



APICIUS - INTERNATIONAL SCHOOL OF HOSPITALITY

SCHOOL OF SPORTS AND HEALTH SCIENCES
DEPARTMENT OF SPORT SCIENCES/DIETETICS AND NUTRITION/HAPPINESS SCIENCES
COURSE TITLE: HEALTH AND FITNESS IN THE MEDITERRANEAN
COURSE CODE: SHSSHN150; FWDNHN150; GSHSHN150
3 semester credits

1. DESCRIPTION

Studies have shown that following the Mediterranean diet has many health benefits, especially when combined with exercise. This course includes lectures on various forms of physical and lifestyle activities and an overview of their respective health benefits. Lectures will also include visits to athletic centers within the local community and the nutritional aspects of the Mediterranean diet, and particularly the Italian culinary tradition. Food and wine tastings, and physical activity are integral components of the course and will result in the creation of a customized exercise and nutritional program by the student. This course also features a field learning component in relevant Italian locations to supplement and enrich academic topics.

2. OBJECTIVES

The aim of this course is to provide the students a study of fitness and wellness and their relationship to a healthy lifestyle based on the Mediterranean diet. Upon successful completion of this course, students will learn the ways in which a healthy diet and various forms of exercise interact and influence the body. Upon successful completion of this course students will be able to apply the Mediterranean diet and exercise in their own lives by designing a personal and customized fitness program and diet.

3. REQUIREMENTS

There are no prerequisites for this course.

4. METHOD

This course consists of lectures, class discussions, projects, and site visits within the local community. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, academic texts and studies, videos, slides, guided problem solving, and experiential and/or field learning activities where applicable.

5. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

Hopper, Chris; Fisher, Bruce; Munoz, Kathy D. *Physical Activity and Nutrition for Health, Human Kinetics*, 2008.

The textbook is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

FURTHER READINGS

(Books listed below are available at the University library)

Wellness:

Anspaugh, David J.; Hamrick, Michael H.; Rosato, Frank D. *Wellness: Concept and Applications*, McGraw-Hill, 2011.

Corbin, Charles; Welk, Greg; Corbin, William; Welk, Karen. *Concept of Fitness & Wellness*, McGraw-Hill, 2013.

Human Kinetics, Health and Wellness for Life, IL Human Kinetics, 2010.

McCloud, Ace. *Health: Ultimate Health Secrets*, Pro Mastery Publishing, 2014.

Meeks, Linda; Heit, Philip; Page, Randy. *Health & Wellness*, McGraw-Hill, 2008.

Robinson, James & Mc Cornick, Deborah J. *Concepts in health & wellness*, Cengage Learning, 2010.

Mediterranean Diet:

Harmon Jenkins N., *The New Mediterranean Diet Cookbook*, Bantam, 2009.

Williams-Sonoma, *Mediterranean Cooking*, Time Life Books, 1997

Cloutier M. - Adamson E., *The Mediterranean Diet*, Avon Books, 2004

Capatti A., Montanari M., *Italian Cuisine*, Columbia University Press, N.Y. 1999

Artusi Pellegrino, *Science in the Kitchen and the Art of Eating Well*, NY, 1997 (1891).

Piras C., *Culinaria Italy*, Ullmann 2007

Mueller T., *Extravirginity*, Atlantic Books, 2012

Wardlaw G., Smith A., *Contemporary Nutrition*, McGraw Hill, 2009 (7ed.)

Elliot R., *Mediterranean Feasts*, Little Books, 2004

LIBRARIES IN FLORENCE

Please consult the posted schedules for official opening times of the university library. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed. Students may also utilize additional libraries and research centers within the local community:

BIBLIOTECA PALAGIO DI PARTE GUELFA

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:
http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/

BIBLIOTECA DELLE OBLATE

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:
www.bibliotecadelleoblate.it

THE HAROLD ACTON LIBRARY AT THE BRITISH INSTITUTE OF FLORENCE

Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation. This library requires a fee-based student membership. For information: www.britishinstitute.it/en

6. FIELD LEARNING

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment that counts towards your final grade, details will be provided on the first day of class.

7. COURSE MATERIALS

No additional course materials are necessary.

8. COURSE FEES

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

9. EVALUATION – GRADING SYSTEM

10% Attendance

15% Class Participation – Assignments

25% Midterm Exam, Field Learning project (if applicable), Special/Research Project (if applicable)

30% Final Exam

20% Paper/Project

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C- =70-72%, D = 60-69%, F= 0-59%, W = Official Withdrawal, W/F = Failure to withdraw by the designated date.

10. ATTENDANCE – PARTICIPATION

Academic integrity and mutual respect between instructor and student are central to the academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

Absences are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.

- Hours may be distributed in different formats according to the academic course schedules.

LATE ARRIVAL AND EARLY DEPARTURE

Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

TRAVEL (OR DELAYS DUE TO TRAVEL) IS NEVER AN EXCUSE FOR ABSENCE FROM CLASS.

It is the student's responsibility to know how many absences are incurred. If in doubt, speak with your instructor!

Participation: Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

11. EXAMS – PAPERS – PROJECTS

The **Midterm** exam accounts for 25% of the final course grade. For exam time and date consult the course website. **The time and date of the exam cannot be changed for any reason.**

Format: the exam is divided into three sections:

- Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.
- Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.
- Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.

The final **Paper/Project** accounts for 20% of the course grade.

- Format: topic, length, guidelines, and due date will be provided in the course website.

- Material for research will be available at the University Library in Corso Tintori 21.

The **Final** exam accounts for 30% of the final course grade. For exam time and date consult the course website. **The time and date of the exam cannot be changed for any reason.** Format: the exam is divided into three sections:

- Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.
- Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.
- Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.
- The Final Exam is cumulative

12. LESSONS

Lesson 1	
Meet	In class
Lecture	General overview and introduction to the course. Part. I. Focus on the exercise contents; Part. II. Focus on the evolution of the Mediterranean diet from Italy, Greece, and all over the world. Geography, culture, food rituals and development. Food pyramids: The Traditional Mediterranean food pyramid meet the PAT (Piramide Alimentare Toscana).
Objectives	Discover and understand lifestyle, rituals, food, wine related to the Mediterranean diet. Become familiar with the traditional ingredients and produce of Italy. Fish, meat, pasta, rice, bread, legumes, fruit, vegetables will be described and commented by the teacher to understand the typical produce available around Italy.
Visit	The typical Florentine Food Markets: Tour at San Lorenzo and/or at Sant'Ambrogio Market (refer to course website)
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 2	
Meet	In class
Lecture	Physical activities at Assi Giglio Rosso.
Objectives	The students will take a tour of our sport facilities: Dance Room where we organize classes as Zumba, Hip Hop, Yoga, Abs & Legs, Classic Ballet; Workout Room with cardio machines (treadmills, stationary bikes, elliptical machines, cross trainers, multi gyms, free weights, benches). Assi Giglio Rosso: located on the hills of Viale Michelangelo, the terrace of Florence. Students will explore sports such as tennis, football, roller skating, hockey and basketball at a facility founded in order to promote sport and physical activities within the Florentine territory and intended to improve the quality of life in the city.
Visit	Assi Giglio Rosso.
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 3	
Meet	In class

Lecture	Walking tour to Piazzale Michelangelo
Objectives	Understand power walking form, technique and effective positioning. Analysis and comparisons of energy consumption in relation to body parts and targeted movements. Evaluation of power walking in relation to other forms of physical fitness
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 4	
Meet	In class
Lecture	Mediterranean Ingredients: Cheese, Cured Meat, Balsamic Vinegar. History and Uses of the different products. Nutritional value. Process of production.
Objectives	Become familiar with how these three different products are processed and produced in Italy; Understand how to read a label.
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 5	
Meet	In class
Lecture	Biking at Cascine park
Objectives	Examine cycling as an aerobic activity, following its effects on internal organs and blood flow. Monitor physiological reactions such as deeper breathing, perspiration, and increased body temperature, and the ways in which these effects and interactions contribute to overall fitness level. Analysis of health benefits of regular cycling such as: increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility, decreased stress levels, improved posture and coordination, strengthened bones, decreased body fat levels, prevention or management of disease, reduced anxiety and depression.
Visit	Cascine Park in Florence (refer to course website)
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 6	
Meet	University Building - Corso dei Tintori, 21
Lecture	University's La Palestra and Rowing Canottieri
Objectives	The students will take a tour of our sport facilities: Dance Room where we organize classes as Zumba, Hip Hop, Yoga, Abs & Legs, Classic Ballet; Workout Room with cardio machines (treadmills, stationary bikes, elliptical machines, cross trainers, multi gyms, free weights, benches). Recognize the unique benefits and effects of rowing: build and tone muscles, strengthen cardiovascular function, and increase your stamina. Aerobic states and the role of endurance exercise in heart function, effects of rowing technique and manipulation of tension levels in relation to speed and resistance Role of carbohydrates to provide the energy required to exercise. Benefits of rowing as aerobic exercise and low impact exercise. Analysis of muscles involved in exercise and how they work together to facilitate rowing activity.

Visit	University's La Palestra and Rowing Canottieri.
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 7	
Meet	In class
Lecture	MIDTERM EXAM

Lesson 8	
Break	

Lesson 9	
Meet	In class
Lecture	Mediterranean drinks: Wines. White, Red wines produced in Italy and their impact on the daily diet. Special use of the dessert wines to celebrate festive meals. Production, grapes, cellars of typical Italian regions to represent the cultural heritage from Northern, Central, and Southern Italy. Nutritional value of the wine. Classification and role of the antioxidants present into the different grape varieties.
Objectives	Identify the different regional productions. Learn how to produce different kinds of wine. Identify the harvest season, according to the wine produced. DOC, DOCG, IGT labels to Understand the different categories of wine classification.
Tasting	Typical Italian wines.
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 10	
Meet	In class
Lecture	Mediterranean Ingredients: Vegetables, Fruit, and Nuts: the heart and soul of the traditional Mediterranean diet. Fiber intake and nutritional facts, vitamins.
Objectives	Understand the different categories of vegetables, fruit, and nuts produced in Italy; Understand their seasonality and different origins in the Mediterranean diet; Identify different uses in cooking.
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 11	
Meet	In class
Lecture	Soccer and history.
Objectives	Students will visit the Museo del Calcio, legacy of Fino Fini, the doctor of the national soccer team Italy for 25 years including 1982 victory of the world cup and professor of sport medicine at the University of Florence. Topics: History and trophies of the Italian national soccer team from the world cup in 1934 to the victory in 2006. The museum's philosophy.
Visit	Visit Centro Tecnico di Coverciano and Museo del Calcio (refer to course website)
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 12	
Meet	In class
Lecture	Personal Fitness & Wellness at the Gym – 1
Objectives	Begin planning for the final project: students will analyze their own body and prepare a customized fitness program with a specific diet plan based on the information learned in the course thus far
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 13	
Meet	In class
Lecture	Wheat and grains. The grains of the Mediterranean: Nutritional value from fibers and carbohydrates. Wheat and Flour. Classification of different types of grains used in the Mediterranean diet. Classification in “Fresh” and “Dry Pasta”.
Objectives	Understand the main features and the importance of wheat, a versatile grain full of resources. Become familiar with the different kind of pasta and similar used in the Mediterranean diet. Further understand the use of legumes versus processed flour.
Tasting	Cecina and <i>pizza al taglio</i> .
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 14	
Meet	In class
Lecture	Personal Fitness & Wellness at the Gym – 2
Objectives	Work on the final project: students will continue and perfect analysis of their own bodies and customized fitness program with a specific diet plan. Review for final exam
Readings/ Assignments	Hopper, Fisher, Munoz. <i>Physical Activity and Nutrition for Health</i> , 2008. Refer to course website for assigned pages.

Lesson 15	
Meet	In class
Lecture	FINAL EXAM