

EXSC 191 Section 002 – Spring 2017

Course Project:

- The Course Project is worth 300 points and counts for 20% of the final grade.
- The Course Project is ***DUE WEDNESDAY, APRIL 12TH ON BLACKBOARD BY 11:59 PM.*** The Course Project ***MUST BE UPLOADED ON BLACKBOARD BEFORE THE DUE DATE.*** Please check your project before and after uploading to make sure you have uploaded the correct document and that it is clear and readable.
- ***IF SUBMITTED LATE, THE COURSE PROJECT WILL LOSE 20% OF ITS POINT VALUE PER DAY LATE AND WILL BE COUNTED AS IF THE WHOLE ASSIGNMENT WAS SUBMITTED AT THE TIME OF THE LATEST TIMESTAMP PRESENT.***

Choose one of the following for your Course Project.

1. NUTRITION ASSESSMENT PROJECT:

- a. Follow the instructions and tutorial loaded under Assignments in Blackboard.
- b. Using the Food Diary provided, record all foods eaten for 3 consecutive days.
- c. Go to the USDA Super Tracker website to analyze your diet:
 - i. <https://supertracker.usda.gov/>
- d. Under Get Started, create your profile and register your account.
- e. Your registration will be verified by email and you can go to the home page.
- f. Enter your foods to get a personalized Nutrient Report.
- g. Paste downloaded Super Tracker form in the Nutrition Assessment Project Form.
- h. Fill out the Nutrient Assessment Form.
- i. Complete the Summary.
- j. Turn in the entire project as one file on Blackboard.

2. FITNESS ASSESSMENT PROJECT:

- a. A Fitness Assessment should be scheduled with Campus Wellness as early as possible in the semester. The fitness assessment (60-minute appointment) will include the following:
 - i. Blood pressure assessment
 - ii. Heart rate assessment
 - iii. Body fat assessment
 - iv. Submaximal cardiovascular fitness assessment
 - v. Muscular endurance assessment
 - vi. Flexibility assessment
- b. You will receive a copy of your Fitness Assessment from Campus Wellness. Turn in a copy of that Fitness Assessment, your activity log, your fitness rankings and summary as one file on Blackboard.
- c. Schedule an appointment with Campus Wellness for more information at Strom Thurmond Wellness & Fitness Center (lower level): 803-576-9393.
- d. Cost: Services are provided FREE to students. A \$15 no-show fee applies if you make an appointment and do not keep it. No fees will be applied if you cancel or reschedule your appointment at least 24-hours ahead of time.

3. RESEARCH PROJECT:

- a. This is a project designed to assess the validity of a Fitness or Nutrition product or program. The Instructor must approve the product or program. The Research Project will include each of the following:
 - i. Description of the product, program, etc.
 - ii. Cost of the product or program.
 - iii. Claims made by the manufacturer or distributor about what results are to be expected from using this product or program.
 - iv. Validation or “Debunking” of the claims made by the manufacturer or distributor of the product. In other words, does this product or program really work?
 - v. Is the product or program safe? Are there any precautions that need to be followed while using this product or program?
 - vi. Summary of your findings.
 - vii. References (2 must come from peer reviewed journals)

Nutrition Assessment Course Project Grading Rubric – Spring 2017

	Points Possible	Actual
Nutrition Logs (3 days)	45	
SuperTracker Report	34	
Subject Data	10	
Nutrients (for each of the 23)		
Amount Consumed (2)		
Status (2)		
Foods to maintain or improve diet (3)		
Total Calories	7	
Carbohydrates (%)	7	
Added Sugars (g)	7	
Dietary Fiber (g)	7	
Total Fats (%)	7	
Saturated < 10%	7	
Proteins (%) 10-35%	7	
Linoleic Acid (g)	7	
α-Linolenic Acid (g)	7	
Cholesterol (g)	7	
Calcium (mg)	7	
Potassium (mg)	7	
Sodium (mg)	7	
Vitamin A (µg)	7	
Vitamin B6 (mg)	7	
Vitamin B12 (µg)	7	
Vitamin C (mg)	7	
Vitamin D (µg)	7	
Vitamin E (mg)	7	
Folate (µg)	7	
Thiamin (mg)	7	
Riboflavin (mg)	7	
Niacin (mg)	7	
Summary (Minimum 500 words)	50	
Total	300	

Fitness Assessment Course Project Grading Rubric – Spring 2017

	Points Possible	Actual
Fitness Logs (3 days)	45	
Fitness Testing	35	
Subject Data	10	
Resting Heart Rate		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Resting Blood Pressure		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
3 Minute Step Test		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Muscular Endurance Push-Up		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Muscular Endurance Curl-Up		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Muscular Flexibility Sit & Reach		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Body Composition Skinfold		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Body Mass Index		
Fitness ranking (5)		
Exercises to maintain or improve (15)	20	
Additional Exercise Recommendations		
Exercises not included above	0	
Summary (Minimum 500 words)	50	
Total	300	

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RESEARCH POWER POINT PROJECT:

This is a project designed to assess the validity of a Fitness or Nutrition product or program. The instructor must approve the product or program. The Research Project will include each of the following:

- Description of the product, program, etc.
- Cost of the product or program.
- Claims made by the manufacturer or distributor about what results are to be expected from using this product or program.
- Validation or “Debunking” of the claims made by the manufacturer or distributor of the product. In other words, does this product or program really work?
- Is the product or program safe? Are there any precautions that need to be followed while using this product or program?
- Summary of your findings.
- References (2 must come from peer reviewed journals).

Research Course Project Grading Rubric – Spring 2017

	Points Possible	Actual
Slide Show Appearance		
Title slide	5	
Consistent background style & color	5	
Font size	10	
Visual aids	10	
Slide Show Content		
Background / description	35	
Manufacturer claims	40	
Describe how product works	60	
Is product safe or dangerous?	15	
Why or why not?	15	
Any precautions?	30	
Summary - does product really work?	60	
References - at least 2 peer reviewed	15	
Total	300	