

Introduction to Sports Nutrition

Course Number 11:709:235:90/91

Fall 2018

Online: <https://onlinelearning.rutgers.edu/canvas>

CONTACT INFORMATION:

Instructor: Jaelyn M. Abbot, PhD, RD

Office Location: Virtual

Email: abbot@dceo.rutgers.edu

Office hours: **All** correspondence with the Instructor will be conducted online. Announcements with important information about the course and course deadlines will be posted on the course homepage frequently.

- It is important to check for new announcements each time you log onto the course.
- If you want to contact the instructor, you can do so through the online office or through direct email.
- The online office is the ideal place to post general course questions. If you have a more personal concern/question please contact the instructor privately.
- If an email is received during the week (Monday -Thursday), a reply will be given within 24 hours. If an email is received in the afternoon on Friday or over the weekend, a reply will be given the following Monday before noon. Please include your full name in ALL email correspondence. *If you do not receive an email within these time frames, please send the email again.*

COURSE WEBSITE, RESOURCES AND MATERIALS:

- Website: <https://onlinelearning.rutgers.edu/canvas>
- **Required** Text: Clark, N. Sports Nutrition Guidebook. 5th Edition. Human Kinetics, 2014.
- **Recommended** Text: Fink, HH and Mikesky, AE. Practical Applications in Sports Nutrition. 5th Edition. Jones & Bartlett Learning, 2018.

COURSE DESCRIPTION:

This course provides an introduction to nutrition for health and athletic performance.

LEARNING GOALS:

After taking this course, students will be able to:

1. Understand and apply basic principles and concepts in the biological sciences by describing the nutrition guidelines for exercise pertaining to timing of intake and quality of food choices for:
 - a. Calories
 - b. Carbohydrates
 - c. Protein
 - d. Micronutrients
 - e. Fluids
2. Describe basic assessment of an athlete's nutritional needs while training and competing in sport events.
3. Understand and apply the process for developing a nutritionally appropriate meal plan for exercise.
4. Identify and critically assess ethical and societal issues in science in relationship to the use of ergogenic aids.
5. Identify appropriate interventions for weight management and eating disorders pertaining to exercise.

ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:

This course is delivered completely online. The course is divided into three Units; which last around two weeks each. Each Unit has one assignment and ends with a Unit exam. It is important to schedule time **daily** during the semester in order to stay on track to complete the course. If you have any questions about where you should be at any point during the session, contact the instructor directly and/or refer to the detailed Master Course Schedule. There is **no** separate final exam for this course.

All exams must be completed during the dates allotted. There will be NO makeup dates for exams, unless there is a note confirming death/illness/medical emergency/etc. DO NOT wait until the last minute to complete the exam!

Threaded Discussions (100 points)

As part of the course grade, students must log into the Unit 1 and Unit 2 Threaded Discussion and converse about the nutrition topic(s) presented by the Instructor. These discussions are a way for students to "participate" in class. So it's important that you post thoughtful messages that move the conversation forward in some way. "Yeah, I agree," and "Me, too" are not acceptable postings and will not earn any points. Your posts should show that you have read the material in the text as well as your fellow students' posts and have applied all of that to the question at hand. You should do more than merely spit back what the text says; you should engage with the material by analyzing and interpreting it. Your posts should be grammatically clear enough not to present anyone with a problem in understanding your point. It's not a formal writing forum, but it's not Facebook either.

Grading Policy for Threaded Discussions

To earn full points:

- Postings are completed in time frame for each discussion (***refer to the Master Course Schedule for these specific dates***).
- At least one, thoughtful, original post is made for each topic.
- **At least one post is made in response to a fellow classmate's comment.**
- Follow up posts (if necessary) are timely.
- Content is complete, on -point, thoughtful and offers new ideas.
- **Supporting detail is abundant and appropriate (that is, references from the pieces read and/or other sources).**
- Content often encourages further discussion on the topic or follows up on others' thoughts (i.e., correspond with your classmates!).
- Postings are characterized by originality, engagement and relevance to the topic.
- Postings demonstrate an understanding of the material assigned and familiarity with the ideas of the other students' posts (*in other words, it's obvious that you've read and understood both the required reading assigned and what your peers have written in their postings*).

*****The threaded discussions will be monitored and any inappropriate conversation will be deleted and the student(s) participating notified.*****

Creating a Sports Nutrition Plan Assignment (50 points)

In this assignment you are the Nutrition Coach. You will be tasked with using the information you have learned in the course to evaluate and create optimal sports nutrition recommendations for five different types of athletes.

Extra Credit

There may be limited opportunities to earn extra credit. Opportunities will be announced online if available.

Grading

Grades will be calculated on a point system. Each Unit Exam will be worth 100 points. There will be an additional 150 points that can be earned from course assignments. The total possible points for this course are 450.

A = 405-450 (90-100%)

B+ = 391-404 (87-89%)

B = 360-390 (80-86%)

C+ = 346-359 (77-79%)

C = 315-345 (70-76%)

D = 270-314 (60-69%)

F < 270 (<60%)

I do not scale the final course grade. There is one extra credit assignment and this can be used to boost one's grade. If your final grade is 88.9%, then your final grade is B+ in the class.

Assignments & Assessment

1. Unit 1 Threaded Discussion (50 points)
2. Unit 1 Examination (100 points)
3. Unit 2 Threaded Discussion (50 points)
4. Unit 2 Examination (100 points)
5. Unit 3 Creating a Sports Nutrition Plan (50 points)
6. Unit 3 Examination (100 points)

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

ABSENCE POLICY

Students are expected to attend all classes; if you expect to miss several classes (not be able to access the course material), please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence (An email will automatically be sent to me). In cases where you will not be able to participate in the class for periods longer than one week, please contact a Dean of Students for assistance to help verify your circumstances. Additionally, always notify the instructor when there are concerns about extended absence from class.

COURSE SCHEDULE:

Unit 1: I Everyday Eating for Active People

TBA Introduction to Sports Nutrition

Chapter 1 Building a High-Energy Eating Plan

Chapter 2 Eating to Stay Healthy for the Long Run

Chapter 6 Carbohydrate: Simplifying a Complex Topic

- Chapter 7 Protein to Build and Repair Muscles
- Chapter 8 Replacing Sweat Losses to Maintain Performance

Unit 2: The Science of Eating for Exercise

- Chapter 9 Fueling Before Exercise
- Chapter 10 Fueling During and After Exercise
- Chapter 11 Supplements: Dietary, Bone & Joint-Specific, and Engineered Sports Foods
- Chapter 11 Performance Enhancers (Ergogenic Aids)
- Chapter 13 Sport-Specific Nutrition: Team Sports, Power and Endurance Athletes
- Chapter 13 Sport-Specific Nutrition: Additional Factors Affecting Guidelines

Unit 3: Balancing Weight and Activity

- Chapter 14 Assessing Your Body: Fat, Fit, or Fine?
- Chapter 15 Gaining Weight the Healthy Way
- Chapter 16 Losing Weight Without Starving
- Chapter 17 Dieting Gone Awry: Eating Disorders and Food Obsessions
- TBA Wrapping it All Up

FINAL EXAM/PAPER DATE AND TIME

There is no final exam for this course.

ACADEMIC INTEGRITY

Each and every year, numerous Rutgers students are suspended, expelled, or receive failing grades due to violations of academic integrity. Many of the students who are caught cheating were not aware of the consequences or even unaware that their actions constituted cheating at all. The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

STUDENT WELLNESS SERVICES

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <http://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com>

****Note: Syllabus is subject to change per Instructor's discretion. Ample notice will be given to students if/when changes are made***