

ATR 607 – Fall 2019, Quad 1

Wednesdays 5:30-8:00pm

Mission Valley Campus, 309

PLNU MISSION

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.



INSTRUCTOR INFORMATION

Instructor: Justin Robinson, MA, RD, CSSD, CSCS, TSAC-F, FAFS

Email: jrobins1@pointloma.edu

COURSE DESCRIPTION

Title: ATR 6070 Nutrition for Athletic Trainers

Description: This course discusses the physiological processes of digestion, absorption, and assimilation of food, fluids, nutritional supplements, herbs, and ergogenic aids specific to the energy needs for sports participation and the physically active. Topics include weight loss/gain, body composition, performance, illness, injury, and eating disorders.

Credit Hours: 2

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.

PROGRAM LEARNING OUTCOMES (PLO)

The Point Loma Nazarene University MS-AT graduate will be able to:

- 1) To prepare students to demonstrate competency in interpreting evidence-based research and improving clinical standards and practice through clinical question development and research methodology.
- 2) To prepare students to develop expertise in the athletic training domains through an integrative experiential clinical model.
- 3) To equip students with appropriate knowledge and educational foundation required for an entry-level Certified Athletic Trainer.
- 4) To prepare students to establish and understand the importance of inter-professional relationships, while collaborating with other health care professionals to become effective communicators.
- 5) To prepare students to demonstrate preparation, knowledge and skill in the delivery of comprehensive health care to a diverse set of patients with musculoskeletal injuries and conditions and illnesses in a distinctly moral and ethical manner, integrating Christian faith with clinical practice.

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COURSE LEARNING OUTCOMES (CLO)

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 READING

- 1) Journal articles and Position Stands (available via Canvas)

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 2.0 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 13-15 hours a week engaged in the course.

COURSE CONTENT

This is a hybrid course, meaning that a portion of the content will be delivered and evaluated in class and the other portion will be delivered and evaluated online, via Canvas.

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

ASSIGNMENT POINT VALUES AND GRADE WEIGHTING (APPROXIMATE)

	Points	%
Online Quizzes	70	29%
Online Assignments (Canvas)	50	21%
In-Class Assignments & Case Studies	60	25%
Travel/Hotel Cooking Assignment	20	8%
Attendance (In-Class and Canvas)	40	16%
Total	240	100%

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GRADE SCALE

Standard Grade Scale Based on Percentage of Points Earned				
A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Students must complete the required program hours in the major (program) from Point Loma Nazarene University with a minimum grade of “C” in each course and an overall 2.00 grade point average.

TENTATIVE COURSE SCHEDULE

Week	Class Meeting	Module	Reading	In-Class Lab	Assignments
1	None	Nutrition Review & Scope of Practice	Swifter Higher Stronger ACE Scope of Practice	-	Discussion Survey
2	9/11 5:30-7:00	Hydration & Heat-Related Illness	NATA Fluid Replacement Position Statement NATA Exertional Heat Illness Position Statement	Sweat Rate Testing	Discussion Quiz
3	9/18 5:30-8:00	Energy Availability	IOC RED-S Consensus Statement Restricting My Eating ...	EA Calculations, Case Studies	Discussion Quiz
4	9/25 5:30-8:00	Stress Injury	Overtraining Syndrome Calcium-Vitamin D in Marines	Case Study	Discussion Quiz
5	10/2 5:30-8:00	Dietary Supplements	AIS Sports Supplements Framework Essentials of 3rd-Party Certification	Evaluation of Supplements	Discussion Quiz
6	10/9 5:30-8:00	Disordered Eating	AND Position Stand The Recovery I Needed ...	Case Study	Discussion Quiz
7	10/16 5:30-8:00	Traumatic Brain Injury	Treatment of TBI (Creatine) Supplements, Alternative Therapies Therapeutic Use of n-3	Case Study	Discussion Quiz
8	10/23 5:30-8:00	Review & Application	IAAF Consensus Statement	Travel /Hotel Cooking	Discussion Quiz

ASSESSMENT AND GRADING

Your grades will be posted in the Canvas Grades area. It is important to read the comments posted in the Grades as these comments are intended to help you improve your work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

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INCOMPLETE AND LATE ASSIGNMENTS

All assignments are to be submitted by the posted due date – late assignments will not be accepted. Assignments posted in Canvas will have strict day & time deadlines. Incompletes will only be given under extremely unusual circumstances.

ATTENDANCE

Students taking hybrid/blended 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 and attending face-to-face class meetings. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days (excluding Sundays) in the online course will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days in the online course or face-to-face sessions can be dropped from the course retroactive to the last date of recorded attendance.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the result of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. An instructor who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal using the procedure in the university catalog. See [Academic Policies](#) for further information.

ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619.563.2810. You may also ask your academic advisor or program director for any additional accommodation information.

SPIRITUAL CARE

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. You'll find faith integration activities throughout this course. 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[Links to an external site.](#) In addition, there are resources for your Christian faith journey available on the [Graduate Student Life](#) webpage.

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. 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.

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FERPA POLICY

As a student at Point Loma, you have a legal right to privacy as outlined in the federal FERPA (Family Educational Rights and Privacy Act) legislation. If I post grades or return assignments, I'll do so in a way that does not publicly reveal your name, PLNU student ID, or social security number without your written permission. See [Policy Statements](#) for full text.

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.

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.

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](#) page.

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

If you do need technical help, you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619- 849-2222).

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Athletic Training 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.

REQUIRED TEXT

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. 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.

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ADDENDUM – NATA Nutrition Competencies

No Competency

PHP-32 Describe the role of nutrition in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle.

PHP-33 Educate clients/patients on the importance of healthy eating, regular exercise, and general preventative strategies for improving or maintaining health and quality of life.

PHP-34 Describe contemporary nutritional intake recommendations and explain how these recommendations can be used in performing a basic dietary analysis and providing appropriate general dietary recommendations.

PHP-35 Describe the proper intake, sources of, and effects of micro- and macronutrients on performance, health, and disease.

PHP-36 Describe current guidelines for proper hydration and explain the consequences of improper fluid/electrolyte replacement.

PHP-37 Identify, analyze, and utilize the essential components of food labels to determine the content, quality, and appropriateness of food products.

PHP-38 Describe nutritional principles that apply to tissue growth and repair.

PHP-39 Describe changes in dietary requirements that occur as a result of changes in an individual's health, age, and activity level.

PHP-40 Explain the physiologic principles and time factors associated with the design and planning of pre-activity and recovery meals/snacks and hydration practices.

PHP-41 Identify the foods and fluids that are most appropriate for pre-activity, activity, and recovery meals/snacks.

PHP-42 Explain how changes in the type and intensity of physical activity influence the energy and nutritional demands placed on the client/patient.

PHP-43 Describe the principles and methods of body composition assessment to assess a client's/patient's health status and to monitor changes related to weight management, strength training, injury, disordered eating, menstrual status, and/or bone density status.

PHP-44 Assess body composition by validated techniques.

PHP-45 Describe contemporary weight management methods and strategies needed to support activities of daily life and physical activity.

PHP-48 Explain the known usage patterns, general effects, and short- and long-term adverse effects for the commonly used dietary supplements, performance enhancing drugs, and recreational drugs.

PHP-49 Identify which therapeutic drugs, supplements, and performance-enhancing substances are banned by sport and/or workplace organizations in order to properly advise clients/patients about possible disqualification and other consequences.
