

PET 5936 SPORTS SUPPLEMENTS

PET 5936 ~ 03 CREDITS ~ SPRING 2022

INSTRUCTOR: **Ben Gordon, PhD, NSCA CSCS, NASM CES, ACSM C-EP**
Office: FLG 106I
Office Phone: 352-294-1755
Email: bgordon1@ufl.edu
Preferred Method of Contact: email or CANVAS email

:

OFFICE HOURS: By appointment, available any day of the week, just email.

MEETING TIME/LOCATION: example: FLG 245, T period 4 and R periods 4-5

COURSE DESCRIPTION: This course is dedicated to sport supplements and their effects on athletes and the sports community. The course will begin by examining the common aspects of diet and how supplements can influence different components. Then the history of sports supplements will be reviewed along with the current regulations that govern sports supplements. Lastly, supplements that are currently being sold and used throughout the world will be reviewed and discussed.

PREREQUISITE KNOWLEDGE AND SKILLS: None

COURSE FORMAT: Students will attend a three-period lecture twice a week. The lectures will be recorded, and there are pre-recorded lectures to use as reference.

COURSE LEARNING OBJECTIVES:

Upon completion of this course students are expected to successfully:

- Analyze the history of sport supplement use
- Evaluate the regulations that regulate supplements and the sports organizations
- Research and analyze the major components of human diets including macro and micro nutrients

- Analyze energy balance in the human body and excess energy is stored
- Research and investigate major ingredients included in supplements on the market today

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Students are expected to make every effort to attend all lectures. If students cannot make it to the live lecture than they should watch the recorded version of the zoom lecture.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Watch/Attend all Lectures
- Show respect for the authority of the graduate and undergraduate TAs through politeness and use of proper titles. In addition, understand that TAs are the authority on lab grades, Dr. Gordon will defer to their decision on lab grades. If you have questions regarding your lab grade, discuss it with your TA FIRST.
- Use of professional, courteous standards for all emails and discussions:
 - Descriptive subject line
 - Body of the email should be concise but have sufficient detail
 - Give a respectful salutation (e.g., thank you, sincerely, respectfully)
 - No textspeak (e.g., OMG, WTH, IMO)
- Adherence to the UF Student Honor Code:
 - <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor for first-time violators
 - Any use, access, or handling of technology during assessments will result in zero points for that assessment **and** potential failure of the course
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing. This includes looking at your neighbor's test form during an assessment or plagiarizing part or all of another student's lab report.

EXAM MAKE-UP POLICY: Make-up exams will be given at the discretion of the instructor. Unexcused missed exams will result in a zero on the exam (this includes contacting the instructor after the exam if you are ill). If you have a serious emergency or life event, please contact the Dean of Students Office (www.dso.ufl.edu) and they will contact your instructors so that you do not have to provide documentation of the emergency/death in order to get a make-up exam. Requirements for class attendance and make-up exams, assignments, and other work are consistent with the university

policies that can be found at
<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. **Any variation of this statement is acceptable. [More details are always helpful to DRC-registered students.](#)**

COURSE EVALUATIONS: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.ua.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.ua.ufl.edu/public-results/>.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>

- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Provide students with an overview of how students will be assessed in this course. A table like the one below is recommended, but not necessary—as long as it is clear what percent of the total grade each component represents. Below the table, provide more detailed descriptions and/or grading rubrics for each component. This table is what we use for anatomy, and I’ve left the related descriptions as examples.

Evaluation Components	% of Total Grade
Lecture Exams (4)	45%
Final Oral Exam (4)	25%
Quizzes (10)	25%
Your Story Assignment (1)	5%

Lecture Exams – Each exam be roughly 40 questions. Questions will be fill-in-the-blank, multiple choice and true/false. Students are not permitted access to any kind of materials or notes during these exams. Exam questions are generated by the course instructor and the majority of focus should be given to the lecture notes when studying. Students will take exams in the same room where weekly meetings are held and will be allowed 50 minutes to complete the exam.

Oral Exam – Students will sign up for an oral exam in the last two weeks of the semester. When arriving at the oral exam, the student will be given three supplement/ergogenic aids that athletes could potentially use to try and gain a competitive advantage. After describing the category and proposed benefits of the supplement the student will describe the proposed mechanisms of action. Lastly the student will need to describe if it’s legal, whether it’s allowed by their sports governing board, and whether the student thinks an athlete should take it. The exam will last approximately 15 minutes. A rubric will be provided on Canvas

Your Story Assignment - This is a short assignment at the start of the semester to help Dr. Gordon get to know each student. There are 10 simple questions to answer and turn in. Students will then sign up for a 10 minute time slot to meet with Dr. Gordon.

Extra Credit - Students can earn up to 15 points of extra credit in this course. Each lab TA will assign extra credit differently, so it is the students' responsibility to learn their TA's policies for earning extra credit. Up to 5 of the 15 points of extra credit can be earned for participating as a subject in an approved research study. Approved studies will be posted in CANVAS throughout the semester. Participation in a research study is NOT necessary to earn the maximum amount of extra credit. Participation in a research study CANNOT earn you more than 15 points of extra credit. If you do participate in a study, the study coordinator will give your name and extra credit points to your instructor at the *end of the semester*. All extra credit points will be uploaded to the gradebook prior the final exam. Any discrepancies must be brought to the attention of your TA before 5pm on the last reading day.

GRADING SCALE: All grades will be posted directly into the CANVAS gradebook. Any grading discrepancies should be pointed out to the instructor before the final exam. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. *Any requests for extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment).*

Minus grades are not assigned for this course. Should points need to be altered during the term (not likely, but things like hurricanes can really muck things up), these percentages will still be used to determine grades (i.e., 90% = A).

Letter Grade	Percent Associated with Grade	GPA Impact
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
F	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Dates	Lecture Topics (required reading pages)	Lecture Videos	Assignments
1	Jan 3-7	Macronutrients: Review on Friday 4p ET	Introduction Macros Carbohydrates 1 and 2 Protein 1 and 2	
2	Jan 10-14	Macro and micronutrients Review on Friday 4p ET	Fats 1 and 2 Vitamins 1	Quiz 1 – 1/13
3	Jan 17-21	Micronutrients Review on Friday 4p ET	Vitamins 2 and 3 Minerals	Quiz 2 – 1/20
4	Jan 24-28	Energy Balance Exam Review on Thursday 4p ET	Energy Intake Energy Expenditure	Quiz 3 – 1/25 Exam 1 – 1/27
5	Jan 31-Feb 4	History of Supplements Review on Friday 4p ET	History of Supplements 1, 2 and 3	Quiz 4 – 2/3
6	Feb 7-11	Supplement Regulation Exam Review on Friday 4p ET	Supplement Regulation 1, 2, and 3	
7	Feb 14-18	Supplement Regulation and Phytochemicals Review on Friday 4p ET	Supplement Regulation 4, 5 and 6	Quiz 5 – 2/15 Exam 2 – 2/17
8	Feb 21-25	Phytochemicals Review on Friday 4p ET	Phytochemicals 1 Phytochemicals 2 and 3	Quiz 6 – 2/24
9	Feb 28-Mar 4	Weight-loss supplements Review on Friday 4p ET	Weight-loss Supplements 1 and 2	Quiz 7 – 3/3
10	Mar 7-Mar 11	SPRING BREAK	SPRING BREAK	SPRING BREAK
11	Mar 14 - 18	Anabolic and Weight-Gain Supplements Review on Friday 4p ET	Anabolics 1-3	
12	Mar 21-Mar 25	Anabolic and Weight Gain Supplements Exam Review on Friday 4p ET	Anabolics 4-6	Quiz 8 – 3/24
13	Mar 28 - Apr 1	Endurance Supplements Review on Friday 4p ET	Endurance Supplements 1-2	Exam 3 – 3/31
14	Apr 4 - Apr 8	Endurance and Anaerobic Supplements	Endurance Supplements 3 Anaerobic	Quiz 9 -4/5

			Supplements 1	
15	Apr 11-15	Anaerobic Supplements	Anaerobic Supplements 2 and 3	Quiz 10 -4/12
16	Apr 18-20	Nutrient Timing	Nutrient Timing 1 and 2	

Final Exam – April 24th (4/24) 10a

SUCCESS AND STUDY TIPS:

- Snow-ball the lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to the exam.
- If you get lost or don't understand the material or an assignment ask the instructor. If it's a question regarding lecture than ask Dr. Gordon. If it's a question regarding lab ask your TA. That's what we're here for, to help you learn.
- While you're studying try and engage your classmates. This material is meant to be discussed and used.
- Rather than memorizing tables and charts, look at data tables and graphs and see what trends or themes you can determine from those. Can you describe what you see and what the significance is?
- Lastly, don't get overwhelmed by the material for these classes, just and have fun.

