

COURSE SYLLABUS

SPORTS NUTRITION

KINE 4321.001

Spring Semester 2009, TR 3:30 – 4:45, HPC 3055

Instructor: Dr. Scott A. Spier

Office: HPC 2185
Phone 566-7427; Email: sspier@uttyler.edu

Office hours: TWR 1:00 – 3:00 p.m., or by appointment (Drop-ins welcome)

COURSE DESCRIPTION:

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

REQUIRED TEXT:

Fink, Heather H., Lisa Burgoon, and Alan Milesky. Practical Applications in Sports Nutrition, 2nd edition, Jones & Bartlett, 2008.

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 during exercise, the interrelationships between nutrient intake, body content and exercise performance, and the effects exercise and training have on nutrient requirements.

INSTRUCTIONAL METHODS:

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 prior to class. The instructor will not cover basic material, but will instead focus on the more difficult concepts in the assigned reading.

EVALUATION:

Exams 1-3	80%
Quizzes	10%
Class work	5%
Attendance	5%

Weekly Quizzes: There will be weekly quizzes given throughout the semester. These quizzes are intended to test the student over the reading material and the previous lecture. The quizzes will be short and will test only the basic concepts and definitions. The three lowest quiz scores will be dropped. Any missed quizzes will be counted as zero; there will be no make-ups for quizzes.

Exams: Exams will consist of *multiple choice* questions, *short answer* (one-word answers) questions, *short essay* (one to three paragraphs) questions, and/or *diagrams*. The final exam will be held during the scheduled final examination period and will not be comprehensive.

Class work: Occasionally, I will assign in-class group problem-solving or discussions. More information regarding these assignments will be given as the semester progresses.

Attendance: Attendance will be taken on a regular basis. 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.

EXAM REVIEW SHEETS: Review sheets listing topics to be covered on the exams will be made available through Blackboard at least one week prior to each exam.

SUGGESTIONS FOR STUDY:

1. Do the assigned reading before class. Be able to intelligently discuss the material in the chapter.
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 grade 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

Week #	Week of:	Tuesday	Thursday
1	1/12	Introduction to Course (Syllabus)	Introduction to Sports Nutrition (Ch 1)
2	1/19	Energy (Ch 2)	Energy (Ch. 2)
3	1/26	Carbohydrates (Ch 3)	Carbohydrates (Ch 3)
4	2/2	Fats (Ch 4)	Fats (Ch 4)
5	2/9	Proteins (Ch 5)	EXAM 1
6	2/16	Vitamins (Ch 6)	Minerals (Ch 7)
7	2/23	Water (Ch 8)	Water (Ch 8)
8	3/2	Nutritional Ergogenics (Ch 9)	Nutritional Ergogenics (Ch 9)
	3/9	SPRING BREAK	
9	3/16	Nutritional Consultation with Athletes (Ch 10)	Weight Management (Ch 11)
10	3/23	Weight Management (Ch 11)	EXAM 2
		3/25/09 - LAST DAY TO WITHDRAW FROM COURSE WITH AUTOMATIC "W"	
11	3/30	Nutrition for Endurance Athletes (Ch 12)	Nutrition for Endurance Athletes (Ch 12)
12	4/6	Nutrition for Strength/Power Athletes (Ch 13)	Nutrition for Strength/Power Athletes (Ch 13)
13	4/13	Nutrition for Team Sport Athletes (Ch 14)	Nutrition for Team Sport Athletes (Ch 14)
14	4/20	Special Populations (Ch 15)	Special Populations (Ch 15)
15	4/27	Jobs in Sport Nutrition (Ch 16)	Jobs in Sport Nutrition (Ch 16)
16	5/4		FINAL EXAM (Thursday, May 7, 3:30 - 5:30)

