

# KIN 4380-DM1

## SPORT NUTRITION

### SPRING MINI-SEMESTER 2021

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**Office:** CHP 103

**Office Hours:** M-F 9-11 am

## Course Information

### Course Description

This course is a review of knowledge associated with nutritional strategies used to enhance health and sport and exercise performance.

### Course Credits

3 credit hours

### Prerequisite and Co-requisite Courses

none

### Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the KIN 4380.

### Program Outcomes

Upon completion of the program of study for the KIN 4380, the graduate will be prepared to:

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

## Student Learning Outcomes

| <b>Student Learning Outcome</b><br>By completing all course requirements, students will be able to:                                | <b>Assignment(s) or activity(ies) validating outcome achievement:</b> | <b>Mapping to Program Outcomes</b> |
|--|---|------------------------------------|
| Develop an understanding of micro and macronutrients as they are related to health and human sports performance.                   | Exams   |                                    |
| Display knowledge of proper nutrient intake and how to recognize and correct poor diets for health and optimal sports performance. | Exams; Nutrition Consultation   |                                    |
| Understand techniques for measurement and evaluation of dietary intake.  | Nutrition Consultation  |                                    |
| Develop an understanding of popular ergogenic aids and performance enhancing drugs and their role in human performance.            | Exams; Supplement Assignment  |                                    |

## Course Delivery

This is an online course with live, online lectures that will be recorded for later viewing. Exams are all online and assignments will be submitted electronically via Blackboard.

## Required Texts and Materials

Nutrition for Sport, Exercise, and Health. Spano MA, Kruskall, LJ, Thomas DT. Human Kinetics (2017). ISBN: 978-1450414876

## Technology Requirements

To successfully complete this course, students need to have access to a computer of their own or ASU's computer lab.

## 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 email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

**Virtual communication:** Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

## Grading

### Evaluation and Grades

Course grades will be determined as indicated in the table below.

| Assessment                     | Percent/Points of Total Grade |
|--------------------------------|-------------------------------|
| Exams (3 x 100 pts)            | 70                            |
| Supplement Assignment          | 10                            |
| 3 Day Food Log and Corrections | 20                            |
| Total                          | 100%                          |

### 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)

## 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 and Activity Descriptions

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

### 3 Day Food Log Analysis and Corrections

For this assignment, you will record everything you eat and drink for 3 days (2 week days, 1 weekend day). You will then analyze what you ate using [calorieking.com](http://calorieking.com) and fill in the pertinent information into the 3 day food log excel file that will be provided. For the corrections, you will determine an ideal body weight goal (it can be to either gain, lose, or maintain weight), and recommend changes to food intake in order to meet the body weight goal while also being sure your macronutrients are within the AMDR guidelines, and your intake of saturated fats, sodium, fiber, and sugar are all within normal ranges. Once you make your recommended changes, you will fill out a new 3 day food log excel file with the changes. You must submit 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.).

### **Late Work or Missed Assignments Policy**

- 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. Prior arrangements must be made with the instructor if an absence from an exam or presentation 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).
- C. 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.

## **General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### **Student Responsibility and Attendance**

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

### **Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).<sup>3</sup>

### **Accommodations for Students with Disabilities**

ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at [ADA@angelo.edu](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
[dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Houston Harte University Center, Room 112

## **Incomplete Grade Policy**

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. See ASU Operating Policy 10.11 [Grading Procedures](#)<sup>5</sup> for more information.

## **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> in the Student Handbook. 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. 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. Resources to help you understand this policy better are available at the [ASU Writing Center](#).<sup>7</sup>

## **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. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)<sup>8</sup> for more information.

## **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.

## **Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto:michelle.boone@angelo.edu)

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

## Course Schedule

|      |  |
|------|--|
| 1/4  | Course Outline and Optimization of Health and Well-Being – <b>3 Day Food Log and Corrections Discussed – Due on 1/21 by midnight</b> |
| 1/5  | Energy Metabolism  |
| 1/6  | Carbohydrate   |
| 1/7  | Fat and Protein  |
| 1/8  | Exam 1   |
| 1/11 | Vitamins – <b>Supplement Presentations Assigned – Due 1/17 by midnight</b>   |
| 1/12 | Minerals   |
| 1/13 | Water and Electrolytes   |
| 1/14 | Nutritional Supplements  |
| 1/15 | Exam 2   |
| 1/18 | Body Weight and Composition  |
| 1/19 | Nutrition for Aerobic Endurance  |
| 1/20 | Nutrition for Resistance Training and Changing Weight and Body Composition   |
| 1/21 | Nutrition Concerns for Special Populations – <b>3 Day Food Log Due at midnight</b>   |
| 1/22 | Exam 3   |



# Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Select the SLO's you use

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
3. Acquiring skills in working with others as a member of a team
4. Learning how to find, evaluate, and use resources to explore a topic in depth
5. Learning to apply knowledge and skills to benefit others or serve the public good

## End of Syllabus

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>8</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>