



College of Health Sciences, Department of Kinesiology and Health Sciences

## **KIN 3030 Nutrition For Exercise & Sports Performance**

3 Units

*Spring 2026*

**MWF 12:15-1:10pm**

**Location: Evans 121**

**Final Exam: Friday, May 8, 2025 10:30 am - 1:00 pm**

<b>INFORMATION</b>	<b>SPECIFICS FOR THE COURSE</b>
<b>Instructor title and name:</b>	Dr. Heidi Lynch, PhD, RDN
<b>Phone:</b>	619-849-3306
<b>Email:</b>	<a href="mailto:hlynch@pointloma.edu">hlynch@pointloma.edu</a>
<b>Office location and hours:</b>	Tuesday 9:00-10:00, Thursday 9:00-11:00 and by appointment Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts)

[Download Course Syllabus Here](#)

### **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**

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

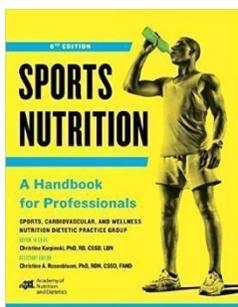
Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Karpinski, Christine and Rosenbloom, Christine, eds. *Sports Nutrition: A Handbook for Professionals*, 6<sup>th</sup> 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](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 [Traditional Undergraduate Records: Final Exam 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. *This includes exams; if you choose to miss an exam for personal reasons that are not school-sponsored events, you will incur a 50% deduction on your exam.* Plan ahead accordingly.

### 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 you 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 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 Recording Notification**

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

### **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. For all student appeals, faculty and students should follow the procedures outlined 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, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) 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. 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 in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in

the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

## **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.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at [www.pointloma.edu/nondiscrimination](http://www.pointloma.edu/nondiscrimination).

## **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](http://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](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix).

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias) at [pointloma.edu/title-ix](http://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.

### Lomabooks Instructions for Students

This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go: [HERE](#)

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

Week	Class date	Class content	Assignment due date ( <i>Canvas quizzes are due by 11:59 pm the night BEFORE class</i> )
Week 1	Mon 1/12	Syllabus, key assignments, & semester overview	
	Wed 1/14	Listen to Ch 1 Exercise Physiology voiceover at home  NO CLASS IN PERSON!a	Canvas quiz on Ch 1; 4-point assignment about voiceover by Thursday night
	Fri 1/16	Ch 1 Physiology of Exercise	

Week 2	Mon 1/19	NO CLASS: MLK Day!	
	Wed 1/21	Ch 2 Carbohydrate & Exercise	Canvas quiz on Ch 2
	Fri 1/23	Ch 2 Carbohydrate & Exercise	Read & comment on <a href="https://velo.outsideonline.com/road/road-training/a-massive-change-how-a-carbohydrate-revolution-is-speeding-up-pro-cycling/">https://velo.outsideonline.com/road/road-training/a-massive-change-how-a-carbohydrate-revolution-is-speeding-up-pro-cycling/</a>
Week 3	Mon 1/26	Ch 2 Carbohydrate & Exercise	Read & comment on <a href="https://www.mysportscience.com/blog/categories/cgm">https://www.mysportscience.com/blog/categories/cgm</a>
	Wed 1/28	Ch 3 Protein & Exercise	Canvas quiz on Ch 3
	Fri 1/30	Ch 3 Protein & Exercise	Read Meyer article on Canvas
Week 4	Mon 2/2	Ch 4 Protein & Exercise	
	Wed 2/4	Ch 4 Dietary Fat & Exercise	Canvas quiz on Ch 4
	Fri 2/6	Ch 4 Dietary Fat & Exercise	Read & comment on <a href="https://www.runnersworld.com/news/a42437488/body-composition-testing-college-programs/">https://www.runnersworld.com/news/a42437488/body-composition-testing-college-programs/</a> article
Week 5	Mon 2/9	Ch 4 Dietary Fat & Exercise	
	Wed 2/11	Review for exam 1	
	Fri 2/13	<b>EXAM 1</b>	
Week 6	Mon 2/16	Ch 5 Vitamins, Minerals, & Exercise	Canvas quiz on Ch 5
	Wed 2/18	Ch 6 Fluid, Electrolytes, & Exercise	Canvas quiz on Ch 6
	Fri 2/20	Ch 6 Fluid, Electrolytes, & Exercise	

Week 7	Mon 2/23	Ch 7 Supplements & Sports Foods	Canvas quiz on Ch 7
	Wed 2/25	<b>Supplements Presentations</b>	Papers and PPTs for presentations due on Canvas before class on the day you present
	Fri 2/27	<b>Supplements Presentations</b>	
Week 8	Mon 3/2	<b>Supplements Presentations</b>	
	Wed 3/4	<b>Supplement Presentations</b>	
	Fri 3/6	Ch 10 Energy Balance Ch 11 Weight Management	Canvas quiz on Ch 10 Canvas quiz on Ch 11
Mon 3/9-Fri 3/13 NO CLASS: SPRING BREAK!			
Week 9	Mon 3/16	REDs	Read <a href="https://www.runnersworld.com/news/a42437488/body-composition-testing-college-programs/">https://www.runnersworld.com/news/a42437488/body-composition-testing-college-programs/</a>
	Wed 3/18	Review for exam 2	
	Fri 3/20	NO CLASS: ADVISING DAY!	
Week 10	Mon 3/23	<b>EXAM 2</b>	
	Wed 3/25	*Ch 12 Child & Adolescent Athletes	Canvas quiz on Ch 12
	Fri 3/27	*Ch 13 College Athlete	Canvas quiz on Ch 13
Week 11	Mon 3/30	*Ch 14 Masters Athletes	Canvas quiz on Ch 14
	Wed 4/1	*Ch 15 Elite Athletes	Canvas quiz on Ch 15
	Fri 4/3	NO CLASS: EASTER BREAK!	
Week 12	Mon 4/6		

	Wed 4/8	*Ch 16 Vegetarian Athletes	Canvas quiz on Ch 16
	Fri 4/10	*Ch 17 Nutrition & Exercise Guidance for the Pregnant Athlete	Canvas quiz on Ch 17
Week 13	Mon 4/13	*Ch 18 Disordered Eating in Athletes	Canvas quiz on Ch 18
	Wed 4/15	*Ch 19 Athletes with Diabetes	Canvas quiz on Ch 19
	Fri 4/17	Review for Exam 3	
Week 14	Mon 4/20	<b>Exam 3</b>	
	Wed 4/22	Guest speaker	
	Fri 4/24	Ch 20 Nutrition for Short-Duration Very High- & High-Intensity Sports Ch 21 Nutrition for High-Intensity Intermittent Sports	Canvas quizzes on Ch 20 & Ch 21
Week 15	4/27	Ch 22 Nutrition for Endurance & Ultraendurance Sports	Canvas quiz on Ch 22
	4/29	Sustainability & Climate Justice in Sport	Read Meyer articles
	5/1	Review for final exam	