

	Kinesiology Department
	EXS 3030 Nutrition for Exercise & Sport Performance 3 Units
Fall 2020	

Meeting days: Tuesdays & Thursdays	Instructor title and name: Dr. Heidi Lynch, PhD, RDN
Meeting times: 8:30-9:45 am	Phone: 619-849-3306
Meeting location: online	Email: hlynch@pointloma.edu
Final Exam: due by Thursday, 12/3 by 11:59 pm	Office location and hours: by appointment over Zoom or phone call
NOTE: Although our class would meet Tuesdays & Thursdays if we were in person, in light of the online environment, we will only meet synchronously (live on Zoom) THURSDAYS	

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:

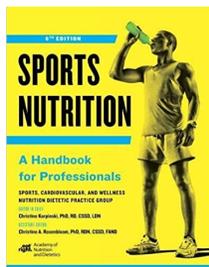
1. Demonstrate an understanding of how macronutrients are used by the body during and recovery from exercise.
2. Explain specific nutrition considerations for different special athlete populations (ex: children, pregnant women, etc.).
3. Describe differences in nutrition needs for different types of 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!*

REQUIRED TEXTS AND RESOURCES



Karpinski, Christine and Rosenbloom, Christine, eds. Sports Nutrition: A Handbook for Professionals, 6 th 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

Journal articles posted on Canvas

COURSE 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-unit class delivered over 16 weeks. It is anticipated that students will spend a *minimum* of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

Distribution of Student Learning Hours	
Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	10
Reading Assignments	30
Written Assignments	17.5
Group project	15
Quizzes, exams	25

Distribution of Student Learning Hours	
Category	Time Expectation in Hours
Synchronous class sessions	15
Total Hours	112.5

Please note these time estimates are approximations and the exact time you spend on each category may vary.

ASSESSMENT AND GRADING

Student grades will be posted in the Canvas within a week of submission. *It is important to read the comments posted in the grade book as these comments are intended to help students improve their work.* Final grades will be posted within one week of the end of the class. 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	

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 you 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 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.

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 online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be turned in by the due date listed. 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.

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 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. 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

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 (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.

PLNU ATTENDANCE AND PARTICIPATION POLICY

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 Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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 students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#).

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.