

# KIN626: Sport & Exercise Nutrition for Peak Performance



**Dates:** 10/28-12/20/2019

**Meeting Day/Time:** Hybrid

**Location:** Liberty Station Room 204B

**Credit Hours:** 3

## **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 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, FAFS

**Email:** jrobins1@pointloma.edu

### **COURSE DESCRIPTION**

This course explores the science of nutrition, including cellular biology, digestion, and metabolism of macronutrients and micronutrients, as well as practical applications for coaching/consulting individual clients in nutrition in order to enhance performance.

### **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-KIN graduate will be able to

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.

4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

## 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 TEXT & RECOMMENDED RESOURCES

1. Textbook: *Sport Nutrition*, Asker Jeukendrup and Michael Gleeson. Second Edition. Human Kinetics
2. Journal articles 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 3.0 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 18-22 hours a week engaged in the course.

## COURSE CONTENT

This is a 50/50 Hybrid course, meaning that approximately half 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 covering the assigned **reading** from the textbook and other online material. Each quiz will have a ~10 point value and must be completed prior to **Sundays at midnight (24:00)**.
- **In-Class Quizzes:** We will have 3 **in-class** quizzes (mini-exams) covering lecture material, class presentations, and other assigned reading. Dates are listed in the schedule below and subject to change.
- **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.

## 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:

*Grade Weighting (approximate)*

	Points	%
Online Quizzes	70	23%
In-class Quizzes	50	16%
Online Assignments (Canvas)	50	16%
Case Study	15	5%
Self-Experiment	35	12%
Debate Project (Group)	35	12%
Attendance (In-Class and Canvas)	45	15%
<b>Total</b>	<b>300</b>	<b>100%</b>

*Grade Scale*

<b>Standard Grade Scale Based on Percentage of Points Earned</b>				
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
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.

**INCOMPLETE AND LATE ASSIGNMENTS**

All assignments are to be submitted by the beginning of the class session when they are due – late assignments will not be accepted. Further, 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.

**FINAL EXAMINATION POLICY**

Successful completion of this class requires taking the final examination in-class on **Wednesday, October 17**. No requests for early examinations or alternative days will be approved. All assignments and online quizzes must be completed by **Friday, October 19 at 11:59pm**.

## **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](mailto: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.

## **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 or phone the instructor.

## **INFORMATION LITERACY**

The curriculum of the MS-KIN 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 Kinesiology program: [http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic\\_Standing](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**

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