. Possible "buddies" could be anyone older than 21 who is a coach, personal trainer, fitness facility staff, mentor, parent, youth group leader, guardian, etc. The buddy contract must be signed and turned in to the instructor on or before the beginning of class.

Activity Reports : Students are required to participate in the physical education class for a total of 7 ½ hours a week (based on a 7 day week Saturday –Friday). At the conclusion of every week students are required to submit an activity report showing that a minimum of 7 ½ hours were dedicated to physical education (including: reading, assessments, and threaded discussions, and activity). Please see below for further exact details or the weekly workload. These activity reports are to be turned in to the instructor via email, fax, US mail, or hand delivery; whichever method is

most convenient.

Daily Diet Journals : Students are required to record daily food intake. These journals are to be completed everyday, and turned into the instructor by Friday. Students are not going to be graded on what they eat, or how much, or when. This is a vital motivational tool, the diet journals are important to ensure that the student is understanding some of the concepts of nutrition and are following them. If no change is occurring, the journals may show patterns of behavior, or patterns of unhealthy choices. You will not be graded on the content of your daily journals; you will however be graded on turning them in every week!

Medical Release forms: Before participating in any sport or physical activity it is required that you obtain a doctors approval. Please make an appointment and have your doctor sign the medical release form clearing you to engage in this activity. Some students may have already obtained one for another type of program. Any copy of a signed medical release form from a doctor will do. Please make sure that one is in your file with National University High School.

Parent/Guardian Consent form: Parents/Guardians involvement in their students' participation in this course is expected and appreciated. Parents/Guardians are asked to sign the weekly activity reports, as well as offer assistance in administering some of the assessment tests. This parent consent form must be turned in on or before the first week of class.

Health and Fitness Questionnaire: Students are asked to give brief history of their past experiences with sport, and health related issues. The answers from this questionnaire will be a helpful tool for instructors as they tailor the class to your specific skills, knowledge, and abilities.

Office Hours: The instructor will offer two one-hour chat sessions a week. Students are required to log on and participate in one of the two chat sessions. The instructor will choose a topic be discussed, and each student is required to give answers, as well as feedback to one another. Students will be graded according to the quality and quantity of answers. Students are expected to offer at least three postings, totaling 30 words or more each.

Threaded Discussions: Students have until Friday to make their last posting for the Threaded Discussion question. Students are required to make at least three postings totaling at least 75 words. Each posting must be 12 hours apart. For example, Julie Elliott reads the threaded discussion question on Monday at 5pm, and posts 1 of her 3 responses right away. She must wait until at least 5am on Tuesday morning to make another posting. This is designed to give students the opportunity to research and think about their answers. By Friday, students will have developed their thoughts on the 3 different postings. Be sure to offer responses to you classmate's postings as well.

Student Action Plans: Upon completion of each assessment (week1, 4, and 8) students will complete a SAP (student action plan). This will be the tool used to track your progress as you develop your skills and health related fitness. With the collaborative help of your instructor, you will develop a plan to improve four components of your sport specific skills and health in general. On your SAP you will set specific goals, and create a schedule for those goals.

Announcements/ Email

All announcements will be delivered to your blackboard email accounts. In the event that a schedule is modified, or any other item of business, both the instructor and NUVHS will contact you through your blackboard account. It is imperative that you check you account everyday for updates, changes, and additions to the course.

Contact Procedures

You may direct any questions you have to the instructor immediately through personal or Blackboard email accounts. You should expect to hear back from your instructor within 24 hours of posting a question, suggestion, or need.

Late Work

Late work will be accepted. However, points will be deducted from the assignment. The amount of points deducted will correlate with the severity of the tardiness. Unless other arrangements have been made, late work will not be accepted after 2 weeks, and the assignment will be counted as a zero.

Attendance

Students are required to complete the minimum of hours (60 hours) per term (8 weeks). Students are required to attend at least one of the two live chat sessions with the instructor. Failure to fulfill these minimum requirements will result in a loss of points, and in severe cases of low attendance students may be dropped from the course.

Workload

Students enrolled in this course can expect to spend a minimum of 7 ½ hours of physical fitness directed activity a week. The following is a breakdown of the workload in one week:

Assessment Weeks (1, 4, 8)		Weeks 2,3,5,6,7	
Assessments	1 hour	Office Hours	1 hour
Office Hours	1 hour	Threaded Discussion	1 hour
Threaded Discussion	1 hour	Reading/Other	1 hour
Reading/Other	1 hour	Physical Activity	4 ½ hou
Physical Activity	3 ½ hours		
Total	7 ½ hours	Total	7 ½ hou

Grading Criteria

Method of Evaluation	% of Grade	Points Award
**Participation	70%	280 points
weekly activity	30%	120 points
threaded discussion question	10%	40 points
“office hours”	10%	40 points
assignments	20%	80 points
meeting deadlines		
*Assessment Improvements	30%	120 points
improvement from start to finish	30%	120 points

TOTAL	100 %	400 points
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**Participation includes:

- Weekly activity
- Weekly Activity Reports
- Assignments
- Threaded Discussion Questions (quality and quantity of responses)
- "Office Hours" (attendance, quality and quantity of responses)

*Assessment Improvements includes:

Your assessment test results should improve from the beginning of the class to the finish of the class. Students are not graded on whether or not they "passed" or excelled according to the specific results. Students and instructors will design an appropriate training schedule and design a plan for improvement. If the student is faithful to the program, they should see improvements. Students will be graded on these improvements.

**NUVHS
Expected
Schoolwide
Learning
Results
(ESLRs)**

NUVHS Expected Schoolwide Learning Results (ESLRs):

It is anticipated that NUVHS students will be:

Engaged Learners

1. Demonstrate self-directed learning skills such as time management, and personal responsibility through the completion of course requirements
2. Develop an understanding of their own preferred learning styles to enhance their overall academic potential
3. Incorporate effective and relevant internet and multimedia resources in their learning process to broaden their knowledge base

Critical Thinkers

1. Effectively analyze and articulate sound opinions on a variety of complex concepts
2. Illustrate a variety of problem-solving strategies that strengthen college preparation and workforce readiness
3. Formulate a framework for applying a variety of technology and internet-based research to enhance information literacy and collaborative thinking

Effective Communicators

1. Demonstrate awareness and sensitivity to tone and voice in multiple forms of communication
2. Express concepts and ideas in a variety of forms
3. Enhance communication skills through the use of media rich or other technology resources

Global Citizens

1. Appreciate the value of diversity
2. Understand the range of local and international issues facing today's global community
3. Demonstrate awareness of the importance of cultural sensitivity and social responsibility in the 21st century