

# Ergogenic Aids

PET 5936 | 3 Credits | Spring 2024

Connect with HHP



## Course Info

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

**OFFICE HOURS** Thursday 3-5p

**MEETING TIME/LOCATION** FLG 225, Th 8:30 – 11:30A

## COURSE DESCRIPTION

This course is dedicated to sport supplements and their effects on athletes. The course will begin by examining common aspects of nutrition and how supplements influence macronutrient intake and general human physiology. Then the history of sports supplements will be reviewed along with 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

APK 2105C and APK 3110C with minimum grade C; instructor permission.

## REQUIRED AND RECOMMENDED MATERIALS

All required course materials will be provided on the Canvas page and through PowerPoint. While there is no required text, there are PowerPoint Slides and a required journal article for each weekly lecture. See the weekly schedule for journal article citations and PowerPoint topics.

## COURSE FORMAT

Students will have a different topic of sports supplements to focus on every 1-2 weeks of the semester. The lectures for the class will be 3 hours long, once a week. Each lecture will be divided into three 50-minute lectures with a 10 minute break in between each. The lectures for each topic will culminate with a quiz reviewing the most relevant information of the material with the quizzes being administered on canvas. Along with the quizzes, the topics are grouped into three broader categories, with each category having a written exam that will be administered in-person during the 3-hour lecture period. Lastly an oral exam will be utilized at

the end of the semester to evaluate the cumulative knowledge that the student has obtained. The oral exam will be scheduled on zoom and administered throughout the last two weeks of the course.

### **COURSE LEARNING OBJECTIVES:**

After taking this course, students should be able to:

- Summarize the history of global sport supplement use.
- Evaluate the regulations that control supplements use in the public and various sports organizations (e.g., World Anti-Doping Association and National Collegiate Athletics Association)
- Research and analyze the major components of human diets including macro and micronutrients.
- Analyze energy balance in the human body, focusing on changes in energy expenditure and intake.
- Give major ingredients included in supplements on the market today.

## **Course & 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 zoom lecture found in the cloud recording tab on canvas.

### **PERSONAL CONDUCT POLICY**

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

- Read and refer to the syllabus
- Show respect for the course instructor
- Use professional, courteous standards for all emails and discussions:
  - Descriptive subject line
  - Address the reader using proper title and name
  - Body of the email should be concise but have sufficient detail
- Adherence to the UF Student Honor Code: <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>
  - Report any condition that facilitates academic misconduct to appropriate personnel.
  - Any use, access, or handling of technology during an individual assessment will result in a zero and further educational sanctions per the University.
  - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing.

### **EXAM MAKE-UP POLICY**

Students who are unavailable on the day of an exam may provide the instructor with evidence of their excuse and may be permitted the opportunity to complete the exam earlier or later than the original date at the discretion of the instructor. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog 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 are welcome to 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. If there are any other issues or concerns, feel free to email the instructor at any time!

## 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.aa.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.aa.ufl.edu/public-results/>.

## Getting Help

### HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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/>

### INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Ashley Smuder, APK Culture and Engagement Committee Chair, [asmuder@ufl.edu](mailto:asmuder@ufl.edu)
- Dr. Stephen Coombes, APK Graduate Coordinator, [scoombes@ufl.edu](mailto:scoombes@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## Grading

The following table outlines the percentage-accruing components of the course.

Evaluation Components (number of each)	% of Total Grade
Lecture Exams (3)	35%
Module Quizzes (10)	25%
Oral Exam (1)	35%

Your Story Assignment (1)	5%
---------------------------	----

**Lecture Exams** – Each exam will consist of multiple-choice, true-false, and fill-in-the-blank questions. Students will complete the exam in class on the day designated on the course schedule.

**Module Quizzes** – A quiz pertaining to each topic covered in the class will be assigned on canvas throughout the semester. The 10 to 15 question quiz will be available for a week period and students will have 25 min to complete it, once the quiz is open. Module quizzes are open-book and open-note.

**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 4 supplements (chosen at random) that have been covered throughout the semester. The student will choose 3 out of 4 supplements to describe for the exam. The student will be expected to explain what the proposed benefits of the supplement are, whether the supplement is legal, whether it’s allowed by sport’s authorities (WADA, NCAA etc.), and whether existing research has shown that the supplement is safe. The exam will last approximately 15 minutes. A full rubric will be posted to canvas but the following is a brief description of the rubric: The exam is out of 100 points with each supplement discussed being scored out of 30 points (3 supplements for 90 points). For each supplement students will be scored on if they correctly identify the supplement category (5 points), the supplement’s mechanism of action (5 points), the amount of research that’s been performed on the supplement (5 points), the effectiveness of the supplement (5 points), the FDA’s classification of the supplement, and the classification of the supplement by relevant sports authorities (WADA, NCAA etc.) (5 points). Lastly, in addition to the 90 points dedicated to the three supplements, students will be scored out of 10 points for their ability to adequately communicate their knowledge.

**Your Story Assignment** - This is a short assignment at the start of the semester to help Dr. Gordon get to know you. There are 10 simple questions to answer about yourself that you’ll turn in. Once you turn in the document, you’ll sign up for a 10 minute time slot to meet with Dr. Gordon, so you can get to know each other.

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
E	0-59.99%	0

## GRADING SCALE

All grades will be posted in the CANVAS gradebook. Any discrepancies with points displayed in the gradebook should be pointed out to the instructor before the last day of class (prior to reading days). There is no curve for this course and grades will not be rounded up. 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) and will be handled accordingly. Minus grades are not assigned for this course. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/gradesgrading-policies/>

## Weekly Course Schedule

### CRITICAL DATES & UF OBSERVED HOLIDAYS

- No Class: Spring Break 3/14

### WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assignments	Weekly Readings
1	1/11	Macronutrients	Your Story	Lecture Notes
2	1/18	Macro and micronutrients	Quiz 1	Lecture Notes
3	1/25	Micronutrients	Quiz 2	Lecture Notes
4	2/1	Energy Balance	Quiz 3	Lecture Notes
5	2/8	History of Supplements	Exam 1 (in-class)	Lecture Notes
6	2/15	Supplement Regulation	Quiz 4	Lecture Notes
7	2/22	Supplement Regulation	Quiz 5	Lecture Notes
8	2/29	Phytochemicals	Exam 2 (in-class)	Lecture Notes
9	3/7	Phytochemicals and Weight-loss Supplements	Quiz 6	Lecture Notes
10	3/14	<b>Spring Break</b>		

		<b>NO CLASS</b>		
11	3/21	Weight-loss Supplements	Quiz 7	Lecture Notes
12	3/28	Anabolic and Weight-Gain Supplements		Lecture Notes
13	4/4	Anabolic and Weight-Gain Supplements	Quiz 8	Lecture Notes
14	4/11	Endurance Supplements	Exam 3 (in-class)	Lecture Notes
15	4/18	Endurance Supplements	Quiz 9	Lecture Notes
FINAL EXAM: 5/2 12:30P				

## SUCCESS AND STUDY TIPS

- Do not fall behind. This course moves at a FAST pace...and you can easily get overwhelmed if you procrastinate. Avoid studying at the last minute.
- Snow-ball your 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 each exam.
- Stay organized. Keep track of all important due dates and move through each day in a uniform manner so that you are always aware of what you have done and what is left to be completed. Make a list every Monday morning of what you need to do that week and stick to the plan.
- Think about the material and ask me questions!