Class Discussion Questions-Written Project

Dear Students:

Each student will be required to answer all of the session questions for this Class Discussion-Written Project. The questions within each session correspond to the topic area of that session. It is recommended that you work on completing the session questions prior to moving onto the next session or taking the quiz for that session or upcoming sessions. In addition, completing this written project will prepare you for taking the final exam.

For the project, you should use a 12 point font (Times Roman Numeral) and the document must be single spaced. Separate your answers to the questions by the session number. For example, write all your answers for session one questions under the title: Session One Answers. Follow the “Writing Assignment Guidelines and Listing References” details found in the Syllabus. There is no limit to the number of pages required to complete this assignment.

Grading and Cover Sheet:
Grading will be based upon the presentation, project format, and your ability to answer the questions correctly. Spelling, grammar, and quality of work will be graded as well for this written project and all future written materials you hand in. In addition, the report should include a Cover Sheet that includes your name, email address, course title, project title, and date. This written project is worth 100 points.

Project Completion:
This written project is due prior to receiving a final grade in this course. As soon as you have completed the project, please notify the instructor as specified in the last session. After receipt, the instructor will grade your report and post your grade in the Grade Book. The instructor may email you correct or recommend responses along with possible changes or edits you may need to make to your project before receiving a final grade. Please allow several days for the instructor to grade your assignment.

Directions on how to submit written report (you will submit your assignment Online):
1) Log-in to the course.
2) Find the assignment title within the course content and click on it
3) Click on “Submit Answer”
4) Paste your answer into the text box area and be sure to double check formatting (sometimes copying and pasting can undue formatting).
5) Hit “Submit”

If you do not send the report by following the directions 1-5 above your written report will not be graded. Please note that Late Reports will not be accepted!!!!

Good luck with your written project!!!!!
Session One
Greetings Students:
Please complete Part I by answering all class discussion questions (CDQs) and Part II for full point value.

Part I:
Question 1: What are the fuel values used for a gram of Carbohydrate, fat, protein, and alcohol?

Question 2: Name 1 goal of Healthy people 2010. How could this effect the health of Americans; be specific in you’re thoughts?

Question 3: What four nutrients can easily be tracked in your diet if you read the Nutrition Fact Panel? Which nutrients do you track and why?

Question 4: List 3 specific components of the DASH diet and write what the acronym stands for.

Part II:
Please complete Part II by reading and reviewing numbers 1-9 below. After review and answering Part I questions, write the following sentence “I have read the syllabus for this course and agree to abide by the points addressed in Part II” and Sign/Type your name and DATE. Your typed or signed signature will indicate that you understand and agree to the point below.
1a. I have reviewed the course syllabus and course content.
1b. I can review the entire format of the certificate program on the STUDENT REGISTRATION TAB on each course website.
1c. I can download a document in Session 1 that provides a list of all required textbooks and course materials for all current and future certificate courses.
1d. I know that I need to contact the schools registrars department regarding questions pertaining to receipt of grade transcripts and the program graduation certificate.
2. I understand the grading procedures and point distributions.
3. I understand that if assignments and assessments (quizzes and final exam) are not completed and I do not receive a grade of 70 or higher, I cannot move onto the next course.
4. I understand that I cannot make up quizzes or exams.
5. I understand that I will be the only individual that uses the userid and password that I developed and I will not allow others to access the course.
6. I understand that all materials for the online courses are Copy written and that I will not copy course material/information for either myself or others to use or copy.
7. I understand that I will not divulge questions or answers on quizzes or exams.
8. I understand that I must maintain and use an active email account during this course.
9. I understand that in any email correspondence with any instructor, that I will put in all email subject headings “PFT Student” or other identification that may be required when sending assignments.

Thank you and Good luck on all your assignment.

Session Two
Greetings Students:
Please answer all questions provided below to receive full point value.

Question 1: State the benefits of carbohydrate as an energy source. Define which foods contain carbohydrate. Is milk considered a source of carbohydrate –explain your answer?
Question 2: List 3 benefits of fiber for a healthy or disease prevention and list 3 food sources of fiber. Do you eat the average Americans intake of 10-12 grams or the 25-30 grams recommended? How can people incorporate more fiber into their diets?

Question 3: Describe 2 sugar substitutes and list 3 products these substitutes might be found in. What “myths” or rumors have you heard either online or in the media about sugar substitutes?

Question 4: List 3 food sources of cholesterol, 3 food sources of saturated fats, and list one food source of monounsaturated fats. Which substance/fat raises blood cholesterol the most? Were you surprised by this answer?

Good Luck!!!

Session Three
Greetings Students:
Please answer all questions provided below in detail for full point obtainment.

Question 1: Describe saturated fat's role in heart disease. Be specific and describe the process. Is your diet high or low in saturated fat?

Question 2: Describe the term hydrogenated fat. Is it healthier than mono or poly unsaturated fats? Provide a rationale for your response.

Question 3: Describe omega 3 fatty acids and their health benefits. What food source does omega 3 fatty acid predominate in? Would you encourage others to include these foods in a person’s diet naturally?

Good Luck!

Session Four
Hello Students:
Please answer 4 out of the 7 questions provided below in complete detail in order to earn full point value.

Question 1: What makes up protein? Name five food sources of protein, include animal and plant based.

Question 2: How much protein does the average American consume? Is that too much consumption? What are potential health consequences of over-consumption?

Question 3: Describe the role of protein in building muscle mass. How much protein does an individual need to consume on a daily basis? Keep in mind that 1 pound is equal to 2.2 kilograms.

Question 4: What is the role of the personal trainer in recommending vitamins/minerals/supplements, etc...?

Question 5: What is a vitamin involved in building strong bones? How does this vitamin work? Does it work alone to build strong bones?

Question 6: Can vitamins alone help prevent disease? Provide rationale for your answer.

Question 7: How much water is needed to replete each pound lost during exercise? How to do you ensure adequate water during your work outs?
**Session Five**

Happy 5th session!!

Please answer all class discussion questions below for full point obtainment.

Question 1: List the percentage of Americans who are overweight and what percentage are obese (list the source of this answer). Remember to separate out your answer into 2 categories overweight and obese. List and explain 3 reasons why these levels are on the rise.

Question 2: BMI defines obese as > ? . Is a BMI reading accurate when doing the calculation for a bodybuilder client? Please explain your response.

Question 3: Describe three methods of determining body fat percentage? Describe which one is considered the most accurate way to measure body fat percentage?

**Session Six**

Happy 6th session!!

Please answer all class discussion questions below for full point obtainment.

Question 1: How many grams of CHO can help delay fatigue during strenuous exercise? Explain how this process occurs.

Question 2: Identify what becomes the main fuel as exercise is prolonged at an aerobic level. Does this mean you should take more of this fuel source in? Be sure to look this up carefully –the key is prolonged exercise!

Question 3: How many milliliters of water does the adult need per day? How would you get your client to drink more water throughout the day? Please provide some ideas