REQUIRED TEXTS:
ISBN: 978-1450414876
Purchase text via amazon.com (paperback ~$80), chegg.com (ebook, 90 day access $27), or humankinetics.com (ebook $54, loose leaf $64)

I. COURSE DESCRIPTION:
This course is a review of knowledge associated with nutritional strategies used to enhance sport and exercise performance.

II. STUDENT LEARNING OBJECTIVES:
1. Develop an understanding of micro and macronutrients as they are related to human sports performance.
2. Display knowledge of proper nutrient intake and how to recognize and correct poor diets for optimal sports performance.
3. Understand techniques for measurement and evaluation of dietary intake.
4. Develop an understanding of popular ergogenic aids and their role in human performance.

III. EDUCATIONAL OPPORTUNITIES:
Class lecture and discussion
Workshop
Nutrition Consultation
Exams

IV. EVALUATION:
<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage of grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams (3 x 100 pts)</td>
<td>60%</td>
</tr>
<tr>
<td>Supplement Assignment</td>
<td>10%</td>
</tr>
<tr>
<td>Work Shop</td>
<td>10%</td>
</tr>
<tr>
<td>Nutrition Consultation</td>
<td>20%</td>
</tr>
<tr>
<td>Total Points</td>
<td>100%</td>
</tr>
</tbody>
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Grades will be based on the following distribution:

A  100-90%
B  89-80%
C  79-70%
D  69-60%
F  59 or lower

V. ATTENDANCE:
Students are expected to attend all scheduled class meetings. Chronic failure to attend class will affect your final grade in this class.

VI. STUDENT RESPONSIBILITIES:
A. All assignments are due at the beginning of the class on the due date. For students not turning in an assignment a grade of zero (0) will be recorded.
B. Don’t ask me at the end of the semester for extra credit or to raise your grade, just do well from the beginning and that won’t be an issue.
C. Prior arrangements must be made with the instructor if an absence from an exam is unavoidable. In the event that an exam is missed, an alternate form of the test will be given to the student. The student has one week from the original test date to contact the instructor to arrange a make up test. If no contact is made by the student within one week, the grade will be recorded as a zero (0).
D. The student is responsible for all work and is encouraged to have a contact within the class. Students are encouraged to set up an appointment to meet with the instructor for additional information as needed.

E. Use of cell phones during class is prohibited. Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities.

F. Students with Disabilities:
Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made. Students with disabilities who request reasonable accommodations must meet with the Course Coordinator within the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Student Life as long as course requirements are not compromised. Faculty will provide no accommodations without authorization from the Office of Student Life. It is the student’s responsibility to be a self-advocate when requesting accommodations.

G. The Angelo State University Honor Code: HONOR CODE: “Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.”

VII. Course Project Descriptions

Nutrition Consultation Instructions
For the nutritional consultation assignment you will choose no more than two partners. Each partner will turn in their own analyzed 3-day food and activity log. Choose one person in your group to perform the nutritional consultation on. For the consultation, you will determine an ideal body weight goal (it can be to either gain, lose, or maintain weight), present the current food intake and physical activity levels, and recommend changes to food intake and physical activity in order to meet the body weight goal. Your grade will be based on a 5-10 minute in-class presentation (including quality and content of presentation and appropriateness of recommendations) in which you will discuss the person’s food intake and physical activity using the Excel spreadsheet I provided on Blackboard and any other visual aids you feel my be helpful. You must show the original spreadsheet and a revised spreadsheet showing the recommended changes.

Nutritional Supplement Assignment
You will pick a supplement that you are interested in to research. You must use PubMed, JISSN, or some other online source, the internet or library, and interview at least one person (doctor, pharmacist, employee at health food or supplement store, etc.) You must answer the following questions:
Provide a brief informational background about the supplement. How is it made? Where does it come from? Is it a natural product or man-made? Can it be found in a normal diet? How is the supplement supposed to work? Is there scientific support for its use; does it actually work? What is the recommended dose? How much does 1 month’s supply cost? Where can you buy it? Is it banned by the NCAA, the IOC, or any other professional organization?
You will turn in a typed response to the above questions and you will discuss the supplement in class. You will also turn in at least one Research Abstract or Article (NOT a magazine article or a web article, it must be an actual research journal abstract or article). You will also submit a works cited page in APA format. This list should include at least three sources (the research abstract/article, the person you interview, and any other source of your choosing (text, magazine article, online article, etc.).

**This syllabus is not intended to be all inclusive and may be changed as circumstances dictate. All changes will be given to the student in writing.

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VII. COURSE OUTLINE - Weekly Schedule

1/16  Course Introduction
1/18  Optimizing Health and Well-being
1/23  Energy Metabolism
1/25  Carbohydrate
1/30  Fat
2/1   Protein
2/6   Catch-up
2/8   Review for Exam 1
2/13  Exam I
2/15  Vitamins – Supplement Presentations Assigned
2/20  Minerals
2/22  Water and Electrolytes
2/27  Nutritional Supplements
3/1   Nutritional Supplement Presentations
3/6   Catch up / Review
3/8   Exam II
3/13  Spring Break
3/15  Spring Break
3/20  Body Weight and Composition
3/22  Nutrition for Aerobic Endurance
3/27  In-class Workshop – Analyzing Food Intake and Energy Expenditure – Must be present!!!
3/29  Nutrition for Resistance Training
4/3   Changing Weight and Body Composition
4/5   Nutrition Concerns for Special Populations
4/10  Catch up
4/12  Work on Consultations
4/17  Work on Consultations
4/19  Nutrition Consultations – Everybody must be ready to present
4/24  Nutrition Consultations
4/26  Nutrition Consultations
5/1   Final Exam Review
5/3   Dead Day
5/10  Final - Exam III - 10:30-12:30