



Spring 2018

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| Meeting days: Tues/Thurs | Instructor title and name: Heidi Lynch, PhD, RD |
| Meeting times: 9:30-10:45 am | Phone: x3306 |
| Meeting location: KIN 1 | E-mail: hlynch@pointloma.edu |
| Final Exam: Tuesday, May 1 10:30 am – 1:00 pm | Office location and hours: Mon/Wed 10:30-11:30 am, Thurs 8:00-9:30 am or by appointment Office 7 in Kinesiology department office area |

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This course provides essential knowledge in the roles of nutrients to improve and sustain optimal performance in sport and exercise. Specific emphasis will be placed on understanding the functions of macro and micronutrients in the body which fuel energy systems, prevent injury, enhance recovery and optimize health. Current research and practices will be incorporated that use nutritional intervention to improve performance.

COURSE LEARNING OUTCOMES

Upon completion of this course students will be able to:

1. Demonstrate an understanding of how macronutrients are used by the body during and recovery from exercise.
2. Explain specific nutrition considerations for different special athlete populations (ex: children, pregnant women, etc).
3. Describe differences in nutrition needs for different types of athletes (ex: high-intensity and short duration versus Ultraendurance).

4. Understand research design, methodology, and current evidence-based recommendations for sports nutrition.
5. Demonstrate effective written and oral communication skills through class presentations, individual and group work, and written assignments.

Canvas

It is expected that students regularly check Canvas since announcements related to class will be posted on Canvas. Quizzes covering the text will be taken online via Canvas. The course syllabus, assignments, lecture PowerPoints, and grades are also available on Canvas. Please note that PowerPoints may be modified up until the day of lecture. *Note: all assignments submitted through Canvas MUST be either a PDF or Microsoft Word doc. Pages documents are not acceptable and will not receive credit.*

COURSE SCHEDULE AND ASSIGNMENTS (note that this is schedule is tentative and subject to change)

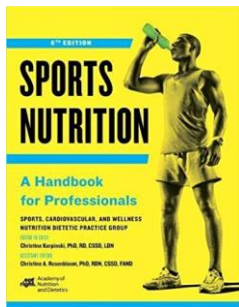
| Class date | Class content | Assignment due date |
|-----------------------------|--------------------------------------|---|
| Thurs 1/11 | Syllabus, Ch 1 Exercise Physiology | Canvas quiz on Ch 1 due Mon 1/15 by 11:59 pm |
| Tues 1/16 | Ch 1 Exercise Physiology | Canvas quiz on Ch 2 due Wed 1/17 by 11:59 pm |
| Thurs 1/18 | Ch 2 Carbohydrate & Exercise | |
| Tues 1/23 | Ch 2 Carbohydrate & Exercise | Canvas quiz on Ch 3 due Wed 1/24 by 11:59 pm |
| Thurs 1/25 | Ch 3 Protein & Exercise | |
| Tues 1/30 | Ch 3 Protein & Exercise | Canvas quiz on Ch 4 due Wed 1/31 by 11:59 pm |
| Thurs 2/1 | Ch 4 Dietary Fat & Exercise | |
| Tues 2/6 | Ch 4 Dietary Fat & Exercise | |
| Thurs 2/8 | Review for exam 1 | |
| Tues 2/13 | EXAM 1 | Canvas quiz on Ch 5 due Wed 2/14 by 11:59 pm |
| Thurs 2/15 | Ch 5 Vitamins, Minerals, & Exercise | Canvas quiz on Ch 6 due Wed 2/21 by 11:59 pm |
| Tues 2/20 | Ch 6 Fluid, Electrolytes, & Exercise | Canvas quiz on Ch 7 due Mon 2/26 by 11:59 pm |
| Thurs 2/22 | Ch 7 Supplements & Sports Foods | Papers and PPTs for presentations due by 11:59 pm on Wed 2/28 |
| Tues 2/27 | Supplements Presentations | |
| Thurs 3/1 | Supplements Presentations | |
| SPRING BREAK 3/5-3/9 | | Canvas quiz on Ch 12 due Mon 3/12 by 11:59 pm |

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| Tues 3/13 | *Ch 12 Child & Adolescent Athletes | Canvas quiz on Ch 13 due Wed 3/14 by 11:59 pm |
| Thurs 3/15 | *Ch 13 College Athletes | Canvas quiz on Ch 14 due Mon 3/19 by 11:59 pm |
| Tues 3/20 | *Ch 14 Masters Athletes | Canvas quiz on Ch 15 due Wed 3/21 by 11:59 pm |
| Thurs 3/22 | *Ch 15 Elite Athletes | Canvas quiz on Ch 16 due Mon 3/26 by 11:59 pm |
| Tues 3/27 | *Ch 16 Vegetarian Athletes | |
| EASTER BREAK (NO CLASS) Thurs 3/29 | | Canvas quiz on Ch 17 due Mon 4/2 by 11:59 pm |
| Tues 4/3 | *Ch 17 Nutrition & Exercise Guidance for the Pregnant Athlete | Canvas quiz on Ch 18 due Wed 4/4 by 11:59 pm |
| Thurs 4/5 | *Ch 18 Disordered Eating in Athletes | Canvas quiz on Ch 19 due Mon 4/9 by 11:59 pm |
| Tues 4/10 | *Ch 19 Nutrition for Athletes with Diabetes | |
| Thurs 4/12 | EXAM 2 | Canvas quiz on Ch 20 due Mon 4/16 by 11:59 pm |
| Tues 4/17 | Ch 20 Nutrition for Short-Duration Very High- & High-Intensity Sports | Canvas quiz on Ch 21 due Wed 4/18 by 11:59 pm |
| Thurs 4/19 | Ch 21 Nutrition for High-Intensity Intermittent Sports | Canvas quiz on Ch 22 due Mon 4/23 by 11:59 pm |
| Tues 4/24 | Ch 22 Nutrition for Endurance & Ultraendurance Sports | |
| Thurs 4/26 | Review for final exam | |
| Tues 5/1 10:30 am- 1:00 pm FINAL EXAM | | |

REQUIRED TEXTS AND OTHER READINGS

Karpinski, Christine and Rosenbloom, Christine, eds. *Sports Nutrition: A Handbook for Professionals*, 6th ed., Academy of Nutrition and Dietetics, 2017.

Available at: https://www.amazon.com/Sports-Nutrition-Handbook-Professionals-Sixth/dp/0880919752/ref=sr_1_1?ie=UTF8&qid=1514923631&sr=8-1&keywords=sports+nutrition+6th+edition+a+handbook+for+professionals



Journal articles posted on Canvas

It is the student's responsibility to complete all readings prior to class and come prepared to discuss topics covered in the assigned readings.

ASSESSMENT AND GRADING

| ASSIGNMENT/ASSESSMENT | VALUE (Points) | TOTAL POINTS |
|--|----------------|--------------|
| Canvas Quizzes | 18 @ 10 | 180 |
| In-Class Exams | 2 @ 100 | 200 |
| Final Exam | 1 @ 150 | 150 |
| Supplement Paper and 5-Minute Presentation | 1 @ 100 | 100 |
| *Group Presentation on Special Population | 1 @ 75 | 75 |
| Attendance and Participation | 15 @ 5 | 75 |

Total: 780

Grading Scale

Grades are expressed as the percent of points earned out of the total possible points.

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|---------------|---------------|---------------|-----------------|
| 100 – 93% = A | 86 – 83% = B | 76 – 73% = C | 66 – 63% = D |
| 92 – 90% = A- | 82 – 80% = B- | 72 – 70% = C- | 62 – 60% = D- |
| 89 – 87% = B+ | 79 – 77% = C+ | 69 – 67% = D+ | 59% - below = F |

Quizzes

Quizzes will be taken online through Canvas. Given this, you may use your textbook as you take the quiz. There are no time limits on the quizzes, but please make sure to start your quiz with sufficient time so that you don't finish the quiz late. All quizzes are due **by 11:59 pm** on their assigned date. Late quizzes automatically incur a 50% deduction. Technology and Canvas difficulties are NOT a valid excuse for submitting a quiz late- plan ahead!

Exams

Exams will be taken in class (no notes/book) and consist of multiple choice, true/false, matching, and short-answer questions.

Final Exam

The final exam will be comprehensive and in a similar format to other exams.

Supplement Paper and 5-Minute Presentation

You will choose a dietary supplement from a list and write a 3-4 page research paper on this topic. You will also give a 5-minute PowerPoint presentation to the class about your topic. Further information is available on Canvas under the Assignments tab.

*Group Presentation on a Specific Population

You will work in groups of 3 to teach the class about one of the specific populations listed on the calendar with an asterisk. Further information is available on Canvas under the Assignments tab.

Participation

Punctual, regular attendance and active participation is expected for this class. Attendance will be taken periodically and may be assessed through unannounced in-class quizzes, in-class assignments, and by other means. In-class quizzes will begin promptly at 9:30 am and cannot be taken late, so please make sure to arrive on time every class.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be turned in by the due date listed (either on Canvas or in person as indicated on the assignment directions). Incomplete assignments will be graded in their submitted form. **Late assignments will automatically receive a 50% deduction.** (Ex: if an assignment is worth 20 points and it is turned in late, the most a perfect score could earn would be 10 points.) Extensions to complete assignments or to submit late assignments will not be granted except under extenuating circumstances (ex: death in family, hospitalization). *It is your responsibility to be attentive to the course schedule and assignment due dates.*

FINAL EXAMINATION POLICY

We will observe the PLNU academic calendar. *Please consult the Academic Calendar prior to making travel plans.* Successful completion of this class requires taking the final examination on its scheduled day. The final examination for this class will be held on **Tues 5/1 10:30 am-1:00 pm**

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination,

or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than *10 percent* of class meetings, the faculty member can file a written report which may result in de-enrollment. *If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.* See [Academic Policies](#) in the Undergraduate Academic Catalog.