

GEORGE MASON UNIVERSITY  
School of Recreation, Health and Tourism  
Spring 2011  
EFHP 614—Advanced Exercise Nutrition

DAY/TIME: T 7:20-10:00PM

INSTRUCTOR: Sarah Shultz

OFFICE LOCATION: by appointment

OFFICE HOURS: TR 12:00-1:30PM

DEPT. WEBSITE: [rht.gmu.edu](http://rht.gmu.edu)

LOCATION: OH 203

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CLASS WEBSITE: [courses.gmu.edu](http://courses.gmu.edu)

### **PRE-REQUISITES**

Graduate standing or permission of the instructor.

### **COURSE DESCRIPTION**

Advanced study of nutrition's relation to physical activity, exercise, and sports. Reviews biochemical, physiological, and behavioral aspects of nutrition in promoting health, fitness, and sports performance. Focuses on nutrient needs during life cycle stages.

### **COURSE OBJECTIVES**

At the completion of this course the students should be able to:

1. Define and describe the basic macronutrients and recommendations for an athlete's diet.
2. Determine nutrient needs for specific individuals and apply information to a case study.
3. Define and describe healthful nutrition practices for weight control and fitness/sports.
4. Research and debate current controversial topics in the field of nutrition and fitness.

### **REQUIRED READINGS**

McArdle WD, Katch FI, Katch VL (2009). Sports and Exercise Nutrition (3<sup>rd</sup> Ed). Lippincott Williams & Wilkins: Philadelphia, PA.

Pollan M (2008). In Defense of Food: An Eater's Manifesto. Penguin Books: New York, NY.

### **COURSE OVERVIEW**

This course will present nutrition principles regarding macronutrients, vitamin/minerals, and fluids in relation to sports and exercise. It will allow the student to translate theory into practice and to relate content to fitness and sports. Topics will include metabolism, weight management, eating disorders, and guidelines for proper nutrition. The material covered will give the student comprehensive knowledge of nutrition for use in complementary fields. Classes will involve lecture, discussion, and internet modules.

### **Academic Responsibility**

Although many students must work to meet living expenses, employment must not take priority over academic responsibilities. Students employed more than 20 hours a week are strongly urged not to attempt a full-time academic load. Students employed more than 40 hours a week should attempt no more than 6 credits per semester. Students who fail to observe these guidelines may expect no special consideration for academic problems arising from the pressures of employment. Please see the GMU Academic Catalog

([http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration\\_attendance](http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance)) for further information.

## EVALUATION

Exams (3)	45%
Article Analysis	10%
Online Discussion Forum	30%
Final Paper	15%

**Exams:** Each student will be required to complete three exams throughout the semester. The exams will be short essay and posted to blackboard so that they can be completed at home. The dates of these exams have been included in the course schedule and will be confirmed one week prior to the date. Points will be deducted if you are not present on the day that the exam is submitted.

**Article Analyses:** Each week, a research article will be posted with that week's notes on Blackboard. Students must read the article and then find another article that agrees or disagrees with the already posted paper. They must then post the article's citation to the online discussion forum, along with a brief abstract of the new paper and how it relates to the original posting. The new reference will be the basis for part of the online discussion forum.

**Online Discussion Forum:** The majority of this course will be conducted online. Students will be required to submit a forum comment each workday to Blackboard. These comments will relate to the supplemental reading, posted articles, or course notes. Students will receive a point for each daily comment, for a total of 5 points per week. Course notes will be posted every Thursday. Each student will be responsible for filling in the short answer questions in the course notes before class time on Tuesday. Students will receive 5 points per week for completing the course notes.

**Final Paper:** A final paper will be required of each student. The final paper will be in case study format. Students will be given an assessor's guide for the research project no later than 6 weeks before it is due. At that time, the date for paper submission will be confirmed. Late papers will be penalized.

## GRADING SCALE

The student's final letter grade will be earned based on the following scale:

Grade	Percentage	Quality Points	Grade	Percentage	Quality Points
A+	93%	4.00	B	83%	3.00
A	93%	4.00	B-	80%	2.67*
A-	90%	3.67	C	73%	2.00
B+	87%	3.33	F	<73%	0.00

Note:\* Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

## ATTENDANCE POLICY

Class will meet once per month, to discuss any questions you might have and provide personal time with the instructor. Students are expected to be on time, attend all class meetings, and be prepared for in-class assignments and projects.

Excused absences and extenuating circumstances (i.e. illness with documentation, family death, athletic/academic event)

ONLY APPLY TO EXAMS; these will not be considered for other assignments. A penalty of 10 points will apply each day that passes after a confirmed submission deadline, for a total of 5 working days. If the requirement is not submitted at the completion of the 5<sup>th</sup> working day, you will receive a 0 for that exercise.

## COURSE SCHEDULE

DATE	TOPIC
1/25	Course Introduction*
2/1	Macronutrients
2/8	Micronutrients
2/15	Ergogenic Aids*
2/22	Exam #1: Biochemistry of nutrition
3/1	Digestion and Absorption of Nutrients
3/8	Nutritional Recommendations for Healthy People*
3/15	Spring Break – No Class
3/22	Nutritional Recommendations for Special Populations
3/29	Thermoregulation, Fluid Balance, Rehydration
4/5	Exam #2: Physiology of Nutrition
4/12	Body Composition
4/19	Energy balance, exercise, weight control*
4/26	Disordered Eating
5/3	Exam #3: Behavioral Nutrition

*Note: Faculty reserves the right to alter the schedule as necessary*

*\*indicates when class will be held in the classroom*

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

