



College of Health Sciences, Kinesiology Department

KIN 3030 Nutrition for Exercise & Sport Performance

3 Units

Fall 2023

TR 8:15-9:30 am

Classroom K2

Final Exam: Tuesday, December 12 7:30-10:00 am

Instructor title and name:	Dr. Heidi Lynch, PhD RDN
Phone:	619-849-3306
Email:	hlynch@pointloma.edu
Office location and hours:	Mondays 9:30 am – 1:00 pm Wednesdays 9:30 am – 12:00 pm Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts)

PLNU Mission

Rev 06.16.23

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.

Foundational Explorations Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

Course Description

Course catalog 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.

Amplified description: Students will learn about optimal fueling based on exercise of different intensities and durations with applications to individual and team sports of various ages and in special populations. Energy and macronutrient calculations will be conducted on case studies individually and in group work.

Course Learning Outcomes

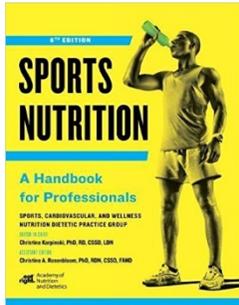
Upon completion of this course, students will be able to:

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.

Required Text

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



Assessment and Grading

Grades will be based on the following:

Standard Grade Scale Based on Percentages

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

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Incompletes and Late Assignments

All assignments are to be submitted/turned in when they are due—including assignments posted in Canvas. Late assignments will automatically incur a 50% point deduction. If you are experiencing extenuating life circumstances, please let me know!

Spiritual Care

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

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 on [State Authorization](#) to view which states allow online (distance education) outside of California.

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.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>" If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of 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 an “F” grade. █

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

Week	Class date	Class content	Assignment due date (Canvas)
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			quizzes are due by 11:59 pm the night BEFORE class)
Week 1	Tues 8/29	Syllabus, Ch 1 Exercise Physiology	
	Thurs 8/31	Ch 1 Exercise Physiology	Canvas quiz on Ch 1
Week 2	Tues 9/5	Ch 2 Carbohydrate & Exercise	Canvas quiz on Ch 2
	Thurs 9/7	Ch 2 Carbohydrate & Exercise	
Week 3	Tues 9/12	Ch 3 Protein & Exercise	Canvas quiz on Ch 3
	Thurs 9/14	Ch 3 Protein & Exercise	Meyer 2020 (article posted on Canvas)
Week 4	Tues 9/19	Ch 4 Dietary Fat & Exercise	Canvas quiz on Ch 4
	Thurs 9/21	Ch 4 Dietary Fat & Exercise	
Week 5	Tues 9/26	Guest speaker: Jacque Scaramella	
	Thurs 9/28	Review for exam 1	
Week 6	Tues 10/3	EXAM 1	
	Thurs 10/5	Ch 5 Vitamins, Minerals, & Exercise	Canvas quiz on Ch 5
Week 7	Tues 10/10	Ch 6 Fluid, Electrolytes, & Exercise	Canvas quiz on Ch 6
	Thurs 10/12	Ch 7 Supplements & Sports Foods	Canvas quiz on Ch 7
Week 8	Tues 10/17	Guest speaker: Justin Robinson	
	Thurs 10/19	NO CLASS: FALL BREAK!	
Week 9	Tues 10/24	Supplements Presentations	Papers and PPTs for presentations due on Canvas before class on the day you present
	Thurs 10/26	Supplements Presentations	

Week 10	Tues 10/31	Supplements Presentations	
	Thurs 11/2	Ch 10 Energy Balance Ch 11 Weight Management	Canvas quiz on Ch 10 Canvas quiz on Ch 11
Week 11	Tues 11/7	Review for exam 2	
	Thurs 11/9	EXAM 2	
Week 12	Tues 11/14	*Ch 12 Child & Adolescent Athletes & *Ch 13 College Athletes	Canvas quiz on Ch 12 Canvas quiz on Ch 13
	Thurs 11/16	*Ch 14 Masters Athletes & *Ch 15 Elite Athletes	Canvas quiz on Ch 14 Canvas quiz on Ch 15
Week 13	Tues 11/21	*Ch 16 Vegetarian Athletes & *Ch 17 Nutrition & Exercise Guidance for the Pregnant Athlete	Canvas quiz on Ch 16 Canvas quiz on Ch 17
	Thurs 11/23	NO CLASS: HAPPY THANKSGIVING!	
Week 14	Tues 11/28	*Ch 18 Disordered Eating in Athletes & *Ch 19 Nutrition for Athletes with Diabetes	Canvas quiz on Ch 18 Canvas quiz on Ch 19
	Thurs 11/30	Ch 20 Nutrition for Short-Duration Very High- & High-Intensity Sports Ch 21 Nutrition for High-Intensity Intermittent Sports	Canvas quiz on Ch 20 Canvas quiz on Ch 21
Week 15	Tues 12/5	Ch 22 Nutrition for Endurance & Ultraendurance Sports	Canvas quiz on Ch 22
	Thurs 12/7	Review for final exam	
Finals Week	Tuesday, December 12 7:30-10:00 am		

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