

# Sports Nutrition

**HEED 3301**

(3 credit hours)

**Course Syllabus—Fall, 2010**

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Associate Professor

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appointment

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## **Required Materials:**

Jeukendrup, Asker & Michael Gleeson. Sport Nutrition. 2<sup>nd</sup> ed. Human Kinetics, 2010

## **Course Description:**

As a result of successful completion of this course, students will be able to:

1. Assess current personal nutritional habits and develop a plan for improved nutrition
2. Review articles on specific foods and their impact on exercise performance.
3. Identify signs and symptoms of disordered eating and describe prevention, intervention, and treatment techniques

## **Course Objectives**

Some objectives to be covered over the course of the semester are

1. Dietary and weight assessment
2. Nutrition for sports participation and recovery
3. Popular diets (including Vegetarianism)
4. Ergogenic aids and supplements
5. Nutrition in pathological conditions (CAD, hypertension, diabetes, obesity, etc.)
6. 2005 Dietary Guidelines for Americans (DGAC and ACSM)
6. Eating disorders

This course addresses the following *Athletic Training Educational Competencies*, 4th ed., published by the NATA Education Council:

Nutritional Aspects: C1-C3, C4-C20, P2-P3

## **Course Requirements:**

Dietary Analysis	10%
Quizzes	10%
Assignments	10%
Article Reviews	10%
Exam 1 (Chap 1-5)	20%
Exam 2 (Chap 6-10)	20%
Final exam (11-16)	20%

## Dietary Analysis

A personal dietary analysis of your food intake over **three** days that includes two weekdays and one weekend day. There are a number of programs available. [www.mypyramid.gov](http://www.mypyramid.gov) is a free program that you can use for the analysis. All that is needed is the summary print out for **EACH day** (usually 1.5 - 2 pages) that shows the proportion of **nutrients** and **calories** that you have consumed over each of the three days. Also include a paragraph summarizing whether or not you have a healthy diet and/or what you would change. Due Dec 10, 2010

## Quizzes

A 10 to 20 point quiz will be given at the conclusion of each chapter. Please provide a scantron (form 882-E) for these quizzes. They may be open or closed book.

## Article Reviews

Articles chosen to meet the topics listed below must come from "peer-reviewed" journals. [Academic Journals: How Can You Tell?](http://libguides.uta.edu/content.php?pid=4502) (<http://libguides.uta.edu/content.php?pid=4502>)

An example of an article review is provided on the course website. Each review should be no longer than two pages, but should adequately review the research in the following categories:

- |         |   |
|---------|---|
| Sept 17 | Article 1: Energy needs of athletes (kcal)                          |
| Oct 8   | Article 2: Carbohydrates and endurance exercise                     |
| Oct 29  | Article 3: Protein and resistance exercise                          |
| Nov 19  | Article 4: Fluid replacement (during and/or recovery from exercise) |

Library databases are available to search specific topics such as those listed above. (<http://libguides.uta.edu/kinesiology>). Journals and articles can be found online. Be sure that you get the entire article and not just the abstract. Journals and articles can also be found in the "stacks." Journals older than six months will be bound by volume and can be located with call numbers (similar to books). These are located on various floors in the Central Library. The library also provides tutorial services for editing and writing research papers and the reference desk will assist in any literature search.

## Attendance and Participation

This class is participation oriented; therefore, your attendance is crucial. Many assignments are given and completed during class. If you wish to make up work for an excusable absence, **you must contact me by phone or email prior to your absence.** Roll will not officially be taken. Late assignments, assignments turned in to my mailbox as well as assignments turned in without staying for class will receive no more than 50%.

Cell phones are to be off and not used during class. Laptops can be used to take notes, however, if this becomes a distraction you will be asked to put it away.

## Examinations

There will be three exams, all will be section exams. Exam questions will be asked with a multiple-choice, true-false, and matching format.

**Missed Exam Policy:** To be eligible to make up an exam, the student is required to present a valid written excuse that **specifies the date and time** of the absence. The student has one week from the time the exam was given to take the missed exam.

Grading Scale:

90 - 100%	A
80 - 89 %	B
70 - 79 %	C
60 - 69 %	D
0 - 59 %	F

**Changes to the Course Syllabus:** The instructor has the right to modify course requirements as deemed necessary. There will be no MAJOR changes, only those that are appropriate as the course develops and according to student needs. Students will be notified of any changes. It is the responsibility of each student to know what changes, if any, have been made to the provisions of the syllabus and to successfully complete the requirements of this course.

**The Fine Print:**

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period (Sept. 1, 2010). After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session (Nov 5, 2010). It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Financial Aid Office for more information

**Academic Integrity:** It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. According to the UT System Regents' Rule 50101, §2.2, "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts."

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Student Support Services Available:** The University of Texas at Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their

courses. These resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals to resources for any reason, students may contact the Maverick Resource Hotline at 817-272-6107 or visit [www.uta.edu/resources](http://www.uta.edu/resources) for more information.

**Electronic Communication Policy:** The University of Texas at Arlington has adopted the University “MavMail” address as the sole official means of communication with students. MavMail is used to remind students of important deadlines, advertise events and activities, and permit the University to conduct official transactions exclusively by electronic means. For example, important information concerning registration, financial aid, payment of bills, and graduation are now sent to students through the MavMail system. All students are assigned a MavMail account. **Students are responsible for checking their MavMail regularly.** Information about activating and using MavMail is available at <http://www.uta.edu/oit/email/>. There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington.

To obtain your NetID or for logon assistance, visit <https://webapps.uta.edu/oit/selfservice/>. If you are unable to resolve your issue from the Self-Service website, contact the Helpdesk at [helpdesk@uta.edu](mailto:helpdesk@uta.edu).

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

## The University of Texas at Arlington College of Education

### Mission, Core Values and Professional Dispositions

**MISSION:** To develop and deliver an educational program that ensures the highest teacher, administrator and allied health science preparation and performance and

To be a recognized contributor in the field of educational and allied health science research and practice through effective teaching, quality research and meaningful service.

The Educator and Administrator Preparation units' collaboratively developed shared vision is based on these **CORE VALUES**, dispositions and commitments to:

- Excellence
- Learner-centered environment
- Research-based Experiences
- Collaboration Learning
- Diversity
- Technology
- Field
- Life-long

Each candidate in the Educator and Administrator Unit of the College of Education of UT-Arlington will be evaluated on

**PROFESSIONAL DISPOSITIONS** by faculty and staff. These dispositions have been identified as essential for a highly-qualified educator. Instructors and program directors will work with candidates rated as “unacceptable” in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any deficiencies.

#### Demonstrates excellence

- Meets stated expectations of student performance.
- Keeps timelines. Arrives on time for class and other activities.
- Produces significant artifacts of practitioner evidence.
- Possesses a willingness to set goals.
- Attends all classes/trainings and practicum experiences.
- Completes activities as assigned.
- Has appropriate personal appearance and/or hygiene for professional setting.

#### Participates in a learner centered environment and shows respect for self and others

- Uses appropriate and professional language and conduct.
- Supports a "high quality" learning environment.
- Shows respect and consideration for the thoughts and feelings of others.

#### Research-based pedagogy

- Has an awareness of and willingness to accept research-based concepts.
- Identifies important trends in education.
- Demonstrates interests in learning new ideas and strategies.
- Relates class discussions and issues to current events in education.

#### Participates in on-going collaboration with peers and professionals

- Demonstrates kindness, fairness, patience, dignity and respect in working with peers, staff and instructors.
- Works effectively with others.
- Assists others in the university classroom or practicum setting.
- Demonstrates an openness to assistance from others.
- Receives feedback in a positive manner and makes necessary adjustment.

#### Exhibits stewardship of diversity

- Shows appropriate stewardship and tolerance to diverse people, environments, and situations.

#### Advocates use of technology

- Uses and applies existing technologies sufficiently in work.
- Shows a willingness to use and apply emerging technologies in work.

#### Shows interest in the learner and the learning-process

- Demonstrates significant learning improvement over time.
- Shows interest in the learning process and demonstrates the necessary amount of time, energy, and enthusiasm for becoming better learners, teachers, and practitioners.