

ATR 6070 – Fall 2020, Quad 1

Online

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

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.

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

Online Meetings: Wednesdays 5:30-7:00pm -

<https://pointloma.zoom.us/j/97599915910?pwd=OURkTnZQcElIT1hZGJRZStPcEVhQT09>

ATR 6070 – Fall 2020, Quad 1

Online

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)

COURSE CONTENT

This is an online course, meaning that content will be delivered via Canvas and online Zoom meetings.

- Topics for each week are presented as “Modules”. Weekly discussions 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 and media** from the assigned material. Each quiz will have a ~10 point value and must be completed prior to **SUNDAYS at midnight (24:00)**.
- **Assignments and Projects:** Will be assigned with a due date as the term progresses (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.

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.

ASSIGNMENT POINT VALUES & GRADE WEIGHTING (APPROXIMATE)

	Points	%
Online Quizzes	70	28%
Online Discussions, Assignments & Case Studies (Canvas)	120	48%
Travel/Hotel Cooking Assignment	20	8%
Attendance (Weekly Sync Meetings)	40	16%
Total	250	

ATR 6070 – Fall 2020, Quad 1

Online

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	Online Sync	Module	Reading	Assignments	In-Class Lab
1	9/2 5:30-7:30	Nutrition Review & Scope of Practice	Swifter Higher Stronger ACE Scope of Practice	Discussion Poll	
2	9/9 5:30-7:30	Hydration & Heat-Related Illness	NATA Fluid Replacement Position Statement NATA Exertional Heat Illness Position Statement	Discussion Case Study #1 Quiz	
3	9/16 5:30-7:30	Dietary Supplements	AIS Sports Supplements Framework Essentials of 3rd-Party Certification Creatine	Discussion Article Review Quiz	
4	9/23 5:30-7:30	Traumatic Brain Injury	Treatment of TBI (Creatine) Supplements, Alternative Therapies Therapeutic Use of n-3	Discussion Comp Exam Practice Quiz	
5	9/30 5:30-7:30	Disordered Eating	AND Position Stand The Recovery I Needed ...	Discussion Quiz	
6	10/7 5:30-7:30	Energy Availability	IOC RED-S Consensus Statement Restricting My Eating ...	Discussion Case Study #2 (1) Quiz	
7	10/14 5:30-7:30	Stress Injury	TBD	Discussion Case Study #2 (2) Quiz	
8	10/21 5:30-7:30	Review & Application	IAAF Consensus Statement	Discussion Quiz	Travel /Hotel Cooking (TBD)

ATR 6070 – Fall 2020, Quad 1

Online

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

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See Academic Policies in the Graduate and Professional Studies Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Online Courses: Students taking online 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. (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 will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor.

Hybrid Courses: At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online. Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week.

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.

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.

ATR 6070 – Fall 2020, Quad 1

Online

SPIRITUAL CARE

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the week. If you have questions for, desire to meet or share a prayer request with Rev. Wong you can contact him directly at mvchaplain@pointloma.edu or gordonwong@pointloma.edu. Rev. Wong's cell number is 808-429-1129 if you need a more immediate response.

In addition, on the MV campus there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center, located in the Bond Academic Center (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

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 using the below link to view which states allow online (distance education) outside of California.

<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>

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.

ATR 6070 – Fall 2020, Quad 1

Online

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 information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

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

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.

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.