



Spring 2019

<b>Meeting days:</b> Tues/Thurs	<b>Instructor title and name:</b> Heidi Lynch, PhD, RD
<b>Meeting times:</b> 9:30-10:45 am	<b>Phone:</b> x3306
<b>Meeting location:</b> KIN 1	<b>E-mail:</b> hlynch@pointloma.edu
<b>Final Exam:</b> Thursday, May 2 <sup>nd</sup> 10:30 am – 1:00 pm	<b>Office location and hours:</b> Mon/Wed 10:30-11:30 am or by appointment Office 7 in Kinesiology department office area

**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**

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.

**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.

### Canvas

It is expected that students regularly check Canvas since announcements related to class will be posted on Canvas. Quizzes covering the text will be taken online via Canvas. The course syllabus, assignments, lecture PowerPoints, and grades are also available on Canvas. Please note that PowerPoints may be modified up until the day of lecture. *Note: all assignments submitted through Canvas MUST be either a PDF or Microsoft Word doc. Canvas cannot open Pages. **Pages documents are not acceptable and will not receive credit!***

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

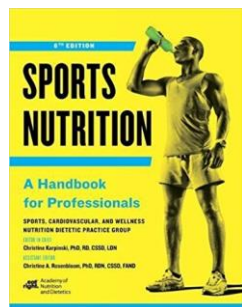
Week	Class date	Class content	Assignment due date (Canvas quizzes are due BEFORE class begins)
Week 1	Thurs 1/10	Syllabus, Ch 1 Exercise Physiology	Canvas quiz on Ch 1
Week 2	Tues 1/15	Ch 1 Exercise Physiology	
	Thurs 1/17	Ch 2 Carbohydrate & Exercise	Canvas quiz on Ch 2
Week 3	Tues 1/22	Ch 2 Carbohydrate & Exercise	
	Thurs 1/24	Ch 3 Protein & Exercise	Canvas quiz on Ch 3
Week 4	Tues 1/29	Ch 3 Protein & Exercise	
	Thurs 1/31	Ch 4 Dietary Fat & Exercise	Canvas quiz on Ch 4
Week 5	Tues 2/5	Ch 4 Dietary Fat & Exercise	
	Thurs 2/7	Review for exam 1	
Week 6	Tues 2/12	<b>EXAM 1</b>	
	Thurs 2/14	Ch 5 Vitamins, Minerals, & Exercise	Canvas quiz on Ch 5
Week 7	Tues 2/19	Ch 6 Fluid, Electrolytes, & Exercise	Canvas quiz on Ch 6
	Thurs 2/21	Ch 7 Supplements & Sports Foods	Canvas quiz on Ch 7
Week 8	Tues 2/26	<b>Supplements Presentations</b>	Papers and PPTs for presentations due on Canvas before class
	Thurs 2/28	<b>Supplements Presentations</b>	
<b>Week 9</b>	<b>SPRING BREAK 3/4-3/8</b>		
Week 10	Tues 3/12	Ch 8 Nutrition Assessment Ch 9 Anthropometric Measurements and Body Composition	Canvas quiz on Ch 8 Canvas quiz on Ch 9
	Thurs 3/14	Ch 10 Energy Balance	Canvas quiz on Ch 10

		Ch 11 Weight Management	Canvas quiz on Ch 11
Week 11	Tues 3/19	Group work time	
	Thurs 3/21	*Ch 12 Child & Adolescent Athletes & *Ch 13 College Athletes	
Week 12	Tues 3/26	Guest speaker: RD from US Olympic Training facility	Canvas quiz on Ch 12 Canvas quiz on Ch 13
	Thurs 3/28	*Ch 14 Masters Athletes & *Ch 15 Elite Athletes	Canvas quiz on Ch 14 Canvas quiz on Ch 15
Week 13	Tues 4/2	*Ch 16 Vegetarian Athletes & *Ch 17 Nutrition & Exercise Guidance for the Pregnant Athlete	Canvas quiz on Ch 16 Canvas quiz on Ch 17
	Thurs 4/4	*Ch 18 Disordered Eating in Athletes & *Ch 19 Nutrition for Athletes with Diabetes	Canvas quiz on Ch 18 Canvas quiz on Ch 19
Week 14	Tues 4/9	<b>EXAM 2</b>	
	Thurs 4/11	Ch 20 Nutrition for Short-Duration Very High- & High-Intensity Sports	Canvas quiz on Ch 20
Week 15	Tues 4/16	Ch 21 Nutrition for High-Intensity Intermittent Sports	Canvas quiz on Ch 21
	<b>Thurs 4/18</b>	<b>NO CLASS: EASTER BREAK</b>	
Week 16	Tues 4/23	Ch 22 Nutrition for Endurance & Ultraendurance Sports	Canvas quiz on Ch 22
	Thurs 4/25	Review for final exam	
<b>Finals Week</b>	<b>THURSDAY 5/2 10:30 am- 1:00 pm FINAL EXAM</b>		

## REQUIRED TEXTS AND OTHER READINGS

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)



Journal articles posted on Canvas

It is the student's responsibility to complete all readings prior to class and come prepared to discuss topics covered in the assigned readings.

## ASSESSMENT AND GRADING

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ASSIGNMENT/ASSESSMENT	VALUE (Points)	TOTAL POINTS
Canvas Quizzes	22 @ 10	220
In-Class Exams	2 @ 100	200
Final Exam	1 @ 150	150
Supplement Paper (85 points) and 5-Minute Presentation (15 points)	1 @ 100	100
*Group Teaching on Special Population	1 @ 100	100
Attendance and Participation	14 @ 5	70

**Total: 840**

### Grading Scale

Grades are expressed as the percent of points earned out of the total possible points.

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

### Quizzes

Quizzes will be taken online through Canvas. Given this, you may use your textbook as you take the quiz. There are no time limits on the quizzes, but please make sure to start your quiz with sufficient time so that you don't finish the quiz late. All quizzes are due **by 11:59 pm** on their assigned date. Late quizzes automatically incur a 50% deduction. Technology and Canvas difficulties are NOT a valid excuse for submitting a quiz late- plan ahead!

### Exams

Exams will be taken in class (no notes/book) and consist of multiple choice, true/false, matching, and short-answer questions.

### Final Exam

The final exam will be comprehensive and in a similar format to other exams.

### Supplement Paper and 5-Minute Presentation

You will choose a dietary supplement from a list and write a 3-4 page research paper on this topic. You will also give a 5-minute PowerPoint (or Prezi, etc) presentation to the class about your topic. Further information is available on Canvas under the Assignments tab.

### \*Group Teaching on a Specific Population

You will work in groups of three to teach the class about one of the specific populations listed on the calendar with an asterisk. Further information is available on Canvas under the Assignments tab.

### **Participation**

Punctual, regular attendance and active participation is expected for this class. Attendance will be taken periodically and may be assessed through unannounced in-class quizzes, in-class assignments, and by other means. In-class quizzes will begin promptly at 9:30 am and cannot be taken late, so please make sure to arrive on time every class.

### **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be turned in by the due date listed (either on Canvas or in person as indicated on the assignment directions). Incomplete assignments will be graded in their submitted form. **Late assignments will automatically receive a 50% deduction.** (Ex: if an assignment is worth 20 points and it is turned in late, the most a perfect score could earn would be 10 points.) Extensions to complete assignments or to submit late assignments will not be granted except under extenuating circumstances (ex: death in family, hospitalization). *It is your responsibility to be attentive to the course schedule and assignment due dates.*

### **FINAL EXAMINATION POLICY**

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We will observe the PLNU academic calendar. *Please consult the Academic Calendar prior to making travel plans.* Successful completion of this class requires taking the final examination on its scheduled day. The final examination for this class will be held on **Thurs 5/2 10:30 am-1:00 pm**

### **PLNU COPYRIGHT POLICY**

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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**

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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.

### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by

phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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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 Undergraduate Academic Catalog.