

# COURSE SYLLABUS

## SPORTS NUTRITION

### KINE 4321.001

Fall Semester 2009, MWF 8:00 – 8:50, HPC 2255

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**Office hours:** MW 1:00 – 4:00 p.m., or by appointment (Drop-ins welcome)

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#### **COURSE DESCRIPTION:**

Study of nutrition as it relates to optimal training and performance of sports activities.

#### **REQUIRED TEXT:**

Jeukendrup, Asker E. and Michael Gleeson. Sport Nutrition (ISBN: 0-7360-3404-8), Human Kinetics Publishers, 2004.

#### **PREREQUISITE:**

ALHS 4315 (Nutrition) or equivalent.

#### **COURSE OBJECTIVES:**

The main objectives of this course are for the student to be able to identify and understand the body's need for certain nutrients prior to, during, and after exercise, the interrelationships between nutrient intake, body content and exercise performance, and the effects exercise and training have on nutrient requirements.

#### **INSTRUCTIONAL METHODS:**

This class will be offered in a hybrid format this semester, which is different than a traditional lecture class. A hybrid format is one in which part of the instruction is given on-line (e.g., Blackboard). Each student will be expected to prepare for in-class lectures using pre-recorded lectures, reading assignments, homework assignments, and/or quizzes on Blackboard.

In-class instructional methods will include short lectures, question-answer sessions, classroom and small group discussions, and small group problem solving. Students are expected to have read the assigned reading(s) and to have completed the associated assignments prior to class. The instructor will not cover basic material, but will instead focus on the more difficult concepts in the assigned reading.

Blackboard Introductory Lectures: Blackboard will be used in this class as a means to help you prepare for in-class lectures. Prior to certain in-class topics, a short 20 – 30 minute voice-narrated lecture will be available via Blackboard. These lectures will be available all semester so you watch them as many times as you want. I will also provide a printable handout of these lectures on Blackboard. These on-line lectures will be available a week before the corresponding in-class lecture.

**EVALUATION:**

3 major exams	50%
Final exam	25%
Assignments	15%
Paper	10%

Exams: Exams will consist of *multiple choice* questions, *short answer* (one-word answers) questions, *short essay* (one to three paragraphs) questions, and/or *diagrams*.

Final Exam: The final exam will be held during the scheduled final examination period and will be comprehensive.

Assignments:

Class Work. Throughout the semester, I will assign both on-line individual work and in-class group work (problem-solving, discussions, etc). More information regarding these assignments will be given as the semester progresses.

Quizzes. Quizzes will be given on-line throughout the semester. These quizzes are intended to test the student over the reading material prior to class. The quizzes will be short and will test only the basic concepts and definitions. You may take each quiz twice with the higher of the two scores counting. Overall, the three lowest quiz scores will be dropped. Any missed quizzes will be counted as zero; there will be no make-ups for quizzes.

Paper: Students will be assigned a topic related to sport nutrition and will write a short paper regarding the topic. The paper will be due near the end of the semester and further details will be given later in the semester.

Attendance: Although attendance will not be directly graded, your success in this class will depend on your attendance and the effort you put forth.

Make-up work: Make-up exams will be given only for university-approved absences. Since university-approved absences are known at the beginning of the semester, it is up to the student to notify the instructor during the first two weeks of class if there is a conflict with any of the

scheduled exams. In such an event, a make-up exam will be given prior to the exam to be missed.

Preparation and Participation: Students are strongly encouraged to ask, and respond to, questions in class; vigorous interaction in the class makes for much more interesting sessions for both instructor and students.

Extra Credit: There will be no extra credit points given in this class. It is not fair to the class as a whole to presume the instructor will give individuals opportunities to obtain extra credit points. Please do not ask for extra credit opportunities.

Grading will be based on a modified 10-point scale (average): A = 89.5 - 100; B = 79.5 - 89.4; C = 69.5 - 79.4; D = 59.5 - 69.4; F = below 59.5

### **IN-CLASS LECTURE RESOURCES:**

Outlines and audio recordings of in-class lectures and discussions *may* be made available at the discretion of the instructor and on a class-by-class basis. In such cases, these resources will only be available to students who attend class.

### **SUGGESTIONS FOR STUDY:**

1. You *MUST* do the assigned reading before class. Be able to intelligently discuss the material in the assigned reading.
2. Identify concepts and information that are unclear and inquire about this in class.
3. If material is still unclear, ask one of your peers for insight, or make an appointment with the instructor for assistance (Drop-ins are welcome except right before class).
4. Devote a *minimum* of 2 hours per week to review materials covered during each week of class; do not expect to do well if you cannot commit to this level of effort.

### **CHEATING:**

There is *no tolerance* for persons who plagiarize and/or cheat. *Any* act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the class as the recommended course of action.

### **AMERICANS WITH DISABILITIES ACT (ADA):**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination law that provides comprehensive civil rights protection to individuals with disabilities. Among other things, this statute requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. "If you have a disability, including a learning disability, for which you request disability support services/accommodation(s), please contact Ida MacDonald in the Disability Support Services office so that the appropriate arrangements may be made. In accordance with federal law, a student requesting disability support services/accommodation(s) must provide appropriate documentation of his/her disability to the Disability Support Services counselor. For more information, call or visit the Student Services Center located in the University Center, Room 282. The telephone number is 566-7079 (TDD 565-5579)." Additional information may also be obtained at the following UT Tyler Web address: <http://www.uttyler.edu/disabilityservices>.

**GRADE REPLACEMENT:**

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file an intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grape point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler. (2006-08 Catalog, p. 35)

**COPYRIGHT:**

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, PowerPoint slides, outlines, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

***TENTATIVE SCHEDULE***

<b><i>Week of:</i></b>	<b><i>Topic</i></b>
8/24	Syllabus; Introduction to course
8/31	Review of Nutrition
9/7	Fuel Sources During Exercise
9/14	Energy
9/21	Gastric Emptying
	<b>EXAM 1</b>
9/28	Carbohydrates
10/5	Fats
10/12	Proteins
10/19	Water/Fluid
	<b>EXAM 2</b>
10/26	Micronutrients
11/2	Nutritional Supplements
11/9	Nutritional Supplements
11/16	Weight Management
11/23	<b>EXAM 3</b>
11/30	Eating Disorders
12/7	Immune Function
12/14	<b>FINAL EXAM</b>

\* A more detailed schedule will be given at the next class meeting.

**TENTATIVE SCHEDULE**

<b>Week of:</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
8/24		Syllabus	Surprise
8/31	Review of Nutrition	Review of Nutrition	Review of Nutrition
9/7	<b>No Class - Labor Day</b>	Fuel Sources (Ch 2)	Fuel Sources (Ch 2)
9/14	Energy (Ch 3)	Energy (Ch 3)	Energy (Ch 3)
9/21	Gastric Emptying (Ch 4)	Gastric Emptying (Ch 4)	<b>EXAM 1</b>
9/28	Carbohydrate (Ch 5)	Carbohydrate (Ch 5)	Carbohydrate (Ch 5)
10/5	Fats (Ch 6)	Fats (Ch 6)	Fats (Ch 6)
10/12	Protein (Ch 7)	Protein (Ch 7)	Protein (Ch 7)
10/19	Water/Fluids (Ch 8)	Water/Fluids (Ch 8)	<b>EXAM 2</b>
10/26	Micronutrients (Ch 9)	Micronutrients (Ch 9)	Micronutrients (Ch 9)
<b><i>10/30/09 - LAST DAY TO WITHDRAW FROM COURSE WITH AUTOMATIC "W"</i></b>			
11/2	Nutritional Supplements (Ch 10)	Nutritional Supplements (Ch 10)	Nutritional Supplements (Ch 10)
11/9	Nutritional Supplements (Ch 10)	Nutritional Supplements (Ch 10)	Nutritional Supplements (Ch 10)
11/16	Weight Management (Ch 11)	Weight Management (Ch 11)	Weight Management (Ch 11)
11/23	<b>EXAM 3</b>	<b>No Class - Thanksgiving</b>	<b>No Class - Thanksgiving</b>
11/30	Eating Disorders (Ch 12)	Eating Disorders (Ch 12)	Eating Disorders (Ch 12)
12/7	Nutrition and Immune Function (Ch 13)	Nutrition and Immune Function (Ch 13)	Nutrition and Immune Function (Ch 13)
12/14	<b>Final Exam</b>		

