

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**School of Recreation, Health, and Tourism**  
**Division of Health and Human Performance**

EFHP 614: Advanced Exercise Nutrition  
Spring 2016

PROFESSOR: Brittanie Lockard, PhD      EMAIL ADDRESS: [blockard@gmu.edu](mailto:blockard@gmu.edu)  
OFFICE LOCATION: Online      PHONE NUMBER: Email is best  
OFFICE HOURS: Email to schedule a web conference

PREREQUISITES: 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.

**DELIVERY METHOD:**

This course will be delivered online using an asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before "@masonlive.gmu.edu) and email password. The course site will be available on **January 19, 2016**.

**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.

**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. The course will involve video lecture, discussion, and internet modules.

**REQUIRED READINGS:**

- Nutrition for Sport and Exercise (3<sup>rd</sup> ed.) by Marie Dunford & J. Andrew Doyle, Cengage Learning <http://www.amazon.com/Nutrition-Sport-Exercise-Marie-Dunford/dp/128575249X>
- Research articles as assigned

## TECHNICAL REQUIREMENTS:

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for PCs and Macs respectively, available for free downloading by clicking on the link next to each plug-in:
  - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
  - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>
  - Apple QuickTime Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)
- A headset microphone for use with the Blackboard Collaborate web conferencing tool

## EXPECTATIONS:

- **Course Week:** Because asynchronous courses do not have a “fixed” meeting day, our week will **start** on Monday, and **finish** on Sunday.
- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be **THREE** times per week.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course **at least THREE times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **CLASS SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.

## PROFESSIONALISM:

Students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For students in an online setting professionalism generally comprises the following components:

- **Communication** – When communicating with the instructor and classmates via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.
- **Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.
- **Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.
- **Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.
- **Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

## GRADING EXPECTATIONS:

### Late Assignments:

Assignments are due at the start of class time unless specified otherwise. **Assignments turned in anywhere from one-minute to 24-hours late will be graded for ½ credit. Assignments will not be accepted more than 24 hours late without prior permission.** If there is an issue such as a sickness or other personal reason in which you are struggling with the workload, please discuss this with your instructor ahead of time for *potential* allowances to be made.

### Timeline for Grading and Feedback:

Please allow ONE WEEK for assignments and exams to be graded. Feedback on assignments will be provided *within* the submitted document on Canvas. Please review assignment feedback once grades are posted. You have ONE WEEK from the date your assignment grade is posted to discuss this grade with your instructor. **No outdated assignment grades will be discussed at the end of the quarter.**

### Extra Credit:

Extra credit should not be expected. Occasionally, it may be offered at the discretion of the instructor in a matter that provides equal opportunity to all students. Please do not ask to make up assignments or do additional assignments to improve your grade.

## EVALUATION:

This course will be graded on a point system, with a total of 100 possible points.

### Weekly Discussion Forum (15 points total)

Each student will sign up for one discussion topic that they will be responsible for researching and providing *thorough information* on that will be beneficial and applicable to the rest of the class. Thorough information means relevant, current, and greater detail than is provided in the course textbook.

There are 11 discussion forums. Students must read at least one post each week and kindly respond with additional information, a question, or an interesting point about what was learned. (No response is required the week you create the post.)

### Personal Sports Nutrition Blog (45 points total):

Each student will be responsible for creating a personal blog focusing on a specialty in the field of exercise and sports nutrition. Four deliverables will be required throughout the course. After the Set-up/Introduction, students can choose which blog post to submit at each due date.

### 2 Exams (2 @ 20 points each; 40 points total)

Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings and videos. Exams will be 50% multiple-choice, true-false, matching, and 50% short answer. Exams will be timed and open/available for a 48-hour window.

Requirements	Points
<b>Weekly Discussion Forum</b>	
Initial Post	5
10 Weekly Responses (1 pt x 10)	10
<b>Sports Nutrition Blog</b>	
Set-up and Introduction	5
Healthy Recipe	10
Informational Article	15
Commercial / PSA	15
<b>Exams</b>	
Midterm (Chapters 1-6)	20
Final Exam (Chapters 7-13)	20
<b>TOTAL</b>	<b>100</b>

### Grading Scale

A = 94-100	B+ = 88-89	C+ = 78-79	F = 0 – 69
A- = 90-93	B = 84-87	C = 74-77	
	B- = 80-83*	C- = 70-73	

\*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.

**TENTATIVE COURSE SCHEDULE:**

*Faculty reserves the right to alter the schedule as necessary.*

Week		Chapter(s)	Topic(s)	Assignment(s)
No.	Date			
1	1/19-1/24		Introduction to Online Course	Blog Creation & Intro Due 1/24
2	1/25-1/31	1	Intro to Sports Nutrition	Discussion response due 1/27
3	2/1-2/7	2 & 3	Defining and Measuring Energy, Energy Systems and Exercise	Discussion response due 2/3
4	2/8-2/14	4	Carbohydrates	Discussion response due 2/10
5	2/15-2/21	5	Proteins	Discussion response due 2/17 Blog Post #1 Due 2/21
6	2/22-2/28	6	Fats	Discussion response due 2/24
7	2/29-3/6	1-6	<b>MID TERM EXAM</b> Available Mon Feb 29 <sup>th</sup> 8:00 am – Wed March 2 <sup>nd</sup> 11:59 pm	
8	3/7-3/13	Spring Break		
9	3/14-3/20	7	Water & Electrolytes	Discussion response due 3/16
10	3/21-3/27	8 & 9	Vitamins & Minerals	Discussion response due 3/23 Blog Post #2 Due 3/27
11	3/28-4/3	10	Diet Planning: Food First, Supplements Second	Discussion response due 3/30
12	4/4-4/10	11	Weight & Body Composition	Discussion response due 4/6
13	4/11-4/17	12	Disordered Eating & Exercise Patterns	Discussion response due 4/13
14	4/18-4/24	13	Diet & Exercise for Lifelong Fitness & Health	Discussion response due 4/20
15	4/25-5/1		Wrap up and Review	Blog Post #3 Due 4/1
16	5/2-5/8	7-13	<b>FINAL EXAM</b> Available Wed May 4 <sup>th</sup> 8:00 am – Fri May 6 <sup>th</sup> 11:59 pm	

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2>]
- 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/policies/responsible-use-of-computing/>].
- 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.

### *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>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

