	Kinesiology Department
	KIN 3030 Nutrition for Exercise & Sport Performance 3 Units
Spring 2023	

Meeting days: Tues & Thurs	Instructor title and name: Dr. Heidi Lynch, PhD, RDN
Meeting times: 9:30-10:45 am	Phone: 619-849-3306
Meeting location: KIN 1	Email: hlynch@pointloma.edu
Final Exam: Thursday, May 4 10:30 am - 1:00 pm	Office location and hours: Mondays & Wednesdays 9:30-12:00 or by appointment; Kines 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)

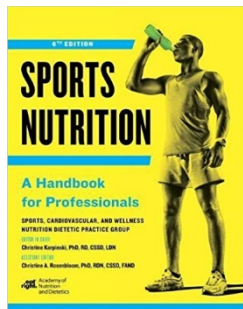
Week	Class date	Class content	Assignment due date (Canvas quizzes are due BEFORE class begins)
Week 1	Thurs 1/12	Syllabus, Ch 1 Exercise Physiology	
Week 2	Tues 1/17	Ch 1 Exercise Physiology	Canvas quiz on Ch 1
	Thurs 1/19	Ch 2 Carbohydrate & Exercise	Canvas quiz on Ch 2
Week 3	Tues 1/24	Ch 2 Carbohydrate & Exercise	
	Thurs 1/26	Ch 3 Protein & Exercise	Canvas quiz on Ch 3
Week 4	Tues 1/31	Ch 3 Protein & Exercise	Meyer 2020 (article posted on Canvas)
	Thurs 2/2	Ch 4 Dietary Fat & Exercise	Canvas quiz on Ch 4
Week 5	Tues 2/7	Ch 4 Dietary Fat & Exercise	
	Thurs 2/9	Review for exam 1	
Week 6	Tues 2/14	EXAM 1	
	Thurs 2/16	Eddie shows Endnote Ch 5 Vitamins, Minerals, & Exercise	Canvas quiz on Ch 5
Week 7	Tues 2/21	Ch 6 Fluid, Electrolytes, & Exercise	Canvas quiz on Ch 6
	Thurs 2/23	Ch 7 Supplements & Sports Foods	Canvas quiz on Ch 7
Week 8	Tues 2/28	Supplements Presentations	Papers and PPTs for presentations due on Canvas before class on the day you present
	Thurs 3/2	Supplements Presentations	
NO CLASS: SPRING BREAK!			
Week 9	Tues 3/14	Supplements Presentations	
	Thurs 3/16	Ch 10 Energy Balance Ch 11 Weight Management	Canvas quiz on Ch 10 Canvas quiz on Ch 11
Week 10	Tues 3/21	Review for exam 2	
	Thurs 3/23	EXAM 2	
Week 11	Tues 3/28	Guest speaker 1	

	Thurs 3/30	*Ch 12 Child & Adolescent Athletes & *Ch 13 College Athletes	Canvas quiz on Ch 12 Canvas quiz on Ch 13
Week 12	Tues 4/4	*Ch 14 Masters Athletes & *Ch 15 Elite Athletes	Canvas quiz on Ch 14 Canvas quiz on Ch 15
	Thurs 4/6	*Ch 16 Vegetarian Athletes & *Ch 17 Nutrition & Exercise Guidance for the Pregnant Athlete	Canvas quiz on Ch 16 Canvas quiz on Ch 17
Week 13	Tues 4/11	*Ch 18 Disordered Eating in Athletes & *Ch 19 Nutrition for Athletes with Diabetes	Canvas quiz on Ch 18 Canvas quiz on Ch 19
	Thurs 4/13	Guest speaker 2	
Week 14	Tues 4/18	Ch 20 Nutrition for Short-Duration Very High- & High-Intensity Sports Ch 21 Nutrition for High-Intensity Intermittent Sports	Canvas quiz on Ch 20 Canvas quiz on Ch 21
	Thurs 4/20	Ch 22 Nutrition for Endurance & Ultraendurance Sports	Canvas quiz on Ch 22
Week 15	Tues 4/25	Sustainability in Sport	
	Thurs 4/27	Review for final exam	
Finals Week	Thursday, May 4 7:30-10:00 am		

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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

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

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 **before class** 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 the start of class and cannot be taken late, so please make sure to arrive on time every class.

Grading Scale

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

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	

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 (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.*

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

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 class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, 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.

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](#).

[If you have finished reading the syllabus to this point, good job! Please email me a picture of a zebra to show you've read this far or that someone was kind enough to tip you off about this line.](#)