George Mason University
College of Education and Human Development
School of Kinesiology

KINE 420-DL1, Fall 2023
3 Credits
Online, Asynchronous

Instructor

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Prerequisites/Corequisites

KINE 310[C] and KINE 320[C]
[C] requires minimum grade of C

University Catalog Course Description

Explore 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.

Course Overview

The course focuses on the advance principles of nutrition and its application in sort and exercise. It will be video lecture based to elicit through provoking discussion to help emphasize key components of the content. Current topics and cases will be presented and discussed throughout the course to help students translate theory into practice.

The first part of the course will build on the components of a nutritious diet, nutrition standards, macro and micronutrients introduced in Principles of Human Nutrition, with emphasis on activity. The second part of the course will delve further into nutrition and its relationship with supplementation and timing for sport, as well as body composition, health, and disease.

Course Delivery Method

This course will be delivered online (100%) using asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log into the Blackboard course site using your Mason email name (everything before @masonlive.gmu.edu) and email password.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers click here.

To get a list of supported operation systems on different devices click here.

- Students must maintain 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 course requirements.
- Purchasing and access to Cengage's MindTap software for assignments.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
    - Respondus Lockdown Browser and Monitor
    - Adobe Acrobat Reader
    - Windows Media Player
    - Apple Quick Time Player

Expectations

- Course Week:
  Asynchronous courses do not have a "fixed" meeting day. However, the modules and assignments for this course are set to start on MONDAY and finish on FRIDAY.
- Log-in Frequency:
  Students should actively check the course Blackboard site and their Mason email for communications from the instructor, class discussions, and/or access to course materials on a daily basis.
- Participation:
  Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 course technology. Students who are struggling with technical components of the course should seek assistance from Mason Information Technology Services: https://its.gmu.edu/service/its-support-center/.
- Technical Issues:
  Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
  Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the course schedule of topics, readings, activities and assignments due.

- Instructor Support:
  Students may schedule a one-on-one meeting to discuss course requirements, content, or other course-related issues. Please refer to information provided in the syllabus in order to schedule a time to meet with the instructor, whether via telephone, web conference, or face to face. Students should email the instructor to schedule a one-on-one session.
- Netiquette:
  The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students should re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:
  Online learners who require effective accommodations to ensure accessibility must be registered with George Mason University Disability Services (https://ds.gmu.edu/) and provide notification of such to the course instructor.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Differentiate the roles of carbohydrates, protein, fats, vitamins, and minerals in diet across the lifespan.
2. Describe the digestive process as it relates to the utilization of nutrients for energy and metabolism.
3. Explain the various methods utilized to measure body composition.
4. Explain the importance of nutrition as it relates to exercise and physical activity for a healthy lifestyle.
5. Evaluate a variety of diets reported in the popular literature.
6. Plan a nutrition program for both weight loss and weight gain for clients.

Required Text

MindTap Digital Platform for Nutrition for Sport and Exercise (4th edition, 2019)
By Marie Dunford & J. Andrew Doyle, Cengage Learning

- Select Digital Platform, OR if you have other classes using Cengage, select Cengage Unlimited.
- This will give you access to the mandatory MindTap activity program as well as an electronic copy of the textbook.
- This also includes options to purchase/rent a hard textbook.

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. See https://cehd.gmu.edu/students/polices-procedures/

Professional 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):

Upon completion of this course, students will have met the following professional standards:

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.
1.8.7	Knowledge of the importance of maintaining normal hydration before, during, and after exercise.
1.8.8	Knowledge of the USDA Food Pyramid 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 1 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.

Course Performance Evaluation

Students are expected to submit assignments on time in the manner outlined by the instructor on Blackboard. No late work will be accepted in this course without a submitted extension request prior to the assignment deadline. Extension requests must be submitted with an explanation as to why the student is unable to complete the assignment on time. No extension requests will be granted if submitted after the assignment deadline. Students are allowed one 24-hour extension during this course. Extensions approved beyond 24 hours are at the discretion of the instructor. Extensions cannot be requested for lab practicals, exams or presentations. In dire or extenuating circumstances, students may be allotted additional extensions or make up opportunities at the instructor's discretion.

- **Assignments and Examinations**

MindTap Assignments (12 assignments @ 30 pts each; 360 points total)

Each individual chapter, except for CH 7 & 8 and 13 & 14, will include three assigned interactives to complete within the Cengage MindTap program. For CH 7 & 8 and CH 13 & 14 there are three assigned interactives to complete per chapter grouping. Assigned activities are to be completed as you progress through the module, and are due by 11:59 pm on the assigned date in MindTap.

Discussion Forum (140 points total)

- **Discussion post and replies (40 pts)** Each student will sign up for ONE ISSN Position Stand that they will be responsible for reading and providing a THOROUGH summary that will be beneficial to the rest of the class. The post will be due on Wednesday and should be at least 450 words in length. By the Sunday night following the post, the author will respond to each student who replied to their post in order to finalize the discussion

- **Forum Responses (10 @ 10 pts each; 100 points total)** There are 10 additional discussion forums; students must read at least one post each week and kindly add to the discussion with additional information, a question, or an interesting point about what was learned. The response is due by Friday and should be at least 150 words in length.

Sport Nutrition Prescription Project (140 points total)

Throughout the course, you will learn about the energy demands and nutrient needs for a variety of sports and activity levels, to include nutrient timing and supplementation.

Part 1 (50 points) of the project will include creating an excel spreadsheet to perform a variety of caloric and macronutrient calculations, as well as reference list regarding macronutrient timing pre-, during-, and post-exercise.

Part 2 (90 points) gives you the opportunity to build a scenario athlete and create a nutrition prescription utilizing the information from Part 1. This assignment also requires a one-day sample food log to demonstrate your prescription.

3 Exams (3 @ 120 points each; 360 points total)

- Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings, interactive assignments, and videos for each part of the course. Exams may include multiple-choice and short answer. Exams will be timed and open/available for a 24-hour window. You will have 75 minutes to complete the exams. You will be required to install and utilize the Respondus LockDown Browser and Monitor during all exams. EXAMS WILL BE GRADED FOR HALF-CREDIT if an ID is not provided and/or a thorough environment scan is not completed. Further, no one is permitted in the area when you are taking the exam. Covering the camera or leaving the computer will result in a failing grade.

Course Performance Evaluation Weighting

REQUIREMENTS	PTS
Discussion Forum	
Initial Post and Replies	40
10 Topic Responses (10 pts x 10)	100
Assignments	
MindTap Activities (30 pts x 12 assignments)	360
Sport Nutrition Prescription Project	140
Exams	
Exam 1 (Chapters 1-4)	120
Exam 2 (Chapters 5-9)	120
Exam 3 (Chapters 10-13)	120
TOTAL	**1000**

- **Grading**

A	= 940-1000	B+	= 880-899.5	C+	= 780-799.5	D	= 600-699.5
A-	= 900-939.5	B	= 840-879.5	C	= 740-779.5	F	= 0-599.5
		B-	= 800-839.5	C-	= 700-739.5		

Assessment Rubric(s)

Rubrics can be found attached to the assignment descriptions within Blackboard.

KINE 320 Fall 2023 Schedule *Course work is due at 11:59 pm on date stated						
Week	**Topic**	**Mon**	**Tues**	**Wed**	**Thurs**	**Fri**
1 **8/21-8/25**	**Intro** **Chap 1**	Watch Course Intro Video MindTap Sign Up	Syllabus Quiz	Ch 1: *Intro to Sports Nutrition*	MindTap Ch 1	Discussion Forum Sign Up
2 **8/28-9/1**	**Chap 2**	Ch 2: *Defining and Measuring Energy*			MindTap Ch 2	Discussion 1: Caffeine
3 **9/4-9/8**	**Chap 3**	Ch 3: *Energy Systems and Exercise*			MindTap Ch 3	Discussion 2: Creatine
4 **9/11-9/15**	**Chap 5**	Ch 4: *Carbohydrates*			MindTap Ch 4	Discussion 3: Protein
5 **9/18-9/22**	**EXAM 1**	Ch 1-4 Exam Review				Exam 1 due
6 **9/25-9/29**	**Chap 5**	Ch 5: *Proteins*			MindTap Ch 5	Discussion 4: HMB
7 **10/2-10/6**	**Chap 6**	Ch 6: *Fats*			MindTap Ch 6	Discussion 5: Fluids
8 **10/9-10/13**	**Chap 7**	Ch 7: *Water and Electrolytes*			MindTap Ch 7	Discussion 6: Energy Drinks
9 **10/16-10/20**	**Chap 8&9**	Ch 8: *Vitamins*	Ch 9: *Minerals*		MindTap Ch 8 MindTap Ch 9	Discussion 7: Meal Frequency Sport Nutrition Project Part 1
10 **10/23-10/27**	**EXAM 2**	Ch 5-9 Exam Review				EXAM 2 due
11 **10/30-11/3**	**Chap 10**	Ch 10: *Diet Planning- Food Fist, Supplements Second*			MindTap Ch 10	Discussion 8: Nutrient Timing

12 **11/6-11/10**	**Chap 11**	Ch 11: *Weight and Body Composition*			MindTap Ch 11	Discussion 9: Beta Alanine
13 **11/13-11/17**	**Chap 12**	Ch 12: *Disordered Eating and Exercise Patterns in Athletes*			MindTap Ch 12	Discussion 10: Body Composition
14 **11/20-11/24**	**Thanksgiving** **No class**					
15 **11/27-12/1**	**Chap 13**	Ch 13: *Diet and Exercise for Lifelong Fitness and Health*			MindTap Ch 13	Sport Nutrition Project Par 2
16 **12/4-12/8**	**EXAM 3**	Ch 10-13 Review				EXAM 3 due

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: http://cehd.gmu.edu/values/.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see https://catalog.gmu.edu/policies/honor-code-system/)
- Students must follow the university policy for Responsible Use of Computing (see https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).
- Students are responsible for the content of university communications sent to their Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see http://ds.gmu.edu/).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/.
- For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:
As a faculty member, I am designated as a "Responsible Employee," and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason's Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason's confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/students/ .