

San José State University
CHHS/Departments of Nutrition, Food Science, & Packaging and Kinesiology
NuFS/KIN 163, Science of Physical Fitness & Nutrition
Fall 2025, Section 86

Department	KIN	NUFS
Instructor	Alev Tug (for Physical Fitness or "Fitness")	Toni Bloom (for Nutrition)
Office	Virtual	Virtual
E-mail	alev.tug@sjsu.edu	Antoinette.Bloom@sjsu.edu
Office hours	Tue & Thu 12:30-1:30 pm via Zoom (please make an appointment using Canvas calendar function for a 15-min time slot)	Mon & Wed 4:00-5:00 pm via Zoom, please email me to schedule an appointment or to request another day, time or mode of meeting
Zoom Personal Meeting Links	https://sjsu.zoom.us/j/8362141360	https://sjsu.zoom.us/j/9593493395
Assignments & Exams	All Fitness papers and presentations are to be uploaded to Canvas and exams/quizzes are taken via Canvas	All Nutrition papers and presentations are to be uploaded to Canvas and exams/quizzes are taken via Canvas
Class days/time	MW 12:00 – 1:15 pm	
Teaching Mode	"Mode 10" online delivery format with a mixture of synchronous meetings and asynchronous lectures via Zoom, see Syllabus for schedule and Canvas Calendar	
Prerequisites	"Passage of the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted), and completion of Core General Education are prerequisite to all SJSU Studies courses. Completion of, or co-registration in, 100W is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, & V shall be required of all students." Not for Nutrition majors or minors	
GE - SJSU Studies	Area R – Earth, Environment & Sustainability	

Course Description

Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance. (3 units)

Course Format

This course is listed by the University as a "Mode 10" online course. This means there is an online delivery format with a mixture of synchronous and asynchronous lectures via Zoom. The syllabus lists which meetings occur synchronously vs. asynchronously and the scheduled synchronous meetings can be found on your Canvas calendar. Internet connectivity, a computer, and the Respondus Lockdown browser software are required to participate in the classroom activities and/or submit assignments.

This course will include lecture, class discussion, and student presentations. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. Students are expected to have read the assigned materials before class and to be prepared to actively participate, discussing course content, raising issues, providing information from their own experiences, and asking questions during the class. If students miss class, they are responsible for reviewing material on Canvas before contacting the instructor about the missed content. Students are responsible for reading and understanding all the instructions and directions provided on Canvas in this online course

Course Lecture Schedule and Technology

There will be a mixture of synchronous and asynchronous Zoom lectures for both the Nutrition and Fitness portion of this class. **You are highly encouraged, but not required, to attend the synchronous class meetings listed in the syllabus calendar and scheduled in your Canvas calendar.** All synchronous and asynchronous lectures are recorded and posted in the Fitness/Nutrition Week modules for you to review at your leisure.

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website for section 86](#) or at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](#) at <http://my.sjsu.edu> to learn of any updates. Internet connectivity and computers are required for the students to participate in the classroom activities and/or submit assignments. All classes must have a minimal presence in Canvas with the syllabus and faculty contact information See [University Policy F13-2](#) for more details.

For help with using Canvas see [Canvas Student Resources page](#).

Communication will be handled as follows:

1. Instructor to class: Canvas Announcements (text/audio/video), Canvas Inbox, mySJSU email (sparingly), Zoom synchronous videoconferencing, and all the detailed descriptions/instructions in the Canvas Modules, Pages and Assignments
2. Instructor to individual students: Canvas feedback via Speedgrader marked/annotated on the submission, feedback left in the comment box of the assignment (text/audio/video), Canvas feedback left on the assignment's rubric, Canvas Inbox, regular email, virtual office hours (for Fitness, sign up ahead of time using Canvas's calendar function for an available slot)
3. Student to Student: Group Canvas announcement (through the group's mini-Canvas shell), Zoom synchronous or asynchronous discussions or debates, and Google docs/sheets

Welcome to this General Education course

SJSU's General Education Program establishes a strong foundation of versatile skills, fosters curiosity about the world, promotes ethical judgment, and prepares students to engage and contribute responsibly and cooperatively in a multicultural, information-rich society. General education classes integrate areas of study and encourage progressively more complex and creative analysis, expression, and problem solving.

The General Education Program has three goals:

- Goal 1: To develop students' core competencies for academic, personal, creative, and professional pursuits.

- Goal 2: To enact the university's commitment to diversity, inclusion, and justice by ensuring that students have the knowledge and skills to serve and contribute to the well-being of local and global communities and the environment.
- Goal 3: To offer students integrated, multidisciplinary, and innovative study in which they pose challenging questions, address complex issues, and develop cooperative and creative responses.

More information about the General Education Program Learning Outcomes (PLOs) can be found on the [GE website](#).

GE Area R: Earth, Environment, and Sustainability

Area R: Earth, Environment, and Sustainability courses apply the scientific method and quantitative reasoning to engage in ethical, civic-minded inquiry around sustaining the earth, its environments, and its inhabitants.

GE Area R Learning Outcomes (ALOs)

Upon successful completion of an Area R course, students should be able to:

1. apply scientific principles and the scientific method to answer questions about earth, the environment, and sustainability while recognizing the limits of both the method and principles;
2. apply mathematical or quantitative reasoning concepts to the analysis and generation of solutions to issues of earth, the environment, and sustainability;
3. communicate a scientific finding, assertion, or theory to a general audience with the integrity and rigor of the underlying science; and
4. explain ethical, social, and civic dimensions of scientific inquiry.

Writing Practice: Students will write a minimum of 3000 words in a language and style appropriate to the discipline.

Course Learning Outcomes (CLOs)

Upon successful completion of this course, students will be able to:

- CLO 1: Explain how the principles of fitness and nutrition (such as body composition, energy intake and expenditure, acute and chronic physical changes related to exercise and nutrition) complement each other.
- CLO 2: Identify social, cultural, ethnic, and environmental factors that influence food habits and exercise/activity patterns.
- CLO 3: Examine the biochemical and physiological effects of exercise and various nutritional practices.
- CLO 4: Describe the different exercise guidelines and nutritional requirements related to gender and diverse populations.
- CLO 5: Assess the advantages/disadvantages of recent advances in new food formulations, and new exercise and fitness equipment for the general population.
- CLO 6: Identify the scientific principles involved in studying pathophysiology in human populations.

Required Texts

There are 2 textbooks for this course that you will be accessing in eBook format. The Nutrition half will use only the first one shown below, and the Fitness half will utilize material from both.

Nutrition textbook:

Rawson, E. S. Branch, J.D, and Stephenson, T.J. (2024). *Nutrition for health, fitness, and sport* (13th ed.). Boston: McGraw-Hill. ISBN: 9781307904901.

This text will be known as “RBS” in the proposed schedule.

Fitness textbook:

Fahey, T. D., Insel, P. M., & Roth, W. T. (2023). *Fit & well: Core Concepts* (15th ed.). Boston: McGraw-Hill. ISBN: 9781307904918.

This text will be known as “FIR” in the proposed schedule.

First Day Program - To enhance your learning experience and provide affordable access to the course material, this course is part of an inclusive access model called First Day. You access the required materials for this course through your Canvas at a discounted price, and benefit from single sign-on access with no codes required in Canvas. [Click here](#) to watch a short video on how to register. The SJSU Bursar's Office will bill you at the discounted price as a course charge for this course.

For more information and FAQs go to [Customer Care](#) which is available to help students with questions about accessing their course material, using their eTextbook, or opting-out or in to the First Day program. To email the Customer Care team, use bookstorecustomercare@bncollege.com or call 1-844-9-EBOOKS (1-844-932-6657). [Click here](#) to open a help ticket online with the Customer Care team.

It is NOT recommended that you Opt-Out, as these materials are required to complete the course. You can choose to Opt-Out on the first day of class, but you will be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended.

Questions? Contact the University's Course Materials Manager:

Emma Mead, M.A. EDCO
Spartan Bookstore, 211 S 9th St., San Jose, CA 95192
408-924-1839

Library Liaison

Dawn Hackman is the interim NUFS/PKG reference librarian; dawn.hackman@sjsu.edu. Phone number (408) 808-2042.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian. (408)-808-2019. adriana.poo@sjsu.edu

Nutrition and Fitness Assessment

Multiple nutrition and fitness assessment methods utilize gender-specific values that provide distinct recommendations for males and females. These criteria do not consider for gender identity or gender expression and currently no guidelines exist regarding nutrition and fitness assessment for transgender or gender non-conforming population.

Course Requirements and Assignments

Assignment	% of Overall Grade	ALOs	CLOs
Nutrition Chapter Quizzes	18		1,2,3,4,6
Nutrition Exam / Final Exam	10		
Fitness Exam 1	7		
Fitness Exam 2 / Final Exam	7		
Fitness Chapter Quizzes	13		
Analysis of Scientific Literature #1 (practice)	6	1,2	
Nutrition Analysis of Scientific Literature #2 or Fitness Analysis of Scientific Literature #2	13	1,2	
Nutrition Oral Presentation or Fitness Oral Presentation of the Analysis of Scientific Literature #2	13	2,3	
Nutrition Consumer Product or Fitness Consumer Product	13	3,4	5
Total	100		

- Quiz and exam questions will be based on assigned readings, lectures, and class discussions. Quizzes and exams will be available on Canvas on the dates and times shown in the Course Schedule and in the Modules. Weekly quizzes are due on Sunday night at 11:59pm. Make-up quizzes and exams will be given only in cases of serious illness or emergencies, and requests for make-ups will be evaluated on an individual basis. The student is responsible for notifying the instructor and arranging a make-up date **prior** to exams and quizzes. The last exam of the semester will be administered during the final exam period scheduled by SJSU.
- Due dates and times are clearly identified on the calendar in the Syllabus as well as each assignment on Canvas. Papers and presentations are due at Canvas by 11:59pm on the due date. Assignments turned in after the due date and time, unless otherwise specified, will be considered late. **There is a 2.5-point (5%) penalty for each calendar day, or partial calendar day, that assignments are late.** Assignments will not be accepted 1 week past the due date. **Please upload your papers from your SJSU email account or you will be asked to upload them again and it may affect your time stamp and/or grade.**
- All assignments must be typed and double spaced. Unless otherwise noted by the instructor, students should **not** use direct quotations or copied material from scientific sources. Instead, students should paraphrase source information and use appropriate APA citation format, including the source's author(s) and year of publication. Individual instructors will provide procedures to be used for electronic submission and plagiarism screening via turnitin.com.
- Writing in general education courses is assessed for grammar, content, clarity, conciseness, and coherence. The SJSU Writing Center, located in Clark Hall, Suite 126, offers one-on-one tutoring services and workshops. To make an appointment or refer to

the online resources offered through the Writing Center, visit the Writing Center website at <http://www.sjsu.edu/writingcenter>.

- Detailed guidelines for the Analysis of Scientific Literature #1 (Practice) & 2, Consumer Product, and Oral Presentation assignments can be found in each assignment within their respective Module. However, all the assignment guidelines can be viewed in one document, called the Assignment Packet, which is linked within each respective Module.
- Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words:

Analysis of Scientific Literature #1	3 pages or min. 750 words
Nutrition Analysis of Scientific Literature #2 or Fitness Analysis of Scientific Literature #2	3 pages or min. 750 words
Nutrition Consumer Product or Fitness Consumer Product	6 pages or min. 1,500 words

Assignment of Grades

97-100% = A plus	93-96% = A	90-92% = A minus
87-89% = B plus	83-86% = B	80-82% = B minus
77-79% = C plus	73-76% = C	70-72% = C minus
67-69% = D plus	63-66% = D	60-62% = D minus
Below 60% = F		

University Policies

More guidelines on grading information and class attendance can be found from the following university policies:

- [University Syllabus Policy S16-9](#)
- [University Attendance and Participation Policy F15-12](#)
- [University Grading System Policy F18-5](#)

[University Policy S16-9](#) describes the expected time commitment for SJSU classes: “Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

Per [University Policy S16-9](#), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [SJSU's Syllabus Information web page](#). Make sure to visit this page to review and be aware of these university policies and resources.

Find global level academic support at:

<https://nacada.ksu.edu/Resources/Clearinghouse/academicsupport.aspx>

Diversity Statement

Respect for Diversity: It is our intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is our intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated.

Accessibility Statement

It is our goal to create a learning experience that is as accessible as possible. If you anticipate any issues related to the format, materials, or requirements of this course, please meet with us outside of class so we can explore potential options. Students with disabilities may also wish to work with the [SJSU's Accessible Education Center](#) to discuss a range of options to remove barriers in this course, including official accommodations. If you have already been approved for accommodations through the Office of Accessible Education, please meet with us so we can develop an implementation plan together.

Artificial Intelligence Use Policy

Generative artificial intelligence tools—software that creates new text, images, computer code, audio, video, and other content—have become widely available. Well-known examples include ChatGPT for text and DALL•E for images. This policy governs all such tools, including those released during our semester together. Students may not use artificial intelligence (AI) to generate their essays or assignments. All assignments and projects must be the original work of the student, not another person or AI.

As specified elsewhere in the syllabus, this course requires electronic submission of essays, and our Canvas is set up to provide an originality assessment via Turnitin. Turnitin will also attempt to detect AI-generated text. We review both of these reports before reading/grading papers and if your paper is flagged with a high percentage in either area, we will contact you requesting a document and writing process review meeting. Based on that meeting, we will mutually decide next steps whether it be a warning, a rewrite/resubmission or a referral to the University's Office of Academic Integrity.

NuFS/KIN 163 – Physical Fitness & Nutrition Section 86
Course Schedule

** Subject to change with fair notice made via an Announcement through Canvas **

The 1st half of your semester is **NUTRITION**

The 2nd half of your semester is **FITNESS**

Zoom link for Toni Bloom (Nutrition): <https://sjsu.zoom.us/j/9593493395>

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Nutrition 1	Wed Aug 20	Instructor's Introduction, Policies & Procedures Meeting	Syllabus and Assignment Packet	
Nutrition 2	Mon Aug 25	Chapter 1 - Introduction to Nutrition	RBS: Chap. 1	
	Wed Aug 27	Class Collaboration Meeting Activity for Analysis of Scientific Literature #1	IFIC reference article and research study by Cui et al (2025) both linked in the Nutrition Week 2 module page	Chapter 1 Quiz (due by Sunday midnight)
Nutrition 3	Mon Sept 1	LABOR DAY		
	Wed Sept 3	Chapter 2 1 st Half - Healthful Nutrition	RBS: Chap. 2, 1 st half of chapter	Analysis of Scientific Literature #1 (due by Sunday midnight)
Nutrition 4	Mon Sept 8	Chapter 2 2 nd Half - Healthful Nutrition	RBS: Chap. 2, 2 nd half of chapter	
	Wed Sept 10	Chapter 4 - Carbohydrates	RBS: Chap. 4	Chapter 2 Quiz and Chapter 4 Quiz (due by Sunday midnight)
Nutrition 5	Mon Sept 15	Class Meeting regarding Nutrition Consumer Product (NCP)	Written Instructions in Assignment Packet, on Canvas under Assignment description and a recording in the Week 4 module page	
	Wed Sept 17	Chapter 5 - Fat / Lipids	RBS: Chap. 5	Chapter 5 Quiz and Nutrition Consumer Product (due by Sunday at midnight only for students)

				assigned the NCP, check Canvas Assignments)
WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Nutrition 6	Mon Sept 22	Chapter 6 – Protein	RBS: Chap. 6	
	Wed Sept 24	Chapter 10 - Body Composition and Eating Disorders	RBS: Chap. 10	Chapter 6 Quiz (due by Sunday midnight)
Nutrition 7	Mon Sept 29	Class Meeting regarding Nutrition Oral Presentation and Nutrition Analysis of Scientific Lit #2	Written Instructions in Assignment Packet, on Canvas under Assignment description and a recording in the Week 6 module page	
	Wed Oct 1	Chapter 11 – Weight Loss	RBS: Chap. 11	Presentation Slides & Analysis of Scientific Lit. #2 (due Sunday Oct 5 at midnight only for students assigned the Nutrition Lit#2 and Nutrition Oral P, check Canvas Assignments) Chapter 10 Quiz (due by Sunday midnight)
Nutrition 8	Mon Oct 6	DAY 1: Oral Presentations (All students assigned to the Nutrition Li#2 and Nutrition Oral Presentation are required to be in Zoom, order of presenters will be randomly drawn at start of class)		Nutrition Oral Presentations
	Wed Oct 8	DAY 2: Oral Presentations (All students assigned to the Nutrition Li#2 and Nutrition Oral Presentation who didn't present on Monday 10//6 are required to be in Zoom, order of remaining presenters will be randomly drawn at start of class)		Nutrition Oral Presentations Chapter 11 Quiz (due by Sunday midnight)
Nutrition Exam	Mon Oct 13	NUTRITION EXAM		NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 & 11)
***** Finish Nutrition / Begin Fitness *****				

Zoom link for Alev Tug (Fitness): <https://sjsu.zoom.us/j/8362141360>

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Fitness 1	Wed Oct 15	Instructor's Introduction, Policies & Procedures Meeting	Syllabus and Assignment Packet	
Fitness 2	Mon Oct 20	Chapter 1 and Chapter 2	FIR: Chap. 1: Health and Wellness & FIR: Chap. 2: Principles of Physical Fitness	Fitness QUIZ 1 (due by Sunday midnight)
	Wed Oct 22	Nutrition Chapter 3 (part 1)	RBS: Chap. 3: Energy Systems and Metabolism part 1: Energy Systems	
Fitness 3	Mon Oct 27	Nutrition Chapter 3 (part 2)	RBS: Chap. 3: Energy Systems and Metabolism part 2: Metabolism	Fitness QUIZ 2 (due by Sunday midnight)
	Wed Oct 29	Chapter 3	FIR: Chap. 3: Cardiorespiratory Endurance	
Fitness 4	Mon Nov 3	Fitness Exam 1	Fitness Exam 1 Study Guide in 'Study Guides for Exams' module	FITNESS EXAM 1 FIR: Chaps.1,2,3 & RBS: Chap. 3
	Wed Nov 5	Chapter 11	FIR: Chap.11: Cardiovascular Health	Fitness QUIZ 3 (Due Sunday by midnight)
Fitness 5	Mon Nov 10	Class Meeting regarding Fitness Consumer Product (FCP)	Written instructions in Assignment Packet and Canvas assignment description	
	Wed Nov 12	Chapter 4	FIR: Chap. 4: Muscular Strength & Endurance	Fitness Consumer Product (due only for students assigned the FCP, check Canvas Assignments)

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Fitness 6	Mon Nov 17	Class Meeting regarding Fitness Analysis of Scientific Lit #2 and Fitness Oral Presentation	Written instructions in Assignment Packet and Canvas assignment description	Presentation Slides & Analysis of Scientific Lit#2 due by Sunday Nov 23 midnight <i>(Due only for students assigned the Fitness Lit#2 and Fitness Oral Presentation, check Canvas Assignments)</i>
	Wed Nov 19	Chapter 5	FIR: Chap. 5: Flexibility & Low Back Health	Fitness QUIZ 4 (due by Sunday midnight)
Fitness 7	Mon Nov 24	DAY 1: Oral Presentations (All students assigned to the Fitness Li#2 and Fitness Oral Presentation are required to be in Zoom, order of presenters will be randomly drawn at start of class)		Fitness Lit#2 and Fitness Oral Presentation students present
	Wed Nov 26	<i>THANKSGIVING HOLIDAY</i>		
Fitness 8	Mon Dec 1	DAY 2: Oral Presentations (All students assigned to the Fitness Li#2 and Fitness Oral Presentation who didn't present on Monday Nov 24th are required to be in Zoom, order of remaining presenters will be randomly drawn at start of class)		Fitness Lit#2 & Fitness Oral Presentation students present
FINAL	EXAM			
Section 86	Fri Dec 12	<i>FITNESS EXAM 2 only open on Canvas from 10:45-12:45pm</i>	Exam Study Guide linked in 'Study Guides for Exams' Module	FITNESS EXAM 2 FIR: Chaps. 4, 5, and 11