ANGELO STATE UNIVERSITY

Master of Education in Coaching, Sport, Recreation and Fitness Administration

CSRF 6356
Nutrition for Sport and Fitness
SPRING 2021
ADAM PARKER, PhD
COURSE NUMBER
CSRF 6356

COURSE TITLE
Nutrition for Sport and Fitness

CREDITS
Three Semester Credit Hours (3-0-0)
Online Class: Meets completely online using Blackboard

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/

COURSE DELIVERY
This is an online course offering. The course will be delivered via the Blackboard Learning Management System. The course site can be accessed at http://blackboard.angelo.edu.

BROWSER COMPATIBILITY CHECK
It is the student’s responsibility to ensure that the browser used to access course material on his/her computer is compatible with ASU’s Blackboard Learning System. The faculty reserve the right to deny additional access to course assignments lost due to compatibility issues. Students are responsible for reviewing the guidelines posted in this course regarding accessing Blackboard assignments. Problems in this area need to be discussed with faculty at the time of occurrence, either via a phone call (preferred) during posted acceptable hours for calling, or via email notification during times outside those posted for calls.

Be sure to perform a browser test. Select the “Support” tab from the Blackboard homepage (http://www.blackboard.angelo.edu) Select “Test your Browser” option.

FACULTY
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OFFICE HOURS
M-F 9:00-11 am

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>Chapter Outlines, 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

OTHER REQUIRED MATERIALS
- Computer with MAC or Windows Operating System
- High Speed Internet Access
- Webcam
- Refer to Angelo State University’s Distance Education website for further technology requirements: [http://www.angelo.edu/distance_education/](http://www.angelo.edu/distance_education/)

RECOMMENDED TEXTS
n/a

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>10%</td>
</tr>
<tr>
<td>Chapter Outlines</td>
<td>10%</td>
</tr>
<tr>
<td>Supplement Presentation</td>
<td>20%</td>
</tr>
<tr>
<td>Portfolio</td>
<td>10%</td>
</tr>
<tr>
<td><strong>TOTAL COURSE GRADE</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
TEACHING STRATEGIES

- 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 and clinical experiences with their peers.

ASSIGNMENT/ACTIVITY DESCRIPTIONS

*Please note: Rubrics for all assignments and activities are located at the end of this syllabus.

Chapter Outlines:
Reading and understanding the text is vital to learning the nutrition topics covered in class. Reading assignments will be posted the week before our online lectures. Chapter outlines are due prior to each lecture. Outlines should be detailed enough to show that you read and understood the assigned chapters, while being concise enough that it doesn’t take you hours each week to finish the reading assignment.

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 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 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 via BlackBoard Collaborate. 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 chapter outlines, notes from lectures, nutrition analysis, handouts, supplement presentations, and exams. You should include only your own chapter outlines, 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, you will need to send me detailed photographs of your completed portfolio, or 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)

**IMPORTANT UNIVERSITY DATES**
- January 25  First Day of Class
- January 28  Last day to register or make changes
- April 30  Last day to drop a class or withdraw from the University for this Semester
- May 10  Final Exams Week
- May 14  Spring Semester ends
- May 15  Spring Commencement

**STUDENT RESPONSIBILITY & ATTENDANCE**

**ON-LINE:** This class is synchronous, meaning you have to be on-line at a certain time. This course will meet Wednesday evenings from 6 pm – 9 pm. Please see the syllabus for dates when meetings are scheduled. We will meet for lectures every other week starting the second week of the semester, with assignments for you to work on during the weeks when we don’t meet online. It is mandatory that you attend all lectures via Blackboard Collaborate. In order to do so, you need a webcam and/or a smart device with the Blackboard Student application. Course lectures will be recorded for you to access should you be unable to attend a lecture. You are expected to view the lecture if you should need to miss one. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect
integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

COMMUNICATION
Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via Blackboard: It is an expectation of this class that you use formal writing skills giving appropriate credit to the source for your ideas. Follow APA (2010) 6th edition (2nd Printing or higher only) guidelines for referencing.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes.

Virtual communication: Office hours and/or advising may be done with the assistance of through my Virtual Office Hours Blackboard Collaborate Session. You can enter the session via your Bb course under the Collaborate Sessions tab. Also, you can access my office hours via this URL: https://blackboard.angelo.edu/webapps/bb-collaborate-bb_bb60/launchSession/guest?uid=bd4a12b3-4fe3-43c0-8e16-fec59793e9b8

Use Good "Netiquette":
• Check the discussion frequently and respond appropriately and on subject.
• Focus on one subject per message and use pertinent subject titles.
• Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
• Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
• Cite all quotes, references, and sources.
• When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
• It is extremely rude to forward someone else's messages without their permission.
• It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinald's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom.)
ASSIGNMENT SUBMISSION
In this class, all assignments need to be submitted through the Assignments link in the Blackboard course site. This is for grading purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at adam.parker@angelo.edu and attach a copy of what you are trying to submit. This lets me know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

LATE WORK OR MISSED ASSIGNMENTS POLICY
The course is set up on weekly modules. The week begins on Monday and ends on Sunday. Assignment due dates are shown on the calendar/schedule or posted within Blackboard. Late assignments are not accepted without prior approval of faculty. Faculty reserve the right to deduct points for late assignments that are accepted past the original due date.

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. 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 from the
copyright holders or publishers.

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 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:
SELECT THE ONES YOU USE
1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning fundamental principles, generalizations, or theories
9. Learning how to find and use resources for answering questions or solving problems
11. Learning to analyze and critically evaluate ideas, arguments, and points of view

End of syllabus.