

Spring 2023 Quad 1 (3/13/2023-5/7/2023)

Meeting days: Online	Instructor title and name: Heidi Lynch, PhD, RDN
Meeting times: Online	Phone: 619-849-3306
Meeting location: Online	E-mail: hlynch@pointloma.edu
Exam 1: April 9, 2023 Exam 2: May 6, 2022	Office location and hours: As this is an online course, in lieu of regular physical office hours, you may contact me via email to set up a time to “meet” on the phone or Zoom.

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.

COURSE DESCRIPTION

Students will learn the science of nutrition, including cellular biology, digestion, and metabolism of macronutrient and micronutrients, as well as the practical applications of using nutrition to enhance exercise and athletic performance. Class will meet live on Mondays at 5:00 pm Pacific Time via Zoom (links for Zooms in Canvas). These sessions will be recorded and uploaded to a shared class

Google Drive: <https://drive.google.com/open?id=1bGA118lkGep-09syUceB-ljXOsw3> **ATR60**

99-1 SP23 - Athletic Training Capstone

[OOQx](#).

COURSE LEARNING OUTCOMES

Upon completion of this course, students will be able to:

1. Understand the roles of the macronutrients (carbohydrate, protein, and fat) for supporting exercise performance and recovery.
2. Be able to calculate appropriate nutrient needs for different types of athletes.

3. Critically evaluate current trends and topics in sports nutrition using an evidenced-based approach.
4. Develop skills reading and evaluating peer-reviewed scientific articles.
5. Improve written communication skills through discussion boards and other written assignments.

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 8 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. 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 SCHEDULE AND ASSIGNMENTS

Each assignment has an extensive description and rubric posted on Canvas under the Assignments tab, as well as the Module for the week that it is due. Please note: all assignments (apart from original discussion board posts and your final exam) are due by 11:59 pm on Sunday night at the end of the week. Original discussion board (DB) posts are due by Wednesday at 11:59 pm of each week, and both response posts are due by Sunday at 11:59 pm. Our weeks will be considered Monday through Sunday. Please make sure to read ahead so that you do not have last minute questions. In accordance with University policy, your instructor is not expected to check work email or to work on Sunday; therefore, questions pertaining to assignments should be asked earlier in the week.

DATE	CLASS CONTENT OR ASSIGNMENT	ASSIGNMENT
Week 1	Nutrients & Recommended Intakes (Chapters 1-2)	Original & 2 response DB posts* Chapter 1 & 2 Quizzes** Dietary self-assessment***
Week 2	Fuel Sources, Energy, and Gastric Considerations (Chapter 3-5)	Original & 2 response DB posts Quizzes on Chapter 3-5
Week 3	Carbohydrate and Fat (Chapter 6-7)	Original & 2 response DB posts Quizzes on Chapter 6 & 7
Week 4	Protein and Fluids (Chapters 8-9)	Original & 2 response DB posts Quizzes on Chapter 8 & 9 Exam 1 (chapters 1-9)
Week 5	Vitamins, Minerals, and Dietary Supplements (Chapters 10-11)	Original & 2 response DB posts Quizzes on Chapter 10 & 11 Supplement PPT presentation
Week 6	Nutrition & Training Adaptations and Immune Function (Chapters 12 & 16)	Original & 2 response DB posts Quiz on Chapter 12 & 16 Supplement research paper

Week 7	Body Composition, Weight Management, and Eating Disorders (Chapter 13-15)	Original & 2 response DB posts Quiz on Chapter 13-15 Contemporary issues in sport paper
Week 8	Current issues in Sports Nutrition	Original & 2 response DB posts Exam 2 (ch 10-15)

***Original discussion board (DB) posts are due by 11:59 pm each WEDNESDAY, and at least one response post is due by 11:59 pm each SUNDAY.**

****Chapter quizzes and exams are open-book/note/journal article and due by 11:59 pm each SUNDAY.**

*****Assignments listed in bold are due by 11:59 pm each SUNDAY.**

REQUIRED TEXTS AND STUDY RESOURCES

1. Textbook: Jeukendrup, A., Gleeson, M. (2009). *Sport Nutrition (3rd Ed.)*. Champaign, IL: Human Kinetics. ISBN: 978-1492529033
2. Journal articles available via Canvas

ASSESSMENT AND GRADING

<ul style="list-style-type: none"> • Chapter quizzes: 16 @ 10 points each = 160 points • Weekly discussion board activities <ul style="list-style-type: none"> · At least 1 original post: 8 @ 10 points each = 80 points · At least 1 response post: 8 @ 5 points each = 40 points • Week 1: Class introduction & responses: 10 points • Week 1: Sign up for partner paper: 10 points • Week 1: Dietary self-assessment: 30 points • Week 2: Annotate bibliography: 20 points • Week 3: Group paper outline & references page: 30 points • Week 4: Exam 1: 100 points • Week 5: Group contemporary issues in sport paper: 100 points • Week 5: Group member evaluations: 20 points • Week 6: Supplement presentation: 50 points • Week 7: Supplement paper: 100 points • Week 8: Exam 2: 100 points <p>Total possible points: 850 points</p>	<p>Grade scale (percentages):</p> <p>A=93-100 C=73-76 A-=92-90 C-=70-72 B+=87-89 D+=67-69 B=83-86 D=63-66 B-=80-82 D-=60-62 C+=77-79 F=0-59</p>
---	--

INCOMPLETES AND LATE ASSIGNMENTS

All assignments, quizzes, and exams must be submitted on time. Do NOT wait until last minute to turn in your assignments! *Technical difficulties are not a valid excuse for late submissions*, particularly for an

online course. Please plan ahead and manage your time well to be able to submit your work on time. Late assignments will incur a 50% deduction automatically.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. No requests for early examinations or alternative days will be approved. As this relates to this course, barring extenuating circumstances, Exam 2 must be submitted on time.

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 in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

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 Graduate and Professional Studies 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.

Attendance Policy for Fully 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.

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.

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy:

Grading System

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.

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. At the Balboa Regional Center, College of Health and Sciences, Rev. Kevin Portillo, M.Div. serves as Graduate Chaplain. If you have questions, have a desire to meet, or share a prayer request with Rev. Portillo, you can contact him directly at kevinportillo@pointloma.edu.

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

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.

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