Undergraduate Summer II Session 2018

Angelo State University
Department of Kinesiology

Course: KIN 4380 – Sport and Exercise Nutrition
Professor: Dr. Jordan Daniel; PhD
Office: CHP 204B (Human Performance Laboratory)
Office Hours: By appointment
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Phone: 325.942.5465

Required Textbook:

Course Description:
The focus of this course is on metabolism of food by various systems of the body and its relation to exercise. Emphasis is on the role of diet along with the application of nutritional principles to enhance human performance.

Student Learning Outcomes:

1. Students will be knowledgeable of the role of micro and macronutrients as they relate to human health and sports performance.

2. Students will be proficient in measuring and analyzing the dietary intake of individuals specific to their needs.

3. Students will be able to evaluate the specific nutritional needs of individuals and use the results as the basis for developing a dietary plan for improving health and sports performance.

4. Students will be competent in designing individualized nutritional strategies for enhancing health and sports performance.

5. Students will be knowledgeable of the use and efficacy of popular ergogenic aids for augmenting health and sports performance.

6. Students will be knowledgeable in the theory and application of nutritional principles needed in preparing for various professional certifications related to health and sports performance.
GRADING SCALE
THERE ARE 1000 TOTAL POINTS FOR THE COURSE.

<table>
<thead>
<tr>
<th>COURSE GRADE</th>
<th>POINTS</th>
<th>PERCENTAGE</th>
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<tbody>
<tr>
<td>A</td>
<td>900-1000</td>
<td>90-100%</td>
</tr>
<tr>
<td>B</td>
<td>800-899</td>
<td>80-89.99%</td>
</tr>
<tr>
<td>C</td>
<td>700-799</td>
<td>70-79.99%</td>
</tr>
<tr>
<td>D</td>
<td>600-699</td>
<td>60-69.99%</td>
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<tr>
<td>F</td>
<td>&lt;600</td>
<td>&lt;60%</td>
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EVALUATION AND GRADES
The overall course grade is based on the following point values for quizzes, exams, and assignments:

3 Day Food Log & Reflection 100 points
Tests (3 tests @ 200 points a piece) 600 points
Supplement Presentation with Handout 150 points
Participation 150 points

TOTAL 550 points
TEACHING STRATEGIES
• The course will include lecture, discussion, instructional videos, PowerPoint presentations, and practical experience through assignments, and classroom activities.
• Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material with their peers.

GENERAL POLICIES RELATED TO THIS COURSE
All students are required to follow the policies and procedures presented in the following documents:
• Angelo State University Student Handbook located on the ASU website http://www.angelo.edu/student-handbook/
• ASU Undergraduate Catalog located on the ASU website https://www.angelo.edu/content/files/16795-201213-undergraduate-catalog

STUDENT RESPONSIBILITY & ATTENDANCE
You are expected to attend each class and to be on time for the beginning of class. Students are responsible for anything that happens in class during their absence. Notify the instructor at least one week in advance if you have a scheduling conflict that will cause you to miss class. You are responsible for asking the instructor about your attendance record so that you do not go over the allowed 2 absences and tardies. (2 tardies = 1 absence).
3 absences= minus a letter grade.
4 absences= minus another letter grade.
5 absences= minus another letter grade.
6 absences will result in failing the course.
CLASSROOM POLICIES
The following classroom policies and student responsibilities will be enforced:

1. There will be no smoking or use of smokeless tobacco.

2. Please be considerate to others while in class. Classroom conversations will be limited to the lecture discussions only unless otherwise noted.

3. Professional behavior is expected. Everyone in the classroom is considered to be an adult professional and therefore should conduct themselves as one.

4. It is the student’s responsibility for the information discussed in class even in lieu of one’s absence. It is also the student’s responsibility for all work and is encouraged to have a contact within the class. All students are encouraged to set up an appointment to meet with the professor as needed throughout the duration of the course. The purpose of the aforementioned is for additional assistance in understanding of the concepts presented in the course.

5. There are NO extra credit opportunities in this course. Therefore, please do not inquire about such and/or raising your grade particularly at the end of the semester.
ACADEMIC HONESTY
Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity throughout the duration of the course. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action and possible expulsion from ASU.

The Angelo State University Honor Code:

Our students believe that ASU students should maintain complete honesty and integrity in their academic pursuits. The Honor Code at ASU is located at:

www.angelo.edu/forms/pdf/honorcode5.pdf

It describes expected academic behavior of both faculty and students, and it consists of an agreement between the student and the academic community to foster academic integrity, to value student educational goals, and to maintain the positive academic reputation of ASU. Angelo State University expects all students and faculty to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experiences both in and out of the classroom.

ASU students and faculty will not participate or condone:

- Plagiarism
- Cheating
- Fabrication of data
- Misrepresentation of information
- Misuse of library materials
- Misuse of technology
- Conspiring with others to commit these acts

ASU students are responsible for understanding the Honor Code as well as the individual academic requirements and stipulations for each course. This includes carefully reading the Angelo State University Student Handbook and reading the syllabus of each course. Students should ask for clarification of any ambiguous aspect of the syllabus. To facilitate this code of ethical conduct, ASU has an Academic Integrity Committee, a committee composed of both students and faculty, which has the responsibility of reviewing cases of suspected academic dishonesty which may be brought to it. The committee’s membership of students and faculty reinforces ASU’s commitment to academic integrity in and out of the classroom.
STUDENTS WITH DISABILITIES

1. “Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.”

2. The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211 (TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities. Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

SYLLABUS CHANGES

The faculty member reserves the option to make changes as necessary to this syllabus, the course content, and the course outline. If changes become necessary during this course, the faculty will notify students of such changes by email and/or classroom announcements. It is the student’s responsibility to be aware of any changes when announced from the aforementioned modes of communication.

COURSE EVALUATION

Students are provided the opportunity, and are strongly encouraged to participate in a course evaluation at the end of the semester. Areas on the IDEA evaluation include:

1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning fundamental principles, generalizations, or theories
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
Week 1  July 9-13
Day 1  Introductions & Syllabus Creation
Day 2
Day 3
Day 4
Day 5  Guest Speaker

Week 2  July 16-20
Day 6
Day 7
Day 8
Day 9
Day 10  Food Log Day; Test 1 due by 8am on Day 11

Week 3  July 23-27
Day 11
Day 12
Day 13
Day 14
Day 15  Guest Speaker

Week 4  July 30- August 3
Day 16
Day 17
Day 18
Day 19
Day 20  Test 2 due by 8am on Day 21

Week 5  August 6-10
Day 21  Food Log & Reflection due; Supplement Presentation with Handout
Day 22  Test 3 (accumulative) due by Midnight
Day 23  Library Day