

KINES 81: Wellness Theory**Spring 2014 (1.5 credits)**

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137 Athletic Commons

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Office hours: M: 1-3:30; W: 1-2:30 M-F: by appt.

Course Description

This specific section of Wellness Theory is designed to engage students in acquiring knowledge and experience concerning the variations in lifestyles in Italy, the United States and in other Mediterranean countries. This course focuses on preparing and engaging students in the attitudes and behaviors that enhance health, quality of life and maximize personal potential. Comparisons will be made between the USDA's Food Guide Pyramid and the Mediterranean diet pyramid. The Mediterranean pyramid has been shown to promote a healthy lifestyle most successfully, so comparisons to it will be the central focus of study. The course will examine not only the foods associated with the various diets but also the social milieu and physical activity portions of Mediterranean and US diet pyramids. Comparisons will also be made concerning lifestyle choices on health and wellness.

A look into the types of diseases that are most prevalent in the US, Italy and other Mediterranean areas will be examined to determine if eating habits, levels of physical activity and other lifestyle choices make any impact on the health and wellness of the people living in these countries.

A minimum of one week visit to Italy is a required feature of this section of the course.

Objectives

Students in this course will:

1. Document their experiences while engaging in an Italian lifestyle for at least 5 days.
 - a. Amount of daily activity while visiting Italy. Use of pedometer required.
 - b. Types of foods eaten and/or purchased.
2. Prepare for the walking and physical activities required in Italy with a 4 week training regimen prior to the trip. As part of this training regimen, students will:
 - a. Identify the basic components of fitness.
 - b. Know the principles relevant to designing exercise programs for cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility.
 - c. Understand the impact of frequency, intensity and time components in an exercise program.
 - d. Design and participate in a personal fitness program.
 - e. Engage in pre- and post-testing of personal fitness components.
 - f. Keep track of their daily steps using a pedometer.
 - g. Understand the effect of physical activity on their health and longevity.
3. Do a diet analysis of personal two day eating log in the U.S. and a two day eating log while visiting Italy. Compare the results to the recommendations of the Mediterranean diet.
4. Define and describe the Mediterranean Diet pyramid and the USDA's food guide pyramid, their components and health benefits.
5. Explain the relationship between each type of diet and heart disease.

6. Compare and contrast the Mediterranean Diet Pyramid and the USDA Food Guide Pyramid.
 - a. Types of foods and beverages consumed.
 - b. Typical portion sizes.
 - c. Exercise as part of a healthy lifestyle.
7. How does the Italian lifestyle affect the health of its population? Compare lifestyles of Italians to that of those living in other Mediterranean countries. Does this lifestyle support the same health benefits as the typical Mediterranean lifestyle? Some of these lifestyle influences are:
 - a. The use of fresh, unprocessed ingredients from local markets.
 - b. Local availability of lentils, vegetables, fruits and seafood and scarcity of red meats.
 - c. Typical cooking methods and controlled portion sizes.
 - d. Incorporating red wine into daily meals.
 - e. Social sharing of at least one meal a day with family or friends.
 - f. Physical activity – walking and bicycling replaces travel by auto.

RESOURCES:

Students will be asked to visit several web sites to research information for this course. Web sites will be accessed using ANGEL. Students will explore these web sites and complete the required assignment for each site. These web sites include:

1. Food in Italy: www.foodbycountry.com;
 - a. <http://www.lifeinitaly.com/food>
2. A History of Italian Cuisine: http://en.wikipedia.org/wiki/Italian_cuisine
 - a. <http://www.randomhistory.com/1-50/038italian.html>
3. European cuisine: http://en.wikipedia.org/wiki/European_cuisine
4. Mediterranean Food Pyramid:
 - a. <http://www.foodpyramid.com/food-pyramids/mediterranean-diet-pyramid/>
 - b. <http://www.uhs.wisc.edu/health-topics/nutrition-fitness-and-heart-health/documents/Mediterranean.pdf>
 - c. <http://www.mayoclinic.com/health/mediterranean-diet/CL00011>
5. Promoting a healthy Italy:
 - a. <http://en.wikipedia.org/wiki/Italians>
 - b. http://library.thinkquest.org/J0112187/italy_way_of_life.htm
 - c. <http://www.lifeinitaly.com/lifestyle>
 - d. <http://www.understandingitaly.com/activities.html>

Students will also be able to use several books as sources of information to complete assignments. These books will be made available in the Penn State Brandywine library.

1. Principles and Labs for Physical Fitness (6th edition) by Werner Hoeger and Sharon Hoeger.
2. Walking and Jogging for Health and Wellness (5th edition) by Frank Rosato.
3. The Mediterranean Diet by Marissa Cloutier and Eve Adamson, copyright 2001. (You can visit HarperTorch at: www.harpercollins.com).

RECOMMENDED MATERIALS (available through department from instructor or as an app on smartphone)

1. Heart rate monitor

2. Pedometer

In order to participate in two of the class assignments, you should have a heart rate monitor and a pedometer. These two devices will help you determine if you are doing enough to improve your level of fitness and health. The heart rate monitor will help determine if the intensity of your workout is sufficient to raise your heart rate into a training zone.

A pedometer is a small measuring device that clips onto your waist band and keeps track (not perfectly) of the number of steps you take. You will be asked to wear this pedometer 20 times during the semester (before, during and after the trip to Italy), and to record the number of steps that you take in a day.

The American Heart Assn. recommends that each person take 10,000 steps each day in order to insure a healthy lifestyle. If you are able to take 10,000 steps, you are sufficiently working your heart and this should help to improve your health. If you exercise, you should easily reach 10,000 steps. If you do not exercise, you may have to work at increasing the number of steps you take daily.

Your goal, at the end of this class, is to consistently complete 10,000 steps each day. I hope you are up for the challenge!! I will have both heart rate monitors and pedometer available for purchase through the department of Kinesiology. You can also purchase heart rate monitors and pedometers in most sports/fitness stores. Walmart and Target stores also carry pedometers. There is also an “app” you can use: “Instant Heart Rate”.

COMMUNITY CONTRIBUTION GRADE:

Welcome to Penn State Brandywine Global Programs! You are invited to join and build our traveling community as we study abroad together. As part of your travel experience, you will be required not only to work with your instructor to complete the assignments specified in the syllabus, but also to contribute to your traveling community as we all work together to make the most of our shared intellectual experience.

Your Community Contribution Grade: In addition to completing papers, projects and workouts, 10% of your course grade will be a Community Contribution grade, reflecting your overall contributions to your travel abroad community. In general, your Community Contribution grade will reflect what you do to make this trip an effective and exciting intellectual experience for your community of fellow travelers. A key component of this grade will be three required community meetings over breakfast, in which you meet with your colleagues and instructor to share your experiences and insights.

Here are some other factors that will impact your Community Contribution grade: Have you collaborated with at least one of your colleagues in locating and visiting a restaurant, market, or other place while touring? Have you discovered opportunities involving sites to visit to meet your course requirements, and shared them with your colleagues (perhaps at a breakfast meeting)? Have you completed pre-trip questionnaires or surveys to prepare for your trip abroad?

Please note that activities that detract from the traveling community's intellectual experience carry penalties. For example, failing to follow instructions from the travel agent or the instructors in the program (including instructors of courses other than your own) could result in a 0 for your Community Contribution grade. Likewise, violation of Penn State University's Code of Conduct, excessive drunkenness, or violation of the country's laws or customs will be met with severe penalties. In addition to a 0 in Community Contribution, additional penalties may be assigned to you and your academic record by the university's Judicial Affairs office. For more information refer to the Brandywine Global Programs Student Handbook.

SAFETY PRECAUTIONS

1. Stop exercising if you ever experience any of the following symptoms: pain or pressure in the chest; pain radiating down one or both arms; dizziness; confusion; cold sweat; abnormal heart beat; irregular or very rapid pulse. Please report these problems to a physician if necessary and inform the instructor before resuming activity.
2. You should have a physical if you: are over 35 years of age and have not exercised recently; are very overweight; have complicating diseases such as diabetes and emphysema.

Communication:

All students will be required to use ANGEL in order to access information about the course, course updates, assignments and communication with the instructor. All assignments can be viewed and submitted using ANGEL.

Academic Integrity:

1. All students are expected to act with civility and personal integrity; respect other students' dignity, rights and property; and help create and maintain an environment in which all can succeed through the fruits of their own efforts. An environment of academic integrity is requisite to respect for self and others and a civil community. Academic integrity includes a commitment not to engage in or tolerate acts of falsification, misrepresentation or deception. Such acts of dishonesty include cheating or copying, plagiarizing, submitting another person's work as one's own, using Internet sources without citation, fabricating field data or citations, "ghosting" (taking or having another student take an exam), stealing examinations, tampering with the academic work of another student, facilitating other students' acts of academic dishonesty, etc.
2. Students charged with a breach of academic integrity will receive due process and, if the charge is found valid, academic sanctions may range from F for the assignment to F for the course, depending on the severity of the offense.
3. The University's statement on academic integrity, from which the above statement is drawn, is available at <http://www.psu.edu/dept/oue/aappm/G-9.html>

Note to students with disabilities: In accordance with the American with Disabilities Act of 1990, it is Penn State's policy to provide reasonable academic adjustments for students with documented disabilities. If you have a disability-related need for modifications in this course, contact Sharon Manco, 610-892-1461, 214E Main, sam26@psu.edu. This notification should occur by the end of the first week of the semester. Students may visit www.equity.psu.edu/ods/ for complete information.

KINES 81: COURSE OUTLINE

Prior to leaving for trip (complete assignments by 3/6):

1. Students will begin to complete the reading assignments posted in ANGEL.
 - a. Readings will include information on lifestyles and prevalent diseases in Italy and in the U.S.
 - b. Instructions for all assignments will be listed in ANGEL with an accompanying drop box or journal.**
 - c. Certain assignments MUST be completed prior to leaving for the trip. These assignments will be noted in ANGEL.**
2. Students will begin their fitness program.
 - a. Complete 1.5-mile walk/run fitness test and assess results.
 - b. Participate in and record 3 cardio sessions/week of no less than 25 minutes for 4 weeks.
 - c. Include some muscle endurance exercises in their weekly program, consisting of, but not limited to, sit-ups and push-ups.
 - d. Perform at least one flexibility exercise for each of the major body parts: legs, low back, shoulders/arms.
 - e. Using heart rate monitor or 10 second pulse check, record heart rate at the start and finish of each exercise session.
3. Students will wear a pedometer for 10 days and record the total number of steps taken each day (***your goal is 10,000 steps each day!***).
4. Students will keep a log of all foods/beverages consumed for 2 days and do a diet analysis using the “choosemyplate.gov” web site. Students will then complete a survey for each day analyzed in ANGEL.
5. Students will complete one of the following prior to leaving for the trip:
 - a. Make a trip to an American market (indoor or outdoor) and note the type of fresh foods available and the cost of these items. Comparisons will be made to an Italian market while on the trip.
 - b. Eat at a traditional American restaurant and describe the meal according to the types of foods/beverages served, the portion sizes and the costs. This will be compared to an Italian meal.

Activities to complete while on the trip:

1. Students will modify their cardiovascular fitness program while on the trip:
 - a. Continue to maintain and possibly improve their cardiovascular fitness by incorporating brisk walking as they explore Italy.
 - b. Wear pedometer for 5 days and record the number of steps taken.
 - c. Keep a journal of where they walked and some of the sites they were able to see during their walking tours (pictures should be included).
 - i. A list of some sites to include in the journal can be found in ANGEL. Each city visited will include some sites to walk to as part of the daily walking requirement.
2. Keep a log of all foods/beverages consumed for 2 days.
3. Students will complete one of the following while on the trip (this section should include pictures of the places visited and/or the items discussed). They will compare the experience at home and in Italy:

- a. Visit an outside food market and note types of foods available and the costs of the items.
 - b. Visit an Italian restaurant and describe the meal according to the types of foods/beverages on the menu, the portion sizes on the plate and the cost of a typical meal.
4. Community Contribution grade:
- a. Attend 3 breakfast meetings to share experiences.
 - b. Complete restaurant/market assignment with a group of students from the class.
 - i. Create a poster with contributions from group members illustrating the experience.
 - 1. Posters will be due upon return.
 - ii. Make comparisons to equivalent experience in the US.
 - c. Pedometer journal: while wearing pedometer, document your day in pictures.
 - i. Pictures should include others in the class visiting the same sites.
 - ii. Places visited should include at least 2 new points of interest each day. Share these places with others in the class to enable students to experience as many of the Italian landmarks as possible.
 - iii. Each day's journal should include the number of steps taken with the pedometer, the places visited and pictures. Make sure to note the 2 new places you experienced each day.

Upon returning from the trip (to be completed by the end of the semester):

- 1. Students will resume their fitness program:
 - a. Participate in and record 3 cardio workouts each week for 4 weeks.
 - b. Resume muscle endurance and flexibility exercises.
 - c. At the end of the 4 week post-trip program, complete a 1.5-mile walk/run to be used as a post-test assessment.
- 2. Continue to wear pedometer for an additional 5 days upon return home. Record total number of steps and miles covered each day.
 - a. Complete assignment by answering questionnaire about walking habits at home vs. those habits when travelling abroad.
- 3. Complete reading assignments in ANGEL.
- 4. Using the 2-day eating log from the trip, complete a 2-day diet analysis using the "choosemyplate.gov" web site. Then complete the diet analysis survey for each day analyzed.
- 5. Enter daily journal information into ANGEL:
 - a. Daily walking log (include places visited, sites viewed while walking, pictures of these sites and classmates that accompanied you that day).
 - b. 5-day pedometer log.
 - c. Comparisons between Italian and American eating experiences based on visiting a market or a restaurant.
 - i. Group project: poster of pictures from Italian experience.
 - 1. Poster may include pictures from each person's experience in Italy.
 - ii. Individual project: written entry comparing both experiences (in US and in Italy). Pictures should also be included.

Grading:

1. All work will be given points and totaled at the end of the semester. Assignments are subject to change.
 - a. Workout sessions: 8 weeks x 3 cardio workouts/week = 120 points
Walking journal while exploring Italy = 50 points
 - b. Assignments Nutrient analyses/surveys for 2 days in Italy (30 points) and 2 days in America (30 points).
Fitness assessments (5 points each): cardio pre-test and post-test.
Readings/questionnaires of Italian lifestyles and dietary habits listed in ANGEL. Each assignment will be worth 5-15 points.
Students should submit assignments through ANGEL.
 - c. Pedometer/Heart rate monitor: Students should use a heart rate monitor (or be proficient in manually taking their pulse) and wear a pedometer to chart pulse rate during activity and the number of steps taken on a daily basis (20 points). The pedometer will be worn at home to see how much they move in a day and then again while in Italy to keep track of the number of steps taken while exploring the country.
 - d. Community Contribution grade: Points will be given for each meeting and assignment designated as part of the "Community Contribution grade". These assignments include:
 - i. Breakfast meetings and discussion = 10 points/meeting
 - ii. Group poster
 1. Market and restaurant visit = 20 points each
 - iii. Journal entries indicating daily activities with the others in the class = 25 points.
 - iv. Additional reading assignments prior to trip = 10-25 points.
 - v. Points will be deducted for any involvement in activities that negatively affect the experience.
 1. Any violation of Penn State University's Code of Conduct, Irish laws or excessive drunkenness will result in a "0" grade for Community Contribution (other legal penalties may also apply).
2. Assignments must be completed using ANGEL. Some assignments **MUST** be completed prior to the trip and the remaining assignments will be completed upon return from the trip.
 - a. ***The assignments MUST be completed by the deadline in order to get credit for these assignments. Pre-trip assignments not completed prior to leaving for the trip will be given a "0" score.***
3. Students will be able to choose between using ANGEL resources to document all of their assignments, or to put together a notebook with their materials. They may also use a combination of both (if they want to submit papers through ANGEL and collect all pictures and diagrams in a notebook). The assignments should be received by the end of the semester. Notebooks may be mailed or dropped off to instructor's office by the last day of classes.
 - a. In addition to the assignments listed in ANGEL, the notebook should include:

- i. Draw diagrams of the Mediterranean pyramid and the USDA Food Guide Pyramid = 10 points.
 - ii. Name 5 foods typical to each of these diets: the Mediterranean diet and a typical American diet = 10 points.
 1. Identify the number of fat grams per serving (both total fat grams and saturated fat grams).
 2. Identify the number of grams of fiber in each serving.
 3. Identify the number of calories in each serving.
 4. Identify the amount of cholesterol in each serving.
 5. Draw conclusions based on findings.
- b. The notebook should include one of the following to be completed before leaving for the trip and then while visiting Italy (this section should include pictures of the places visited and/or the items discussed). Comparisons should be made between the two experiences (While in Italy, the assignment should be completed with a group of students from the class as part of the Community Contribution grade) = 20 points each.
- i. Visit a food market and note types of foods available and the cost of the fresh foods.
 - ii. Visit an Italian restaurant while on the trip and describe the meal according to the types of food on the menu and the portion sizes on the plate. Visit an American restaurant prior to leaving for the trip, noting the same information. Compare the two experiences.