COURSE SYLLABUS

SPORTS NUTRITION
KINE 4321.001
Fall 2015, TR 3:30-4:50PM, HPC 3055

Instructor: Reuben J. Cowan, M.S.
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Office hours: TR 10AM – 12PM

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

PREREQUISITE: ALHS 4315 or equivalent

REQUIRED TEXT: Jeukendrup, Asker E. and Michael Gleeson. Sport Nutrition: An

This text is also available as an e-book for approximately half-price. The ISBN-13 of the e-book is
978-0-7360-8715-5). These are available from Human Kinetics (www.humankinetics.com); you can
highlight them, download them to your computer or Kindle or other e-reader (iSlate?).

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. Specific objectives will be given with each
learning unit.
EVALUATION:

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<tbody>
<tr>
<td>Exam 1: Chapters 1-5</td>
<td>100 pts</td>
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<tr>
<td>Exam 2: Chapters 6-10</td>
<td>100 pts</td>
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<tr>
<td>Exam 3: Comprehensive Final</td>
<td>200 pts</td>
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<tr>
<td>Quizzes</td>
<td>120 pts</td>
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<tr>
<td>Assignments</td>
<td>80 pts</td>
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<td><strong>Total</strong></td>
<td><strong>600 pts</strong></td>
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*Exams:* Exams will be based upon material covered in the reading assignments, lectures, quizzes, discussions, and group work. Exams may 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 be cumulative. During exams, the instructor (or proctor) will only answer questions regarding structural errors in exam questions (i.e., typos) or questions regarding ambiguity.

*Blackboard Quizzes:* Weekly quizzes will be available on Blackboard. These quizzes are designed to encourage reading of the chapter and help advance knowledge for both in-class quizzes and tests. Blackboard quizzes must be completed before the class meets. Any missed quizzes will be counted as zero; there will be no make-ups for quizzes. Do not wait until the last minute to complete the quiz, as errors do often arise in Blackboard. No extension will be granted for such errors. These quizzes are extra credit and account for 2 pts. a piece for a possible total of 30 pts. by the end of the year.

*In-class Quizzes:* There will be 8 quizzes at 15 pts. each for a total of 120 pts. These quizzes will be “pop” quizzes and will cover lecture material from the previous class. If a quiz is missed for any of the acceptable student absence reasons then it must be rescheduled to be taken during office hours immediately upon return.

*Assignments:* Throughout the semester, I will assign both individual work and in-class group work (problem-solving, discussions, etc). These may include assignments ranging from data collection to short written assignments. More information regarding these assignments will be given as the semester progresses. Assignments in class will account for 80 points of your grade. Any work turned in late will be penalized 50% each class day after the due date.

*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.

*Attendance:* Although attendance will not be regularly taken or directly graded, your success in this class will depend on your attendance and the effort you put forth. Do not expect to do well if you do not attend class regularly.

*Scheduling Conflicts for exams and assignments:* Make-up exams and assignments will be given only for University-approved activities (i.e., athletic events, performances, religious observance, etc). Flat tires, vacations, etc. are not valid reasons for missing an exam or assignment. Since university-approved absences are generally 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.

**Exam Re-grades:** Re-grade requests for exams containing addition/subtraction errors or answer key reading errors will be accepted. All other re-grade requests must be made in writing and must address the specific question(s) to be regarded. Re-grade requests will not be accepted for exams written in pencil, in ink other than blue or black, or where white-out has been used. Written re-grade requests will only be accepted for essay questions when more than 5 points are in question. I reserve the right to re-grade the entire exam, and the grade may be affected positively or negatively.

**Extra Credit:** Blackboard quizzes will be counted as extra credit.

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

**COURSE POLICIES/EXPECTATIONS:**
1. It is expected that everyone will complete the assignments for each class meeting prior to class.
2. If you have special learning needs, please inform me on the first day of class.
3. Cell phones must be turned to "OFF" or "SILENT" (not VIBRATE) during class. Do not take calls or text others during class.
4. Please do not participate in any activity in the classroom that may be a distraction to other students or the instructor. This includes talking to neighbors during lectures or discussions, surfing the web, texting, instant messaging, checking e-mail, etc.
5. Please allow a couple of days for test grades to be posted and up to one week for written assignment grades to be posted.
6. Food and drinks are prohibited in university classrooms.
7. Academic dishonesty (cheating, plagiarism, copying, etc) will not be tolerated and will result in a failing grade for the semester.

**TECHNICAL INFORMATION:**

*Technical Support:* If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@uttyler.edu.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

*Plug-ins and Helper Applications:* UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application, and cookies. It is essential that you have these elements installed and
enabled in your web browser for optimal viewing of the content and functions of your online course.

You may check to see if your web browser is properly configured to use Blackboard by clicking on the Student Resources tab within Blackboard and selecting “Test Browser.” You may need the following: Adobe Reader, Java Runtime Environment, Adobe Flash Player, QuickTime, Windows Media Player, and RealPlayer.

PLAGIARISM/FRAUD:

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is no tolerance for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.uttyler.edu/mopp/chapter8.html. 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 course as the recommended course of action.

Handbook of Operating Procedures Section 2.09 Student Code of Conduct

…Disciplinary proceedings may be initiated against any student for any of the following acts or omissions.

…Scholastic dishonesty, including, but not limited to, cheating plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

(i) “Cheating” includes, but is not limited to:

- copying from another student’s test paper;
- using during a test, materials not authorized by the person giving the test;
- failure to comply with instructions given by the person administering the test;
- possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically prohibited by the person administering the test;
- using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test, key, homework solution, or computer program;
- collaborating with or seeking aid from another student during a test or other assignment without authority;
• discussing the contents of an examination with another student during a test or other assignment without authority;
• discussing the contents of an examination with another student who will take the examination;
• divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;

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, 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.

STUDENTS RIGHTS AND RESPONSIBILITIES:
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: http://www.uttyler.edu/wellness/rightsresponsibilities.php

GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES:
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar. Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include: · Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
· Receiving 100% refunds for partial withdrawals. (There is no refund for these after the
Census Date)
· Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
· Being reinstated or re-enrolled in classes after being dropped for non-payment
· Completing the process for tuition exemptions or waivers through Financial Aid

STATE-MANDATED COURSE DROP POLICY:

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

DISABILITY SERVICES:

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria applies to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE:

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES:

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

SOCIAL SECURITY AND FERPA STATEMENT:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social
security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

**EMERGENCY EXITS AND EVACUATION:**

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.
### TENTATIVE SCHEDULE

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>August 25</td>
<td>Course Introduction; Syllabus</td>
</tr>
<tr>
<td>August 27</td>
<td>Nutrients (Chapter 1)</td>
</tr>
<tr>
<td>September 1</td>
<td>Nutrients (Cont.); Nutrients and Recommended Intakes (Chapter 2)</td>
</tr>
<tr>
<td>September 3</td>
<td>Nutrients and Recommended Intakes (Chapter 2)</td>
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</tbody>
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**SEPTEMBER 4 - LAST DAY TO WITHDRAW FROM COURSE WITHOUT PENALTY (11th CLASS DAY)**

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<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>September 8</td>
<td>Exercise Physiology Review (Chapter 3)</td>
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<tr>
<td>September 10</td>
<td>Exercise Physiology Review (Chapter 3)</td>
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<tr>
<td>September 15</td>
<td>Energy (Chapter 4)</td>
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<tr>
<td>September 17</td>
<td>Gastric Emptying (Chapter 5)</td>
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<td>September 22</td>
<td>Review for Exam 1</td>
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<tr>
<td>September 24</td>
<td><strong>EXAM 1 (Chapters 1 – 5)</strong></td>
</tr>
<tr>
<td>September 29</td>
<td>Carbohydrate (Chapter 6)</td>
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<td>October 1</td>
<td>Carbohydrate (Chapter 6)</td>
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<td>October 6</td>
<td>Fat (Chapter 7)</td>
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<td>October 8</td>
<td>Fat (Chapter 7)</td>
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<td>October 13</td>
<td>Protein (Chapter 8)</td>
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<td>October 15</td>
<td>Protein (Chapter 8)</td>
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<td>Date</td>
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<td>October 20</td>
<td>Fluid Balance (Chapter 9)</td>
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<td>October 22</td>
<td>Fluid Balance (Chapter 9)</td>
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<td><strong>OCTOBER 26 - LAST DAY TO WITHDRAW FROM COURSE WITH AUTOMATIC &quot;W&quot;</strong></td>
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<td>October 27</td>
<td>Vitamins &amp; Minerals (Chapter 10)</td>
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<td>October 29</td>
<td>Vitamins &amp; Minerals (Chapter 10)</td>
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<td>November 3</td>
<td>Review for Exam 2</td>
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<tr>
<td>November 5</td>
<td><strong>EXAM 2 (Chapters 6 – 10)</strong></td>
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<tr>
<td>November 10</td>
<td>Nutritional Supplements (Chapter 11)</td>
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<td>November 12</td>
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<tr>
<td>November 17</td>
<td>Nutrition and Training Adaptations (Chapter 12)</td>
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<td>November 19</td>
<td>Body Composition (Chapter 13)</td>
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<td>November 25</td>
<td>THANKSGIVING BREAK</td>
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<td>November 27</td>
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<tr>
<td>December 2</td>
<td>Weight Management (Chapter 14)</td>
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<td>December 4</td>
<td>Eating Disorders (Chapter 15)</td>
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<td>December 8</td>
<td><strong>FINAL EXAM WEEK</strong></td>
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