

# CSRF 6356-010

## NUTRITION FOR SPORT AND FITNESS

### SPRING SEMESTER 2022

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#### **Instructor: Adam Parker, PhD**

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**Phone:** 325-486-6172

**Office:** CHP 103

**Office Hours:** MWF 12-2 pm

## **Course Information**

### **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.

### **Course Credits**

3 credit hours

### **Prerequisite and Co-requisite Courses**

none

### **Prerequisite 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/>

### **Program Outcomes**

Upon completion of the program of study for the CSRF 6356, the graduate will be prepared to:

## Student Learning Outcomes

<b>Student Learning Outcome</b> 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>
Interpret micro and macronutrients as they apply to human sports performance.	Exams	
Explain proper nutrient intake and recognize and correct poor diets for optimal sports performance.	Exams, Dietary Analysis, Class Discussions	
Analyze techniques for measurement and evaluation of dietary intake.	Dietary Analysis	
Present popular ergogenic aids and their role in human performance.	Presentation	

## Course Delivery

This is a face to face course.

## Required Texts and Materials

Jeukendrup, A., Gleeson, M. (2010). *Sport nutrition: An introduction to energy production and performance* (3rd ed.). United States of America: Versa Press. ISBN: 978-1492529033

## Recommended Texts and Materials

none

## Technology Requirements

To complete this course successfully, students must have access to their own computer and/or the ASU 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	40
Nutrition Analysis	10
Handout	20
Supplement Presentation	20
Portfolio	10
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

### 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) tri-fold, 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.

### **Assignment Submission**

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty 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**

#### **Late Work 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.

## 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

Week 1	Course Introduction / Nutrients and Recommended Intakes Ch. 1 and 2
Week 2	The Macronutrients Ch. 6, 7, and 8
Week 3	Water Requirements and The Micronutrients Ch. 9 and 10

Week 4	Digestion and Absorption Ch. 5 – Discussion of Nutrition Analysis Assignment - Complete 24 hour dietary recall, Review Food Frequency Questionnaire, and 3-day food log
Week 5	Bioenergetics Ch. 3– <b>Turn in Nutrition Analysis Documents</b> –Discussion of Nutrition Information Handout
Week 6	Energy Ch. 4– Pass out Exam I
Week 7	Body Composition Ch. 13
Week 8	Nutrition Supplements Ch. 11 – <b>Turn in Exam I</b> – Discussion of Nutritional Supplement Presentation
Week 9	Weight Management Ch. 14
Week 10	Disordered Eating Ch. 15
Week 11	Finish/Catch-up on Lecture Material and/or Lab Measurement of Body Composition
Week 12	Work on Presentations – <i>They must all be reviewed by me before you can present</i>
Week 13	Nutritional Supplement Presentations
Week 14	Nutritional Supplement Presentations – Pass out Exam II
Week 15	Peer review/discussion of Nutrition Information Handout
Week 16	<b>Turn in Final Exam and Portfolio</b>

## 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. Developing creative capacities (inventing, designing, writing, performing in art, music, drama, etc.)
4. Learning how to find, evaluate, and use resources to explore a topic in depth

### 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>