CSRF 6356
Nutrition for Sport and Fitness
Summer 2019
MTWTh 12:00 – 1:45
Adam Parker, PhD
COURSE NUMBER
CSRF 6356

COURSE TITLE
Nutrition for Sport and Fitness

CREDITS
Three Semester Credit Hours (3-0-0)

PREREQUISITE COURSES
None

PRE-REQUISITE SKILLS
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of this course. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort. The ASU Student Handbook should be reviewed before taking this course. http://www.angelo.edu/student-handbook/

FACULTY
Adam Parker, PhD
Office: CHP 103
Phone: (325) 486-6172
Fax: (325) 942-2236
Email: adam.parker@angelo.edu

COURSE DESCRIPTION
This course will cover an introduction to general nutrition in addition to an in depth look at nutrient timing and nutritional supplements for improvement of athletic performance and adaptation to exercise training. The course will also focus on weight management for athletic populations, eating disorders and disordered eating, and weight management for health and fitness.
### STUDENT LEARNING OUTCOMES

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpret micro and macronutrients as they apply to human sports performance.</td>
<td>Exams</td>
</tr>
<tr>
<td>Explain proper nutrient intake and recognize and correct poor diets for optimal sports performance.</td>
<td>Exams, Dietary Analysis, Class Discussions</td>
</tr>
<tr>
<td>Analyze techniques for measurement and evaluation of dietary intake.</td>
<td>Dietary Analysis</td>
</tr>
<tr>
<td>Present popular ergogenic aids and their role in human performance.</td>
<td>Presentation</td>
</tr>
</tbody>
</table>

### REQUIRED TEXTS AND MATERIALS

GRADING SYSTEM
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.
The following grading scale is in use for this course:
- A = 90.00-100 points
- B = 80.00-89.99 points
- C = 70.00-79.99 points
- D = 60.00-69.99 points
- F = 0-59.99 points  (Grades are not rounded up)

EVALUATION AND GRADES
Graded assignments, activities and percent of the overall course grade:

<table>
<thead>
<tr>
<th>COURSE ASSESSMENTS</th>
<th>PERCENT OF TOTAL GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>40%</td>
</tr>
<tr>
<td>Nutritional Analysis</td>
<td>10%</td>
</tr>
<tr>
<td>Handout</td>
<td>20%</td>
</tr>
<tr>
<td>Supplement Presentation</td>
<td>20%</td>
</tr>
<tr>
<td>Portfolio</td>
<td>10%</td>
</tr>
<tr>
<td>TOTAL COURSE GRADE</td>
<td>100%</td>
</tr>
</tbody>
</table>

ASSIGNMENT/ACTIVITY DESCRIPTIONS

**Nutritional Analysis:**
Analyzing nutrient intake is a vital tool that dietitians use to help their clients. You will complete three different types of dietary analysis methods. These include a 24 hour dietary recall and analysis, a food frequency questionnaire, and a 3 day food log with analysis. For the 24 hour dietary recall, you will attempt to recall all food eaten the day prior to when you are analyzing your intake. You will write down everything you ate and drank from the day before, and then use [www.calorieking.com](http://www.calorieking.com) to determine your nutrient intake levels. These will be turned in as an Excel Spreadsheet. For the food frequency questionnaire, you will simply fill out the questionnaire (which will be posted online), and turn it in. For the 3 day food log, you will record all food and beverages for a period of 3 days. 2 days should be weekdays, and 1 should be from a weekend day. You will then use [www.calorieking.com](http://www.calorieking.com) to analyze each day’s nutrient intake. Nutrient intake levels will be reported on an Excel Spreadsheet.

**Nutrition Handout:**
You will develop a handout in 2 page (front and back) brochure format that covers a nutrition topic of your choosing. Your topic must be approved by the instructor. Handouts should be designed and developed for either high school or college athletes. These handouts may be something that could be useful in your future careers. In addition to turning in a handout to your instructor, you must also email a copy of your handout to your classmates.
**Supplement Presentation:**
The final project in this class is to present a dietary supplement of your choosing to the class. Your supplement topic must be approved by the course instructor. Presentations will be done using PowerPoint (or any other presentation software). Presentations should last approximately 10-15 minutes. Your presentations should include information about the physiological rationale and efficacy of the dietary supplement including at least 5 peer-reviewed journal articles that have studied the supplement you are presenting on. You must also include information on the production, cost, and legality of the supplement (is it banned by NCAA, WADA, USADA, etc.).

**Portfolio:**
You will create a portfolio in a 3 ring binder with a cover page. You must include tabs for your notes from lectures, nutrition analysis, handouts, supplement presentations, and exams. You should include your own lecture notes and nutrition analysis, but for the tabs for handouts, presentations and exams, you must also include the work that your classmates produced. This means you must email your classmates your finished projects and exams in order for them to have access to those documents to put into their portfolio. After completion of the portfolio, turn it in to me in person prior to end of finals week.

**GENERAL POLICIES RELATED TO THIS COURSE**
All students are required to follow the policies and procedures presented in the following documents:
- ASU Undergraduate Catalog located on the ASU website [https://www.angelo.edu/content/files/16795-201213-undergraduate-catalog](https://www.angelo.edu/content/files/16795-201213-undergraduate-catalog)

**ACADEMIC HONESTY**
Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their online experiences. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The Kinesiology Department adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2011-2012) [http://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php](http://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php). The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."
PLAGIARISM
Plagiarism at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the APA Style Manual of the American Psychological Association as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center http://www.angelo.edu/dept/writing_center/academic_honesty.php.

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.

INCOMPLETE GRADE POLICY (OP 10.11 Grading Procedures)
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS
“A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.” Please see ASU Operating Policy 10.19.

COPYRIGHT POLICY
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any
portion of course readings in printed or electronic form without written permission.

**SYLLABUS CHANGES**
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

**Course Outline**

6/3      Course Introduction / Nutrients and Recommended Intakes Ch. 1 and 2  
6/4      The Macronutrients Ch. 6, 7, and 8  
6/5      Water Requirements and The Micronutrients Ch. 9 and 10  
6/6      Digestion and Absorption Ch. 5 – Discussion of Nutrition Analysis  
6/7      Lab - Complete 24 hour dietary recall, Food Frequency Questionnaire, and 3-day food log  

6/10     Bioenergetics Ch. 3 – **Turn in Nutrition Analysis Documents** – Discussion of Nutrition Information Handout  
6/11     Energy Ch. 4  
6/12     Nutrition and Training Adaptations Ch. 12  
6/13     Body Composition Ch. 13 – Pass out Exam I  
6/14     Lab – Work on Nutrition Information Handout and Take-home Exam I  

6/17     Nutrition Supplements Ch. 11 – **Turn in Exam I** – Discussion of Nutritional Supplement Presentation  
6/18     Supplements Continued  
6/19     Weight Management Ch. 14  
6/20     Disordered Eating Ch. 15  
6/21     Lab – Work on Handout and Presentation  

6/24     Finish/Catch-up on Lecture Material and/or Lab Measurement of Body Composition  
6/25     Work on Presentations – *They must all be reviewed by me before you can present*  
6/26     Nutritional Supplement Presentations  
6/27     Nutritional Supplement Presentations – Pass out Exam II  
6/28     Lab – Work on Handout and Take-home Exam II  

7/1      Peer review of Nutrition Information Handout  
7/2      Roundtable Discussion of Nutrition Information Handout  
7/3      **Turn in Final Exam and Portfolio**  

**End of syllabus.**