To ensure appropriate academic oversight, the University Senate requires that all UK courses taught as part of a credit-bearing, faculty-directed, education abroad program obtain college-level Curriculum Committee/Education Policy Committee approval. This requirement applies to all courses, even though the course has already been approved by the University Senate to be taught domestically. The purpose of the approval is to ensure that UK courses taught abroad meet college-approved learning objectives and outcomes.

Each Curriculum Committee may request additional materials be supplied along with this form, including but not limited to a syllabus and course description. The Curriculum Committee Approval for Education Abroad form must be submitted to UK Education Abroad at least 2 months prior to program departure.

SUBMIT FORM TO:
1. Sponsoring College Curriculum Committee or Education Policy Committee Chair
2. ATTN: Ben Vockery, Coordinator of Faculty-Directed Programming, UK Education Abroad, 301 Bradley Hall, ben.vockery@uky.edu

<table>
<thead>
<tr>
<th>CURRICULUM COMMITTEE APPROVAL</th>
<th>KHP 240: Nutrition and Physical Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prefix, number and title course to be offered abroad:</td>
<td>KHP 240: Nutrition and Physical Fitness</td>
</tr>
<tr>
<td>Total credit hours not counting EAP 599:</td>
<td>3.0</td>
</tr>
<tr>
<td>Total contact hours of instruction:</td>
<td>45</td>
</tr>
<tr>
<td>Instructor of Record:</td>
<td>Marilyn Campbell</td>
</tr>
<tr>
<td>Prefix, number and title of second course to be offered abroad (if applicable):</td>
<td>KHP 395: Independent Study</td>
</tr>
<tr>
<td>Total credit hours not counting EAP 599:</td>
<td>1.0-3.0</td>
</tr>
<tr>
<td>Total contact hours of instruction:</td>
<td>5</td>
</tr>
<tr>
<td>Instructor of Record:</td>
<td>Marilyn Campbell</td>
</tr>
</tbody>
</table>

I certify that the course(s) listed above has been reviewed by the College's Curriculum or Educational Policy Committee. The course(s) is approved to be delivered abroad and is in compliance with UK's academic and administrative policies.

**UK Faculty Program Director(s)**

Marilyn Campbell, Ph.D., Lecturer

**College of Education**

Updated 5/13/16

**College Curriculum or Educational Policy Committee:**

(Chair)

Signature

Date

Printed Name/Title

College
FACULTY-DIRECTED NEW PROGRAM PROPOSAL
For optimal recruitment window, submission requested 9-12 months prior to program departure

UK Education Abroad asks faculty members who are organizing a new credit-bearing education abroad program, or a repeating program which will be run in a new location, to submit the following information for review. Proposals must be submitted with signatures from the UK faculty program director(s), the chair of the sponsoring department or unit, and the dean or associate dean of the sponsoring college. If this program has been offered in the past three years and will be offered in the same location(s) with the same course(s) as in previous years, please submit the Recurring Program Proposal instead.

Proposals should be submitted to Ben Vockery, Coordinator of Faculty-Directed Programming, at ben.fockery@uky.edu. Ben may be contacted for consultation via email or phone at 859-323-2174.

<table>
<thead>
<tr>
<th>Department:</th>
<th>Kinesiology and Health Promotion</th>
</tr>
</thead>
<tbody>
<tr>
<td>College:</td>
<td>College of Education</td>
</tr>
<tr>
<td>Program Director(s):</td>
<td>Dr. Marilyn Campbell</td>
</tr>
</tbody>
</table>

---

AUTHORIZED SIGNATURES REQUIRED BY ADMINISTRATIVE REGULATION 4:9

The undersigned below certify that the information submitted is as accurate as possible. It is also hereby agreed that this program is in compliance with UK's academic and administrative policies, including those concerning risk management and Clery Act Compliance, as well as those listed in this proposal. The Program Director(s) understands that college curriculum committee approval must be obtained each time the program is offered in a new location per the Faculty Senate agreement. To that end, the Program Director(s) must complete a Curriculum Committee Approval Form prior to the start date of the program.

**UK Faculty Program Director(s):**

<table>
<thead>
<tr>
<th>Signature</th>
<th>Printed Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Marilyn Campbell</td>
<td>02/08/19</td>
</tr>
</tbody>
</table>

**Sponsoring Department or Unit (Department Chair):**

<table>
<thead>
<tr>
<th>Signature</th>
<th>Printed Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heather Erwin</td>
<td>2/11/19</td>
</tr>
</tbody>
</table>

**Sponsoring College (Dean or Associate Dean):**

<table>
<thead>
<tr>
<th>Signature</th>
<th>Printed Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

**UK Education Abroad (Executive Director):**

<table>
<thead>
<tr>
<th>Signature</th>
<th>Printed Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
STUDENT LEARNING OUTCOMES

The foundation of every education abroad program is an **emphasis on student learning**. As opposed to course objectives which outline the subject matter that the faculty member intends to teach, a **student learning outcome** describes the abilities or knowledge the student should possess upon successful completion of the education abroad program, of which courses are one aspect of the total learning. All UK Faculty-Directed programs must have clearly articulated **learning outcomes**, along with strategies for achieving and measuring those outcomes.

Please (a) provide **at least three specific learning outcomes** for the overall program, (b) describe your pedagogical approach(es) for each intended outcome, (c) describe how each learning outcome will be assessed, and (d) list any resources that may be needed for each learning outcome to succeed. These learning outcomes should later appear in the course syllabus.

<table>
<thead>
<tr>
<th>Intended Learning Outcome: What will students learn?</th>
<th>Pedagogical Approaches: How will students learn?</th>
<th>Method of Assessment: How will you know if the students learned?</th>
<th>Resources Needed: What resources do you need to enhance the learning?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Students will learn to recognize the geological formations which exist across the varied topography of New Zealand.</td>
<td>Example: Lectures will be given on-site of the mountains visited to physically expose students to the sight, smell, and even taste of geological formations.</td>
<td>Example: Students will compose blog posts about pre-assigned formations and give an oral presentation of their knowledge on-site for a grade.</td>
<td>Example: Access to wireless internet for at least a few days.</td>
</tr>
<tr>
<td>1a. Students will learn to recognize the essential and distinct components that make up the Mediterranean Diet</td>
<td>1b. Students will visit local farmer's markets, grocery stores, restaurants, etc. and will receive lectures emphasizing distinct components of the Mediterranean Diet. Ideally, the students will also have a cooking class featuring the Mediterranean Cuisine.</td>
<td>1c. Students will take quizzes related to the material they receive</td>
<td>1d. Arranged outings to showcase the Mediterranean Diet and a guest lecturer to explain the Mediterranean Diet as well as internet access for online quizzes</td>
</tr>
<tr>
<td>2a. Students will be able to contrast the Mediterranean Diet with the traditional Western/American Diet</td>
<td>2b. Students will learn about the Mediterranean diet through lectures and hands-on experience.</td>
<td>2c. Students will write reflections comparing the Mediterranean Diet with their traditional American Diet. Class discussions will also reflect on these topics.</td>
<td>2d. Internet access</td>
</tr>
<tr>
<td>3a. Students will understand the basic macronutrient needs and micronutrient concerns of an individual who is physically active</td>
<td>3b. Students will read required reading materials for class, hear lectures that showcase this material, and have group discussions related to nutrient needs of athletes and physically active individuals</td>
<td>3c. Students will take quizzes related to the material they receive</td>
<td>3d. Internet access for online quizzes</td>
</tr>
<tr>
<td>4a. Students will discuss hot topics and current trends in the &quot;sports nutrition&quot; world (including studies that consider the Mediterranean Diet for an athlete).</td>
<td>4b. Students will read required reading materials for class, hear lectures that showcase this material, and have group discussions related to nutrient needs of athletes and physically active individuals</td>
<td>4c. Students will take quizzes related to the material they receive and will present an oral presentation on a topic of interest</td>
<td>4d. Internet access</td>
</tr>
<tr>
<td>5a.</td>
<td>5b.</td>
<td>5c.</td>
<td>5d.</td>
</tr>
</tbody>
</table>
PROGRAM INFORMATION

UK Faculty Program Director(s):
Marilyn Campbell, Ph.D.
mca243@uky.edu

Destination country(ies):
Italy

City(ies) in which students will spend the night:
Rome (Excursion: Umbria)

Proposed program title:
Nutrition and Physical Fitness in Italy

Term & year:
Summer 2019

Dates (from U.S.A. - from host country):
May 12-June 1, 2019

COLLEGE/DEPARTMENT INFORMATION

Primary sponsoring college:
Education

Primary sponsoring department:
Kinesiology and Health Promotion

Secondary sponsoring college (if applicable):

Secondary sponsoring department (if applicable):

Department chair:

Curriculum Committee chair (college-level):

Has the Curriculum Committee been informed (Y/N)?
N

STUDENT ELIGIBILITY REQUIREMENTS

Participants' minimum class standing:
Any (Fr, So, Jr, Sr)

Participants' minimum GPA (must be ≥ 2.0):
2.0

Is the program open to both grad. and undergraduates?
Yes

Students' required major, dept., or college (if applicable):
None

Additional eligibility requirements (if applicable):
None

Will non-students be permitted to participate?
Yes

Who are the anticipated non-student participants?
None known
PROGRAM WEBSITE DESCRIPTION AND HIGHLIGHTS

Please provide an overview of the proposed program (approximately 200 words), including what topics will be covered and how the program location enhances the course(s). This text will be used to promote the program to potential student participants on the UK Education Abroad website and promotional materials.

This experience will allow students the opportunity to explore basic nutritional principles as they relate to physical fitness in a traditionally and historically-rich location. We will compare and contrast aspects of the American diet and the well-studied Mediterranean diet through various food- and physical activity-related excursions. Students will have the opportunity to study the Mediterranean Diet Pyramid and reflect on differences in nutrition and physical activity practices common to this area that contribute to health promotion. Additionally, students will be exposed to agricultural activities, cultural happenings, and food preparation techniques common to this area. This will enrich the understanding of basic nutritional principles as they relate to physical fitness and the athlete. This class is geared at addressing basic nutritional needs that apply to people of all activity levels and considers practical applications and current trends.

Please list three to five highlights about the program that will be of interest to potential student participants. This can include specific site visits, guest lectures, excursions, special activities, etc. These highlights will be used to promote the program on the UK Education Abroad website and promotional materials.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>TBD but desired highlights can be found below (will revise and re-word when known)</td>
</tr>
<tr>
<td>2.</td>
<td>Exposure to local farmer's markets, restaurants, and grocery stores</td>
</tr>
<tr>
<td>3.</td>
<td>Cooking class featuring Mediterranean cuisine</td>
</tr>
<tr>
<td>4.</td>
<td>Physical activity outing exploring the ecosystems and biodiversity characteristic of this location (e.g. National park, hiking trails, green space, a park, etc.)</td>
</tr>
<tr>
<td>5.</td>
<td>Guest lectures showcasing the Mediterranean Diet</td>
</tr>
</tbody>
</table>
ACADEMIC COURSE INFORMATION

In order for residential UK courses to be taught off campus, the academic content must be consonant with the original intent and learning outcomes of the course. In cases where the learning outcomes are substantially different, a “special topics” designation within the major must be used. When the learning outcomes remain consistent with an already approved UK course, the regular course number and title should be used. If available, please attach craft copy of the syllabus for each course to be taught abroad. Final syllabi will be requested closer to the program date of departure. It is the responsibility of the home department to list the course(s) associated with the education abroad program in myUK.

If the program is open to graduate students, please include both the undergraduate and graduate course information. It is acceptable to list the graduate credit as something that must be arranged individually.

<table>
<thead>
<tr>
<th>First UK course number &amp; title:</th>
<th>KHP 240: Nutrition and Physical Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total credit hours:</td>
<td>3.0</td>
</tr>
<tr>
<td>Pre-requisites (if any):</td>
<td>None</td>
</tr>
<tr>
<td>Total contact hours of instruction:</td>
<td>45</td>
</tr>
<tr>
<td>Language of instruction:</td>
<td>English</td>
</tr>
<tr>
<td>Instructor of record for course catalog:</td>
<td>Marilyn Campbell, Ph.D.</td>
</tr>
<tr>
<td>Does this course fulfill degree or UK Core requirements? Please specify.</td>
<td>Yes, required for Exercise Science Majors</td>
</tr>
<tr>
<td>Will any part of this course be taught on campus? If so, please specify dates for on-campus meetings.</td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second UK course number &amp; title (if applicable):</th>
<th>KHP 395: Independent Study</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total credit hours:</td>
<td>1.0-3.0</td>
</tr>
<tr>
<td>Pre-requisites (if any):</td>
<td>None</td>
</tr>
<tr>
<td>Total contact hours of instruction:</td>
<td>5</td>
</tr>
<tr>
<td>Language of instruction:</td>
<td>English</td>
</tr>
<tr>
<td>Instructor of record for course catalog:</td>
<td>Marilyn Campbell, Ph.D.</td>
</tr>
<tr>
<td>Does this course fulfill degree or UK Core requirements? Please specify.</td>
<td>No</td>
</tr>
<tr>
<td>Will any part of this course be taught on campus? If so, please specify dates for on-campus meetings.</td>
<td>To be discussed with instructor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Third UK course number &amp; title (if applicable):</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total credit hours:</td>
<td></td>
</tr>
<tr>
<td>Pre-requisites (if any):</td>
<td></td>
</tr>
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</tr>
<tr>
<td>Instructor of record for course catalog:</td>
<td></td>
</tr>
<tr>
<td>Does this course fulfill degree or UK Core requirements? Please specify.</td>
<td></td>
</tr>
<tr>
<td>Will any part of this course be taught on campus? If so, please specify dates for on-campus meetings.</td>
<td></td>
</tr>
</tbody>
</table>
Timeline for Summer Faculty-Directed Program

Complete Health and Safety Review
(Homegrown only)

Complete New Program Proposal
May-August

Secure Curriculum Committee Approval
By December

By April

Finalize Advertised Program Fee
By September Fall Fair

Promote Program
August-March

Complete UKEA Program Director Training(s)
April-May

FACULTY-DIRECTED PROGRAM BUDGET

All UK Faculty-Directed programs are built on a zero-balance, self-supporting budget. Upon completing the New Program Proposal, the UK faculty program director(s) will need to work with Ben Vockery, Coordinator of Faculty-Directed Programming, to establish their program’s budget. **All programs must maintain their budget at or below the cost that is originally advertised to students on the UKEA website for the program.**

Programs which are being customized by one of UKEA’s affiliated partner organizations will need to determine the amount of Director’s Stipend, Meal Per Diem, and International Airfare that should be included in the program’s budget.

Programs in which the logistics are being arranged by the faculty program director and/or a company which is not affiliated with UKEA will need to complete a more extensive budget spreadsheet with UKEA. This will include (but is not limited to):

- **Director Stipend** – Can be included at $1,000 per week up to $5,000. A ‘week’ consists of at least four days. Faculty program directors on 12 month appointments will need to take overload if they choose to take a stipend.
- **Meal Per Diem** – Based on U.S. Dept. of State rate for specific cities in which group will be spending the night less any meals included (i.e. group meals, breakfast at the hotel, etc.).
- **International Airfare** – Please see UKEA instructions for booking this after the program’s deposit date has passed. Group airfare is generally discouraged, as students (particularly on summer programs) often prefer to fly from an airport closer to where they live, use skymiles/points, etc.
- **Lodging** – Faculty members may book their own lodging on Airbnb or HomeAway, but students’ accommodations cannot be booked through these or similar companies. Hotels, hostels, or apartments managed by a company (as opposed to an individual) are fine accommodations for both faculty and students.
- **Transportation** - This can include a metro pass, bus pass, train ticket, transportation to and from the airport, taxi fare, bus rental, etc.
- **Cell Phone** - Program Director(s) may choose to include $100-$150 each for the purpose of purchasing a local cell phone abroad or to activate an international SIM card in their existing cell phones.
- **Entrance Fees for planned activities** – This can include museum tickets, entry fees into events, etc.

For a template budget spreadsheet and list of potential program expenses, please email Ben Vockery at ben.vockery@uky.edu.
PROMOTION & OUTREACH

Each Faculty-Directed program budget is based on a minimum number of students which determines the overall program fee that is advertised. The average UKA faculty-directed program has 8-10 students.

In considering outreach strategies for promotion, note:

- Students from SEC institutions will receive in-state tuition at UK for participating on faculty-directed programs.
- UKA hosts two major promotional events throughout the year: A Spring and Fall Fair. Faculty program directors are strongly encouraged to attend both events to promote their programs.
- Social media offers a great platform to promote a program to students across campus.
- UKA can send representation to an information session with the faculty program director. One week’s notice is typically needed for this.
- UKA can send a student peer ambassador to offer a classroom presentations in any specified class(es). One week’s notice is typically needed for this.
- UKA can, if requested, create a flyer for each faculty-directed program.
- Each faculty program director will have $50 from UKA to use toward the cost of hosting an information session, purchasing additional promotional items, etc. Please notify UKA when you would like to utilize these funds.

HEALTH, SAFETY & SECURITY

All UK Faculty-Directed education abroad programs must adhere to best practices in health, safety and security.

- Programs being customized by one of UKA’s affiliated partners (i.e. Arcadia University, CIEE, ISA, etc.) will have the risk management of the program supported by the customizing partner.

- Programs not being customized by one of UKA’s affiliated partners will need to complete the Health and Safety Review form prior to the start of the program. Some colleges and departments may wish to see a draft of this form prior to approving the program. Please contact Ben Vockey for a copy of the Health and Safety Review form.

Please review the following websites in working through the Health and Safety Review document to identify any health and safety risks in the destination country(ies):

- Center for Disease Control
- Travel Warning and Consular Information
- Overseas Security Advisory Council (OSAC)
- AXA Assistance
- UK Travel Medicine Clinic

Students may only engage in educational travel in countries under a U.S. Department of State Travel Warning, or where a Centers for Disease Control and Prevention (CDC) Level 3 is in effect, after completion of a mandatory review process, and with the approval of the Associate Provost for Internationalization in consultation with the college dean, or designee. The mandatory review process entails the preparations of appeal documentation, and a meeting with the International Health, Safety & Security (IHSS) Committee.

CLERGY ACT COMPLIANCE: CAMPUS SECURITY AUTHORITY

The Clery Act requires that all faculty and staff program directors overseeing student groups abroad must complete an online Campus Security Authority training through myUK. Questions about this training should be directed to UK Crisis Management at cmp@uky.edu or 859-257-9567.

CURRICULUM COMMITTEE APPROVAL

To ensure appropriate academic oversight, the University Senate requires that all UK courses taught as part of a credit-bearing, faculty-directed, education abroad program obtain college-level Curriculum Committee/Education Policy Committee approval. This requirement applies to all courses, even those that have already been approved by the University Senate to be taught domestically. The purpose of the approval is to ensure that UK courses taught abroad meet college-approved learning objectives and outcomes.

The Curriculum Committee Approval form must be submitted to UK Education Abroad prior to the start date of the program.
LISTING COURSE(S) ON MYUK

It is the responsibility of the Program Director, in conjunction with the sponsoring department, to list the course associated with the new Education Abroad program. Each college or program has a designated staff member responsible for listing UK courses. Please communicate with that person to ensure that the program’s course was listed according to the guidelines below:

UK courses should be listed as “off-campus” with the international location indicated and a section number of 700-799. In accordance with established section number protocols across campus, the second digit of the section number will indicate the term the course is being offered:

- Summer Session I = section number of 710
- Summer Session II = section number of 720
- Winter = section number of 730
- Fall or Spring = section number of 701

Additionally, there should be a note attached to each course that is visible in the course catalog indicating that it is taught overseas. An example course note is: “This course is part of an Education Abroad program and is taught in India. Please contact Dr. ABC, abc@uky.edu or visit http://www.uky.edu/ea for more information.”

PROGRAM DIRECTOR APPLICATION AND ORIENTATION

Prior to departing the U.S., all Program Directors will be required to attend one or more pre-departure orientation(s) conducted by UK Education Abroad on policies, procedures and best practices on leading an education abroad program.

The materials below will be required from each Program Director prior to program departure. Each Program Director will be required to submit the materials listed below into their UKEA application. Details for submitting these materials will be provided the term prior to program departure.

Signature Documents
The following documents must be digitally signed indicating awareness of UK Education Abroad policies and procedures.

- Guidelines for Non-Credit Participants
- Health & Emergency Statement
- Duties and Responsibilities
- Clery Act – Campus Security Authority (CSA)
- Instructions for Listing an EA Course on myUK
- Release, Indemnification, Waiver and Hold Harmless Agreement
- Self-Disclosure Form
- On-Site Contact Information
- Site Information for Clery Act Compliance (2 parts)
- Accompaniment of Spouse, Partner or Dependent(s)

Questionnaires
UK Faculty Program Directors will also be asked to complete and submit the following questionnaires, providing more information about the final program arrangements as well as essential health and safety information.

- Course Syllabus
- Passport Information
- Program Itinerary
- Flight Itinerary
- On-Site Contact Information
- Site Information for Clery Act Compliance (2 parts)
- Accompaniment of Spouse, Partner or Dependent(s)
Course Instructor: Marilyn Campbell, Ph.D., NSCA-CPT  
Lecturer, Exercise Science  
Faculty Director, KHP & Wellness Living Learning Community

Class Times: May 12-June 1, 2019, MTWRF, 9a-12p  
Excursions: TBD

Emergency Phone: +1 (262) 893-0147

E-mail: mca243@uky.edu

Course Description: This course focuses on the interrelationship between nutrition and physical fitness. The intent is to provide the student with the information necessary to formulate an individualized plan for the achievement and maintenance of adequate nutrition and physical fitness. Weight control will be discussed in this content.

Prerequisites: None

Student Learning Outcomes:
After the completion of this course, the student will be able to:
1. Describe the basics of nutrition for optimizing energy and recovery for exercise as well as long-term health.
2. Recognize the essential and distinct components that make up the Mediterranean Diet.
3. Contrast the Mediterranean Diet and the traditional American/Western Diet.
4. Distinguish the best macronutrient, micronutrient, and fluid choices before, during, and after exercise for optimal performance and recovery.
5. Explain optimal breakfast, lunch, dinner, and snack options as well as timing for the exercising individual.
6. Formulate healthy and appropriate strategies to optimize losing and gaining weight.
7. Discuss hot topics and current trends in sports nutrition.


Description of Course Activities and Assignments: Below you will find a short description of the different components that will make up your grade this semester.

Exams (100 point per exam x 3 = 300 points): There are 3 exams this summer including the final exam, and each exam will make up 100 points of your grade. These exams will be in the format of T/F questions, multiple choice questions, and short answer questions. Students will be expected to complete the exams during the allotted class time. No collaboration with other students is permitted for exams in this course. Exams cannot be made up for unexcused absences. Exams (including the final) are not cumulative, except where previously presented information is presented again and pertinent to a later section in the class.

Reflection on Experience (200 points): Three weeks after the completion of the study abroad class, we will have a reflection assignment due that looks at various aspects of the Mediterranean lifestyle you observed and the
experience you had, and you will be asked to contrast and reflect on differences from the Western/American Diet. A further description of this assignment and the core components can be found on Canvas with suggested reflection questions.

**Oral Presentation (100 points):** Students will be expected to present a 10-minute presentation on any nutritional topic of their choice. Students will find a topic of interest to them; a suggested list will be provided, but students will not be limited to this list. Students must use a minimum of 5 scholarly, peer-reviewed sources for their presentation. Further information will be provided on Canvas.

**Class Participation and Attendance (200 points):** Attendance and participation in this course are deemed necessary and important for success in the course. All students are expected to be present in class as well as present for every learning activity and excursion. Students should arrive on time and ready for class. If a student is absent, uses technology for non-course related purposes, or is not engaged and participating in class, points will be deducted from this portion of the grade. See the below “Attendance Policy” for more specific information about expectations.

**Grade Allocation:**

**Exams:** 300 points total (37.5%)
Exam 1: 100 points
Exam 2: 100 points
Exam 3: 100 points

**Assignments:** 300 points total (37.5%)
Reflection on Experience: 200 points
Oral Presentation: 100 points

**In-class:** 200 points total (25%)
Class participation and attendance: 200 points

TOTAL: 800 points

**Grading Scale:**
A = 90.0% or above
B = 80.0-89.9%
C = 70.0-79.9%
D = 60.0-69.9%
E = <59.9%
Tentative Course Schedule: (*Please note: the instructor reserves the right to make adjustments to the course schedule when necessary, but students will be informed of these changes.)

<table>
<thead>
<tr>
<th>Week</th>
<th>May</th>
<th>Day</th>
<th>Time</th>
<th>Chapter</th>
<th>Lecture (tentative)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12</td>
<td>SU</td>
<td>TBD</td>
<td></td>
<td>Depart from United States</td>
</tr>
<tr>
<td>13</td>
<td>M</td>
<td>TBD</td>
<td>Welcome at airport, apartment orientation, Garbatella/San Paolo Neighborhoods Orientation, Aventine Hill and Introduction to Roman Life and Topography, Welcome Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>T</td>
<td>TBD</td>
<td>1</td>
<td>Breakfast, Roma Tre University Orientation, Survival Italian Instruction, ***Buying Fresh and Seasonal Food in Italy, Lunch at Testaccio Market with Resident Director, Monte dei Cocci at Testaccio</td>
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<td>-Classroom Lecture: Introduction, Syllabus and Rules</td>
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<td>-Chapter 1: Building a High-Energy Eating Plan</td>
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<td>-Introduction to the Mediterranean Food Pyramid</td>
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<td>15</td>
<td>W</td>
<td>9:00-12:00</td>
<td>2, 3</td>
<td>-Chapter 2: Eating to Stay Healthy for the Long Run</td>
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<td>-Chapter 3: Breakfast – The Key to a Successful Sports Diet</td>
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<td>-Mediterranean Diet for Diseases</td>
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<td>16</td>
<td>R</td>
<td>9:00-12:00</td>
<td>4, 5</td>
<td>-Chapter 4: Lunch and Dinner – At home, on the Run, and on the Road</td>
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<td>-Chapter 5: Between Meals – Snacking for Health and Sustained Energy</td>
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<td>-Meal Times and the Mediterranean Diet</td>
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<td>***Colosseum + Guest Lecture on Sports in Ancient Time</td>
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<td>17</td>
<td>F</td>
<td>9:00-12:00</td>
<td>Exam 1</td>
<td>Chapters 1-5</td>
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<td>***Learning Activity: Kayaking on the Tiber River</td>
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<td>18</td>
<td>SA</td>
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<td>Free Day</td>
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<td>19</td>
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<td>20</td>
<td>M</td>
<td>9:00-12:00</td>
<td>6</td>
<td>-Chapter 6: Carbohydrates – Simplifying a Complex Topic</td>
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<td>-2 Oral Presentations</td>
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<td>***Roman Fora by night</td>
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| 21  | T     | 9:00-12:00 | 7,8 - Chapter 7: Protein – Building and Repairing Muscles - Chapter 8: Fluids – Replacing Sweat Losses to Maintain Performance - 2 Oral Presentations  
***Learning Activity: Appian Way Bike Tour*** |
| 22  | W     | 9:00-12:00 | 9 - Chapter 9: Fueling Before Exercise - 2 Oral Presentations  
***Learning Activity: Foro Italico + Guest Lecture on Sport and Nationalism*** |
| 23  | R     | 9:00-12:00 | 10 - Chapter 10: Fueling During and After Exercise - 2 Oral Presentations  
***Learning Activity: Gelato Class*** |
| 24  | F     | 9:00-12:00 | Exam 2 Chapters 6-10 |
| 25  | SA    | In Umbria  | ***Truffle Hunting + Truffle Tasting***  
***Fisherman Cooperative Visit + Local Fish Lunch*** |
| 3   | 26    | SU        | In Umbria  
***Factory Visit – Slow Food Presidio*** |
| 27  | M     |           | 11 - Chapter 11: Supplements, Performance Enhancers, and Engineered Sports Foods - 2 Oral Presentations |
| 28  | T     | TBD       | 14 - Chapter 14: Assessing your Body- Fat, Fit, or Fine?  
***Learning Activity: Soccer Club Visit*** |
| 29  | W     | 9:00-12:00 | 15 - Chapter 15: Gaining Weight the Healthy Way  
***Learning Activity: Tennis Match*** |
| 30  | R     | 9:00-12:00 | 16 - Chapter 16: Losing Weight Without Starving - Mediterranean Diet for Weight Loss  
***Learning Activity: Cooking Class*** |
| 31  | F     | 9:00-12:00 | Exam 3 Chapters 11, 14-16 |
| 1   | SA    |           | Group Transfer to the Airport by private bus |
| 22  | SA    |           | Reflection Assignment due at 11:59p  
***Field Trip/Excursion***
Accountability and Responsibility Contract
Nutrition and Physical Fitness in Italy Student Code of Conduct

You will be representing yourself, the University of Kentucky, and the United States while abroad. Accountability and responsibility are an important aspect of this program. Your actions reflect on the entire group, so accountability and responsibility will be emphasized throughout this program. Fulfillment of this Code of Conduct includes participation, accountability and responsibility to your roommate(s) and the entire group, and responsible conduct always.

Participation means participating fully in all lectures, group discussions, activities, and excursions. Active participation means being awake and engaged (taking notes) during class sessions, visits with community members and guest speakers. Being absent from any aspect of the itinerary for any reason without prior consent from the instructor will result in the loss of at least part of the 100 possible points.

Responsible conduct means that you will be a positive representative—of yourself, the University of Kentucky, and the U.S. always. Expectations include respect, appreciation, and hospitality for the local community, hotel/apartment staff, homestay hosts, bus drivers, guest speakers, community organizations, and local establishments. This means:

- Being on-time, awake, alert and attentive during all class periods and for guest speakers -- Falling asleep or dozing during any class session or guest speaker is disrespectful and will automatically result in the loss of 5 attendance and participation points
- Presenting body language that demonstrates interest and attention to the individual speaking, including classmates.
- Being polite while on transportation, be it buses, trains, or chartered vehicles
- Keeping noise levels to a minimum in our overnight accommodations so your presence does not disrupt other guests or residents
- Conducting yourself in a responsible manner in local pubs, restaurants, parks, and shops. Be attentive to noise levels when you are in a large group in pubs—don’t reinforce the loud, obnoxious U.S. stereotype!

Expectations regarding alcohol include:

- No alcohol consumption if you are not of age in the host country
- Responsible use
- Respect for anyone who chooses not to drink
- No drinking games
- Accountability and responsibility for every group member in pubs and any setting where alcohol is present
- Alcohol will not interfere with the priorities of the course

Failure to abide by the expectations outlined in this Code of Conduct, or other related situations that arise could result in the loss of part or all the 100 points, receiving an E in the course, and/or could result in your removal from the entire program at your expense.

I have read and understand the expectations outlined in the accountability/responsibility contract. A copy of this document will be attached to the syllabus in Canvas.

Signed: ________________________________ Date: ___________________
**Attendance Policy:** Because of the accelerated nature of education abroad programs, attendance is MANDATORY and will be taken every class period. In addition, not all materials presented in class and covered on the exams are found in your required text. You are advised to attend class, as past student performance has demonstrated those who regularly attend, tend to perform better in this class. Furthermore, students are expected to be on time to class and participate in order to receive full points for the “Classroom Attendance and Participation” portion of the grade. According to the Rules of the University Senate, those students who miss more than 20% of the class FOR ANY REASON may be dropped from the class. This is true even if you are sick and have medical excuses. The rationale for this rule is that people who miss more than 20% are not really receiving the content of the course. Students that do not drop the course and are absent (even a combination of excused and unexcused absences) more than one-fifth (or 20%) of class meetings will receive a failing grade (E). Students will not be able to make up exams, classroom attendance and participation points, or learning activities if missing for an unexcused absence.

**Excused absence policies:** Professional courtesy with notification of absence beforehand is expected; however, university policy states that a student must notify the instructor of an absence prior to the absence or within **one day** after the period of the absence. In the case of education abroad, communication with Dr. Campbell and Arcadia University are extremely important. Students should make extraordinary efforts to let one of the previously mentioned individuals know that they will not be attending class for ANY reason by email, telephone, or in person. SR 5.2.4.2.E. A student must submit any written documentation supporting an excused absence within **one week** after the period of absence, except when the absence is for the observation of a major religious holiday. An absence for a major religious holiday requires advanced written notification and should be submitted to the instructor no later than 3 days from the first day of the semester. It is up to the instructor’s judgment as to whether the [religious] observance in question is important enough to warrant an excused absence. SR 5.2.4.2 states, in relevant part, that “if a student has excused absences in excess of one-fifth of the class contact hours for that course, a student shall have the right to petition for a ‘W,’ and the Instructor of Record may require the student to petition for a ‘W’ or take an ‘I’ in the course.”

**Submission of Assignments:** All assignments should be **submitted via Canvas** by the date and time in which they are due.

**Late Assignments:** There are only two assignments required for this study abroad course. The first assignment occurs during the trip. This is the oral presentation. Students should come to class ready to present their oral presentation. If the student is not ready to present by the start of class on the assigned day, the assignment will be considered late. For this assignment, 25% will be deducted from the grade for each day it is late. The only other assignment that is required for this study abroad course is the reflection on your experience. The assignment will be due at 11:59p on Saturday, June 22nd. The assignment will be counted as late if submitted after 12:00a on Sunday, June 23rd, and 10% will be reduced from the grade each day the assignment is late.

**Academic Integrity:** Per University policy, students shall not plagiarize, cheat, or falsify or misuse academic records. Students are expected to adhere to University policy on cheating and plagiarism in all courses. The minimum penalty for a first offense is a zero on the assignment on which the offense occurred. If the offense is considered severe or the student has other academic offenses on their record, more serious penalties, up to suspension from the University may be imposed.

Plagiarism and cheating are serious breaches of academic conduct. Each student is advised to become familiar with the various forms of academic dishonesty as explained in the Code of Student Rights and Responsibilities. Complete information can be found at the following website: [http://www.uky.edu/Ombud](http://www.uky.edu/Ombud). A plea of ignorance is not acceptable as a defense against the charge of academic dishonesty. It is important that you review this information as all ideas borrowed from others need to be properly credited.
Senate Rules 6.3.1 (see http://www.uky.edu/Faculty/Senate/ for the current set of Senate Rules) states that all academic work, written or otherwise, submitted by students to their instructors or other academic supervisors, is expected to be the result of their own thought, research, or self-expression. In cases where students feel unsure about a question of plagiarism involving their work, they are obliged to consult their instructors on the matter before submission.

When students submit work purporting to be their own, but which in any way borrows ideas, organization, wording, or content from another source without appropriate acknowledgment of the fact, the students are guilty of plagiarism.

Plagiarism includes reproducing someone else's work (including, but not limited to a published article, a book, a website, computer code, or a paper from a friend) without clear attribution. Plagiarism also includes the practice of employing or allowing another person to alter or revise the work, which a student submits as his/her own, whoever that other person may be. Students may discuss assignments among themselves or with an instructor or tutor, but when the actual work is done, it must be done by the student, and the student alone.

When a student's assignment involves research in outside sources or information, the student must carefully acknowledge exactly what, where, and how he/she has employed them. If the words of someone else are used, the student must put quotation marks around the passage in question and add an appropriate indication of its origin. Making simple changes while leaving the organization, content, and phraseology intact is plagiaristic. However, nothing in these Rules shall apply to those ideas, which are so generally and freely circulated as to be a part of the public domain.

Please note: Any assignment you turn in may be submitted to an electronic database to check for plagiarism.

**Accommodations due to disability:** If you have a documented disability that requires academic accommodations, please inform me as soon as possible via e-mail. In order to receive accommodations in this course, you must provide me with a Letter of Accommodation from the Disability Resource Center (DRC). While we do not have the DRC facility available to us in Italy, every effort will be made to secure appropriate accommodations with Arcadia University.

**Non-Discrimination Statement and Title IX Information**

The University of Kentucky faculty are committed to supporting students and upholding the University's non-discrimination policy.

Discrimination is prohibited at UK. If you experience an incident of discrimination we encourage you to report it to Institutional Equity & Equal Opportunity (IEEO) Office, 13 Main Building, (859) 257-8927.

Acts of Sex- and Gender-Based Discrimination or Interpersonal Violence

If you experience an incident of sex- or gender-based discrimination or interpersonal violence, we encourage you to report it. While you may talk to a faculty member or TA/RA/GA, understand that as a "Responsible Employee" of the University these individuals MUST report any acts of violence (including verbal bullying and sexual harassment) to the University's Title IX Coordinator in the IEEO Office. If you would like to speak with someone who may be able to afford you confidentiality, the Violence Intervention and Prevention (VIP) program (Frazee Hall – Lower Level; http://www.uky.edu/StudentAffairs/VIPCenter/), the Counseling Center (106 Frazee Hall, http://www.uky.edu/StudentAffairs/Counseling/), and the University Health Services (http://ukhealthcare.uky.edu/uhs/student-health/) are confidential resources on campus.
Independent Study Contract
Summer 2019 - Independent Study
KHP 395 (3 credits)

Name: _______________________
Email: _______________________
Phone: ______________

Faculty: Marilyn Campbell, mca243@uky.edu

Brief description of independent study content:
______________________________________________________________________________
______________________________________________________________________________
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The student is required to complete the following assignments:

☐ (15 pts) ________________________________________________________________

☐ (15 pts) ________________________________________________________________

☐ (15 pts) ________________________________________________________________

☐ (15 pts) ________________________________________________________________

☐ (15 pts) ________________________________________________________________

Brief description of products used to determine learning/grade:
One meeting a week, face-to-face, via office, video conference or phone (10 pts.)
During each meeting the student will be prepared to discuss their progress on the goals of the
independent study. The student’s grade will be determined by completion of the independent
assignments and observations (100 total pts. possible). The student needs at least a C average to
earn a passing grade.

_________________________  __________________________
Student Signature     Faculty Signature