

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

KINE 420-DL 1: Sport and Exercise Nutrition
Summer 2016

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

PREREQUISITES: KINE 320, KINE 310

COURSE DESCRIPTION:

Explores the fundamental biochemical and physiological rationale for optimal nutrient intake for health, physical fitness, and athletic performance. Specific attention is focused upon the relationship nutrition has with exercise, physical fitness, health, and athletic performance.

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 **June 27, 2016**.

COURSE OBJECTIVES:

This course is designed to enable students to:

1. Recognize the breadth of Nutritional Sciences.
2. Define common terms associated with Nutritional Sciences.
3. Explain basic nutrient, digestion, and absorption.
4. Describe energy systems, fuels, and nutrients supporting physical activity and how nutrition impacts human movement.
5. Differentiate and assess what to eat and appropriate nutrient timing to enhance human movement.
6. Explain the role of nutritional and sport ergogenic aids to enhance human movement.
7. Relate basic principles of bodyweight regulation and body composition.
8. Evaluate the influence of nutritional manipulations on immune function in physically active individuals.

REQUIRED READINGS:

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

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/
- 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 Friday.
- **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 3 business days for assignments and exams to be graded. Feedback on assignments will be provided *within* the grading rubric on Blackboard. Please review assignment feedback once grades are posted. You have 3 business days 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 semester.

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.

ACCREDITATION STANDARDS:

This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine's Knowledge-Skills-Abilities (KSA's):

KSA	Description
	GENERAL POPULATION/CORE: NUTRITION AND WEIGHT MANAGEMENT
1.8.3	Knowledge of the relationship between body composition and health.
1.8.4	Knowledge of the effects of diet, exercise, and behavior modification as methods for modifying body composition.
1.8.5	Knowledge of the importance of an adequate daily energy intake for healthy weight management.
1.8.7	Knowledge of the importance of maintaining normal hydration before, during, and after exercise.
1.8.8	Knowledge of the USDA MyPlate and Dietary Guidelines for Americans.
1.8.9	Knowledge of the importance of calcium and iron in women's health.
1.8.10	Knowledge of the myths and consequences associated with inappropriate weight loss methods (e.g., fad diets, dietary supplements, over-exercising, starvation diets).
1.8.12	Knowledge of the number of kilocalories equivalent to losing one pound of body fat and the ability to prescribe appropriate amount of exercise to achieve weight loss goals.
1.8.13	Knowledge of the guidelines for caloric intake for an individual desiring to lose or gain weight.
1.8.14	Knowledge of common nutritional ergogenic aids, the purported mechanism of action, and any risk and/or benefits (e.g., carbohydrates, protein/amino acids, vitamins, minerals, herbal products, creatine, steroids, caffeine).
1.8.15	Knowledge of nutritional factors related to the female athlete triad syndrome (i.e., eating disorders, menstrual cycle abnormalities, and osteoporosis).
1.8.16	Knowledge of the NIH Consensus statement regarding health risks of obesity, Nutrition for Physical Fitness Position Paper of the American Dietetic Association, and the ACSM Position Stand on proper and improper weight loss programs.
1.8.17	Ability to describe the health implications of variation in body fat distribution patterns and the significance of the waist to hip ratio.
1.8.18	Knowledge of the nutrition and exercise effects on blood glucose levels in diabetes.

EVALUATION:

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

Weekly Assignment (8 assignments total, ranging from 2-4 points; **25 points total**)

Each module will include one or two assignments. Assignments may include text responses, completed worksheets/websites, short video clip responses, or multiple choice quizzes.

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 5 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. (A response on another student's post is also required the week you submit a post.)

Initial Forum Post	5 pts
5 Forum Responses (2 pt each)	10 pts

Sports Nutrition Prescription Group Project (15 points total):

In groups, students will select a sport or weight-management based case study, in which you will evaluate the scenario and propose a nutrition and supplementation protocol for the individual.

Nutrition Supplement Individual Project (15 points total):

After completing the nutrition prescription project, each group member will select one specific supplement from the previous project and create an educational material (brochure, flyer, blog post, commercial) to share with the class.

2 Exams (2 @ 15 points each; 30 points total)

Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings and videos. Exams may include multiple-choice, true-false, matching, and short answer. Exams will be timed and open/available for a 24-hour window.

Grading Scale

A = 94-100	B+ = 88-89	C+ = 78-79	D = 60-69
A- = 90-93	B = 84-87	C = 74-77	F = 0-59
	B- = 80-83	C- = 70-73	

Tentative Course Outline

Instructor reserves the right to make changes

<u>WEEK</u>	<u>CHAPTERS & TOPIC</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>
		6/27/16	6/28/16	6/29/16	6/30/16	7/1/16
1	Intro – Chapter 3	Introduction to Course Lecture Assignment #1: Discussion Forum Topic and Group Topic Sign Up	Ch. 1 <i>Intro to Sports Nutrition</i> Lecture	Assignment #2: Introductory Video Upload (Submitted in Discussions)	Ch. 2 <i>Defining and Measuring Energy and</i> Ch. 3 <i>Energy Systems and Exercise</i> Lectures	"Energy Systems in Sport" Discussion Response
		7/4/16	7/5/16	7/6/16	7/7/16	7/8/16
2	Chapters 4 & 5	UNIVERSITY CLOSED Have a SAFE and HEALTHY Holiday!		Ch. 4 <i>Carbohydrates</i> Lecture and Assignment# 3: General Calculations	Ch. 5 <i>Proteins</i> Lecture	Assignment #4: Energy Systems Crossword Puzzle & "Carbohydrate Consumption with Endurance Exercise" Discussion Response
		7/11/16	7/12/16	7/13/16	7/14/16	7/15/16
3	Chapters 6 & 7	Ch. 6 <i>Fats</i> Lecture	CHAPTERS 1-6 EXAM REVIEW	MIDTERM EXAM & Extra Credit Opportunity: Evaluate EFHP 614 Blogs	Ch.7 <i>Water and Electrolytes</i> Lecture & Assignment #5: Hydration Quiz	Sports Nutrition Prescription Project "Fat: Fuel for Exercise" Discussion Response
		7/18/16	7/19/16	7/20/16	7/21/16	7/22/16
4	Chapters 8-11	Ch. 8 <i>Vitamins &</i> Ch. 9 <i>Minerals</i> Lectures	Assignment #6: Vitamins and Minerals Worksheet	Ch. 10 <i>Diet Planning: Food First, Supplements Second</i> Lecture	Assignment #7: Sport Nutrition Dietary Recommendation Spreadsheet	Ch. 11 <i>Weight & Body Composition</i> Lecture and "Risks and Benefits: Caffeine and Alcohol" Discussion Response
		7/25/16	7/26/16	7/27/16	7/28/16	
5	Chapters 12 & 13	Ch.12 <i>Disordered Eating & Exercise Patterns</i> & Ch. 13 <i>Diet & Exercise for Lifelong Fitness & Health</i> Lectures	Assignment #8: Helping a Friend with an Eating Disorder	CHAPTERS 7-13 REVIEW & Nutrition Supplement Project & "Sports Nutrition and Special Populations" Discussion Response	FINAL EXAM & Extra Credit Opportunity: Course Evaluation	

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.

