



College of Health Sciences, Department of Kinesiology and Health Sciences

KIN 3030 Nutrition For Exercise & Sports Performance

3 Units

Fall 2026

MWF 12:15-1:10pm

Location: KIN 1

Final Exam: Monday, December 14th 10:30 am - 1:00 pm

INFORMATION	SPECIFICS FOR THE COURSE
Instructor title and name:	Dr. Heidi Lynch, PhD, RDN
Phone:	619-849-3306
Email:	hlynch@pointloma.edu
Office location and hours:	Office location and hours: Main Kinesiology & Health Sciences office building (between tennis courts & gym) MWF 10:30-11:30 am Tues/Thurs 9:00-10:00 am Or by appointment

[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

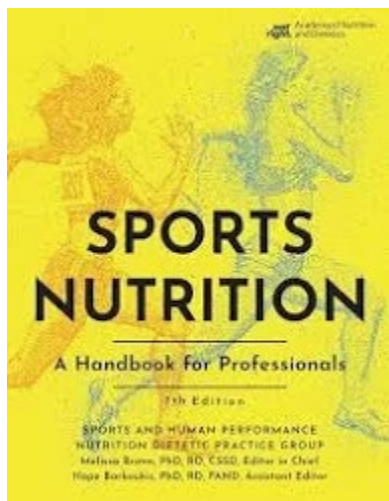
Students are responsible for having the required course textbooks prior to the first day of class.

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.

ISBN-10: 0880912421

ISBN-13: 978-0880912426

Publisher: Academy of Nutrition and Dietetics



Available at: <https://www.amazon.com/Sports-Nutrition-Professionals-Human-Performance/dp/0880912421>

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. NOTE: If you have scheduled a trip that will cause you to miss an exam or a presentation, you will also incur a 50% deduction on these assignments. (This does not apply to school-sanctioned events.) If you are experiencing extenuating life circumstances, please let me know promptly.

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.

PLNU Academic Behavior Policy

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#).

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to generate ideas, as a learning tool, or in some cases generate portions of work you will submit. I will specify in individual assignments what constitutes appropriate use of AI for that assignment. Please use this [Purdue resource](#) to guide your citations when using AI.

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, [by email](#) or phone at 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 approved 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 approved accommodations in that

particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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 via the [Nondiscrimination and Anti-harassment Policy](#).

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](#). 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](#) or [consult the list of campus pastors](#).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](#).

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 (<i>Canvas quizzes are due by 11:59 pm the night BEFORE class</i>)
Week 1	Mon 8/31	Syllabus, Ch 1 Exercise Physiology	
	Wed 9/2	Ch 1 Exercise Physiology	Canvas quiz on Ch 1
	Fri 9/4	Ch 2 Carbohydrate & Exercise	Canvas quiz on Ch 2
Week 2	Mon 9/7	NO CLASS: LABOR DAY!	
	Wed 9/9	Ch 2 Carbohydrate & Exercise	Read https://velo.outsideonline.com/road/road-training/a-massive-change-how-a-carbohydrate-revolution-is-speeding-up-pro-cycling/
	Fri 9/11	Ch 2 Carbohydrate & Exercise	

Week 3	Mon 9/14	Ch 3 Protein & Exercise	Canvas quiz on Ch 3
	Wed 9/16	Ch 3 Protein & Exercise	
	Fri 9/18	Ch 3 Protein & Exercise	
Week 4	Mon 9/21	Ch 4 Dietary Fat & Exercise	Canvas quiz on Ch 4
	Wed 9/23	Ch 4 Dietary Fat & Exercise	
	Fri 9/25	REDs & LEA	Read https://www.runnersworld.com/news/a42437488/body-composition-testing-college-programs/
Week 5	Mon 9/28	Review for exam 1	
	Wed 9/30	EXAM 1	
	Fri 10/2	Ch 5 Vitamins, Minerals, & Exercise	Canvas quiz on Ch 5
Week 6	Mon 10/5	Ch 6 Fluid, Electrolytes, & Exercise	Canvas quiz on Ch 6
	Wed 10/7	GREEN SPORTS DAY (10/6) Ch 6 Fluid, Electrolytes, & Exercise	
	Fri 10/9	Ch 7 Supplements & Sports Foods	Canvas quiz on Ch 7
Week 7	Mon 10/12	Supplements Presentations	Papers and PPTs for presentations due on Canvas

			before class on the day you present
	Wed 10/14	Supplements Presentations	
	Fri 10/16	NO CLASS: ADVISING DAY!	
Week 8	Mon 10/19	Supplements Presentations	
	Wed 10/21	Ch 10 Energy Balance Ch 11 Weight Management	Canvas quiz on Ch 10 Canvas quiz on Ch 11
	Fri 10/23	NO CLASS: HAPPY FALL BREAK!	
Week 9	Mon 10/26	Review for exam 2	
	Wed 10/28	EXAM 2	
	Fri 10/30	*Ch 12 Child & Adolescent Athletes	Canvas quiz on Ch 12
Week 10	Mon 11/2	*Ch 13 College Athletes	Canvas quiz on Ch 13
	Wed 11/4	*Ch 14 Masters Athletes	Canvas quiz on Ch 14
	Fri 11/6	*Ch 15 Elite Athletes	Canvas quiz on Ch 15
Week 11	Mon 11/9	*Ch 16 Vegetarian Athletes	Canvas quiz on Ch 16
	Wed 11/11	*Ch 17 Nutrition & Exercise Guidance for the Pregnant Athlete	Canvas quiz on Ch 17

	Fri 11/13	*Ch 18 Disordered Eating in Athletes	Canvas quiz on Ch 18
Week 12	Mon 11/16	*Ch 19 Athletes with Diabetes	Canvas quiz on Ch 19
	Wed 11/18	*Ch 23 Tactical Performance Nutrition	Canvas quiz on Ch 23
	Fri 11/20	Review for Exam 3	
Week 13	Mon 11/23	Exam 3	
	Wed 11/25	NO CLASS: HAPPY THANKSGIVING!	
	Fri 11/27		
Week 14	Mon 11/30	Ch 25 Dietary Patterns & Athletes	Quiz on Ch 25
	Wed 12/2	"Eat as if you could save the planet & win!"	Read Meyer article
	Fri 12/4	Sustainability in Sport Pitches	
Week 15	Mon 12/7	Sustainability in Sport Pitches	
	Wed 12/9	Guest speaker: Justin Robinson	
	Fri 12/11	Review for final exam	

*refers to a chapter taught by a group. Slides for the group teaching are due by 11:59 pm the night before you teach

FINAL EXAM: Monday, December 14th 10:30 am - 1:00 pm