

# Syllabus for HWM 720 Exercise and Nutrition in Health and Disease

**Important Note:** The course site does not offer a way to compile pages and print them out. The information under the Syllabus heading in your course is all on separate pages. This document provides the syllabus information in one single document, but with one caveat: For the majority of the courses in this program, **all** of the information on those separate pages is repeated in this compiled document. However, lengthy guidelines, detailed rubrics and policies, and other very detailed information are not included in this document. **Please always check the course pages to make sure you have all of the information you need.**

## Instructor Information

Brian Lyons, PhD, CSCS, NSCA-CPT

**E-mail:** lyons@uwp.edu

## Course Description

This course investigates the roles that physical activity and nutritional practices play in the prevention, management, and treatment of chronic diseases and conditions such as obesity, cardiovascular disease, cancer, diabetes, COPD, arthritis, depression, and anxiety.

## Course Learning Outcomes

At the end of the course, students should be able to:

1. Discuss the details and controversies surrounding prevailing recommendations for exercise as they relate to morbidity and mortality.
2. Discuss and elucidate the strengths and weaknesses of various exercise modalities as they relate to the prevention and management of chronic diseases.
3. Expound upon the notion that exercise is a powerful medicinal tool, which is instrumental in achieving enhanced quality of life.
4. Discuss the benefits of exercise compared with other therapeutic techniques such as pharmacological intervention and mental health counseling.
5. Discuss the influence of hypokinesia and diverse eating patterns on physical and mental health and well-being.
6. Evaluate contemporary diets to determine if they make sense in terms of scientific recommendations and practical considerations.
7. Discuss emerging nutritional perspectives and research in light of historical recommendations set forth by organizations such as the American Dietetics Association, American Heart Association, American Diabetes Association, and American Cancer Society.

## Course Requirements

### Readings/Viewings:

You are urged to begin reading your text early in the semester and should complete your reading of this book by week 13. You should also generate notes regarding the primary themes and concepts of each of the chapters of this book.

Additional resources include articles, custom notes written by your professor, and videos interspersed throughout the course.

### Quizzes and Exams:

To ensure your understanding of course content as you progress through the material, five **comprehensive** quizzes will be given throughout the semester. Additionally, you'll complete two midterm examinations and one final examination. The two midterms are **not** comprehensive, while the final examination **is** comprehensive and will cover content in the professor's custom notes, articles, textbooks, and the discussions. The final examination will consist of three essay questions.

### Research Paper:

During the semester, you will write a research paper on a topic of your choice that relates to **Nutrition and Disease**.

**Your topic must be submitted to your professor during Unit 1 for approval, and your completed paper is due during Unit 6. Check the course calendar for exact due dates.**

Your Nutrition and Disease research paper must be at least eight pages in length and must be formatted according to APA guidelines. You must also utilize/cite at least eight contemporary (no more than 12 years old), peer-reviewed research articles that come from at least three different journals.

See the [Writing and Research Guide](#) in this course for more resources on research, writing, and APA formatting.

### PowerPoint Presentation:

Presentation skills and the ability to communicate verbally are critical in health and wellness. To exercise these skills, you will develop a PowerPoint Presentation consisting of 12 to 15 slides that explains the relationship between **Exercise and Wellness** for a given population. Examples of appropriate populations might be firefighters, sanitation workers, office workers, or factory workers.

**Your topic must be submitted to your professor during Unit 1 for approval and is due during Unit 3. Check the course calendar for exact due dates.**

Since this is an online course, you will not have the opportunity to actually present your topic to your classmates in real time. Despite this limitation, your presentation must be developed as though you were actually presenting to a live group. Imagine, if you will, that you are presenting your topic at a conference to other health and wellness professionals. Your professor must be able to tell from your slides that you understand your topic.

Make sure that your presentation is professional and that you include more than a white background with black text. Make your presentation conservative yet visually interesting. Consider doing some research if you are uncertain about what makes an effective presentation.

**Participation:**

Participation points will be based upon the quantity and quality of discussion board contributions.

**Policy on Late Assignments:**

Students are expected to submit assignments by the due dates noted in the course. In extenuating circumstances, the student must contact the instructor as soon as possible to discuss the situation. In those circumstances, the appropriate course of action will be discussed.

**Support for Students with Disabilities:**

My highest priority is for our class and course work to facilitate participation and exchange. I am eager to make accommodations to guarantee persons with disabilities access to any of the class content. Let me know as soon as possible if you have a disability for which accommodations will be requested.

**Grading Policy**

Quizzes (5)	75
Midterm Exams (2)	70
Term Paper	50
PowerPoint Project	40
Final Examination	45
Participation	20
Total	300 Points

- A 265 or more points
- B 235-264
- C 205-234
- D 175-204
- F 174 or fewer points

