

Class Meeting: Wednesdays 5:30-8:00 PM (ONLINE: <https://pointloma.zoom.us/j/99982689130>)
Instructor: Justin Robinson, MA, RD, CSSD, CSCS, TSAC-F, FAFS
Office Hours: By Appointment
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POINT LOMA NAZARENE UNIVERSITY 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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.



INSTITUTIONAL LEARNING OUTCOMES (ILO):

- 1) **Learning, Informed by our Faith in Christ.** Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.
- 2) **Growing, In a Christ-Centered Faith Community.** Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental, and social contexts.
- 3) **Serving, In a Context of Christian Faith.** Students will serve locally and/or globally in vocational and social settings.

COURSE DESCRIPTION

This course explores the science of nutrition, including cellular biology, digestion, and metabolism of macronutrients and micronutrients, as well as practical applications for coaching/consulting individual clients in nutrition in order to enhance performance.

COURSE OUTCOMES

Upon completion of this course students will be able to:

1. Demonstrate an understanding of how macro-and micronutrients are metabolized in the human body.
2. Determine the energy and nutrient needs of an individual or group engaging in various sports or exercise regimens.
3. Describe the nutrition care process (ADIME: assessment, diagnosis, intervention, monitoring/evaluation) and apply it appropriately.
4. Understand research design, methodology, and evidence-based recommendations and use this knowledge to critically evaluate current and historical research articles.
5. Demonstrate effective written and oral communication skills through class presentations, group work, and written assignments.

REQUIRED TEXT

1. Textbook: *Sport Nutrition*, Asker Jeukendrup and Michael Gleeson. Third Edition. Human Kinetics
2. Journal articles available via Canvas

COURSE CONTENT

This is a fully-online, thus the content will be delivered and evaluated online, via Canvas and Zoom.

- Topics for each week are presented as “Modules”. In-class discussion will correlate to the Module scheduled in Canvas for that week (see schedule below).
- **Weekly Canvas Quizzes**: Weekly Canvas Quizzes: You will have 1-2 scored online quizzes each week covering the assigned reading from the textbook and other online material. Each quiz will have a ~10 point value and must be completed prior to Sundays at midnight (24:00).
- **Assignments and Projects**: Will be assigned with a due date as the term progresses (see “Assessment and Grading”).
- Assignments and point values subject to change during the term.

| WEEK | READING (CH) | MODULE | ONLINE SESSION |
|------|--------------|-------------------------------------|----------------|
| 1 | 1, 5 | Nutrients, Digestion & Absorption | 10/28 |
| 2 | 3, 4 | Energy, Exercise Metabolism | 11/4 |
| 3 | 6, 7 | Carbohydrates, Fat | 11/11 |
| 4 | 8 | Protein | 11/18 |
| 5 | 9, 10 | Fluid Balance, Vitamins & Minerals | TBD |
| 6 | 11, 12 | Supplements, Training Adaptations | 12/2 |
| 7 | 14, 15 | Body Composition, Weight Management | 12/9 |
| 8 | TBD | Review | 12/16 |

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3.0 unit class delivered over 8 weeks. It is anticipated that students will spend a minimum of 50 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending 18-22 hours a week engaged in the course.

ASSESSMENT AND GRADING

Your grade in this course will be based on assignments, projects and assessments (quizzes) both in-class and online via Canvas. **Late assignments will not be accepted.** Assignment and project details and due dates will be distributed throughout the term.

| ASSIGNMENT/ASSESSMENT | TOTAL POINTS | % GRADE |
|--|--------------|---------|
| Quizzes | 100 | 40 |
| Assignments, Discussions, Case Studies | 60 | 25 |
| Case Study | 15 | 5 |
| Self-Experiment | 25 | 10 |
| Debate Project (Group) | 25 | 10 |
| Attendance (Weekly sync sessions) | 40 | 15 |
| | 250 | |

GRADING SCALE

Your final grade in the course will be based on the percentage of total points (385) you earned. The scale is below.

| % | Letter | % | Letter | % | Letter |
|----|--------|----|--------|----|--------|
| 95 | A | 88 | B+ | 79 | C+ |
| 94 | A | 87 | B+ | 78 | C+ |
| 93 | A | 86 | B+ | 77 | C+ |
| 92 | A- | 85 | B | 76 | C+ |
| 91 | A- | 84 | B | 75 | C |
| 90 | A- | 83 | B | 74 | C |
| 89 | A- | 82 | B- | 73 | C |
| | | 81 | B- | 72 | C- |
| | | 80 | B- | 71 | C- |
| | | | | 70 | C- |
| | | | | 69 | C- |

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted by the beginning of the class session when they are due – late assignments will not be accepted. Further, assignments posted in Canvas will have strict day & time deadlines. Incompletes will only be given under extremely unusual circumstances.

SPIRITUAL CARE – PLNU Liberty Station Campus

PLNU strives to be a place where you grow as whole persons. To this end we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Liberty Station campus we have an onsite chaplain, Rev. Wil Ryland who is available during class break times across the week. If you have questions, desire to meet with Rev. Ryland or prayer requests you can contact him directly at gradchaplainlibertystation@pointloma.edu. In addition there are resources for your Christian faith journey available at <http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life>

PLNU COPYRIGHT POLICY

PLNU, 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. **Any assignments, projects, or assessments deemed to violate copyright or plagiarism laws will receive a zero (0). Further, as stated below, a failing grade may also be assigned.**

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 in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center, located in the Bond Academic Center (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map using the below link to view which states allow online (distance education) outside of California. <https://www.pointloma.edu/offices/office-institutional-effectiveness->

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 Graduate and Professional Studies Catalog for additional detail.

Online Courses: Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor.

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USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the Technology and System Requirements Links to an external site.information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

INFORMATION LITERACY

The curriculum of the MS-AT is designed so that you develop skills in scientific writing, performing statistical analysis of data, reading and critically appraising primary literature, and incorporating current best evidence into your professional practice. Not all information is equally sound or applicable to your practice. Various assignments within this course are designed to accomplish the goal of informational literacy—to evaluate the validity and importance of information obtained from any source and use the information appropriately to solve relevant problems.

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In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the Technology and System Requirements information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in **need of technological resources** please contact student-tech-request@pointloma.edu.

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INSTRUCTOR FEEDBACK

Assignments will be graded as soon after the due date as possible and grades will be posted to the Canvas gradebook. If an immediate response is needed, email the instructor.

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program: http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic_Standing.

Additionally, all graduate students must earn a C or higher in all graduate courses according to the catalog grading policy:

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.