

# APK 5166 Sports Supplements

APK 5166 | Section K842 | Fall 2024

[bgordon1@ufl.edu](mailto:bgordon1@ufl.edu)

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.

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

## Instructor

Ben Gordon, Ph.D, CEP, CSCS

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Preferred Method of Contact: email

## Course Requirements (Change)

35% - Exams

35% - Final Oral Exam (Presentation)

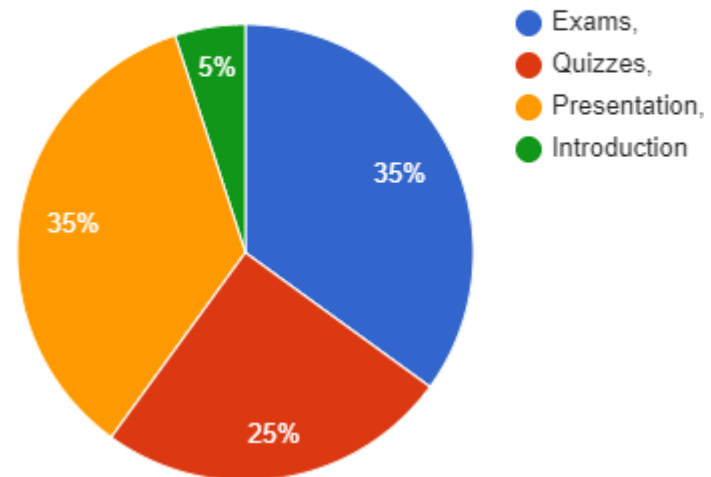
25% - Quizzes

5% - Your Story Assignment (Introduction)

## Grading Standards

A	= 100-93	C(S)	= 76.99-73
A-	= 92.99-90	C-(U)	= 72.99-70
B+	= 89.99-87	D+	= 69.99-67
B	= 86.99-83	D	= 66.99-63
B-	= 82.99-80	D-	= 62.99-60
C+	= 79.99-77	E	= 59.99-0

Assignment Breakdown



See current UF Grading Policies for further details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

## Course Schedule

Week #	Topic	Lecture Videos	Assignment
Week #1 8/19	<b>Macronutrients:</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	
Week #2 8/26	<b>Macronutrients:</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 1 Your Story Assignment
Week #3 9/2	<b>Micronutrients:</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 2
Week #4 9/9	<b>Energy Balance:</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	
Week #5 9/16	<b>Energy Balance:</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 3 Exam 1
Week #6 9/23	<b>History of Supplements:</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	
Week #7 9/30	<b>History of Supplements:</b>	Wednesday: 11:15a Lecture Friday: 4:00p Lecture	Quiz 4
Week #8 10/7	<b>Supplement Regulation</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	
Week #9 10/14	<b>Supplement Regulation Pharmacology</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 5 Exam 2
Week #10 10/21	<b>Phytochemicals</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	
Week #11 10/28	<b>Phytochemicals Weight Loss Supplements</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 6
Week #12 11/4	<b>Weight Loss Supplements</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 7
Week #13 11/11	<b>Anabolic and Weight Gain Supplements</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	
Week #14 11/18	<b>Anabolic And Weight Gain Supplements</b>	Wednesday: 4:00p Lecture Friday: 9:30a Lecture	Quiz 8 Exam 3
Week #15 11/25	<b>Endurance Supplements</b>		
Week #16 12/2	<b>Endurance Supplements</b>	Wednesday: 11:15a Lecture Friday: 4:00p Lecture	Quiz 9

Oral Exam Time Slots will be available on canvas calendar from 12/5 until 12/13

\*\*Lecture Times are subject to change, based on preference of students\*\*

## Course Requirements

The assignments will be used to assess the student's academic standing in this course. **Late assignments will not be accepted for credit unless arrangements have been made with the instructor prior to the due date for that particular assignment.** Failure to make prior arrangements may result in rejection of work submitted late as rescheduling/accepting assignments is at the discretion of the instructor. Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

### 35% - Exams

#### **3 Exams each 100 points**

**Overview: Students will be assessed throughout the semester by taking 3 exams.**

Each exam will consist of 40 multiple-choice and true-false questions, and 2 free response questions. Exam uses honor lock. Students will have 90 minutes to take each exam. Exams are not open-note or open-book.

### 25% - Quizzes

#### **9 Quizzes**

**Overview: Students will be assessed throughout the semester by taking 9 quizzes.**

A quiz pertaining to each topic covered in the class will be assigned 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.

### 35% - Final Oral Exam

#### **1 Oral Exam worth 100 points**

**Overview: Students will be assessed at the end of the semester by taking an oral exam on zoom.**

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.

### 5% - Your Story Assignment

**Overview: Students will meet with the Instructor**

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.

## Course Policies & Information

Students should be aware that online learning is different than a traditional classroom experience and can present unique challenges, particularly to individuals who do not possess good time management skills. The online classroom is available to you 24 hours a day. Unlike traditional instructional settings in which each student gets the same class at a set time and day, the online setting gives students the opportunity to tailor class to their particular learning style. You should note, however, that this course is not completely self-paced. As listed on the class calendar, there are select times during which units and course materials will be available and are due. You can view each unit's lectures at any time during the dates in which that specific unit is open. Please note that all quizzes, exams, assignments, discussion posts, etc. must be completed and submitted by the due date listed on the syllabus. Quizzes and exams will only be available to you on the date(s) and time(s) listed on the syllabus. Since we will not have in-class meeting times for me to remind you of critical dates, it is essential to familiarize yourself with the course schedule, deadlines, and due dates.

### **Make Up Policy:**

Assignments/Quizzes/Discussion posts/etc. will not be accepted late, and on some days more than one of these tasks may be due. If personal circumstances arise that may interfere with your ability to meet a deadline, **please let me know as soon as possible before the due date**. Please keep in mind only university authorized excuses will be accepted, and documentation must be provided. Requirements for make-up exams, assignments, and other work are consistent with university policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

### **Communication and Questions:**

Students are responsible for getting a University of Florida email account (e.g., john.doe@ufl.edu) and should use this email for all university related correspondence – The instructor may not read emails from or send emails to any non-UF email addresses (e.g., john.doe@hotmail.com). Email subject should start with “SPM 4723 – First name, Last name - ...” Email use does not relieve students from the responsibility of confirming the communication with the instructor. Always sign your email – don't make the instructor guess from whom the email was sent. The instructor will answer your email within the day, when possible

You may email me through the course site with any questions or concerns you have, and I will attempt to respond to your emails within 24 hours (typically sooner). If you have an urgent issue, please call my office and/or email my personal UF email, < [bgordon1@ufl.edu](mailto:bgordon1@ufl.edu) >.

For general course questions, I encourage you to check the **Course Questions Discussion Board** since other students may have the same question. If you do not find an answer, post your question using a descriptive subject line. All students are expected to follow rules of common courtesy in email messages, discussions, chats, etc. Please review the [Netiquette Guide](#) (also on course website) for further important information.

### **University Policy on Accommodating Students with Disabilities:**

Students with disabilities requesting accommodations should first register with the Disability Resource (DSR) Center (352-392-8565; [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. You must submit this documentation to your instructor prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the DSR office as soon as possible in the term for which they are seeking accommodations

### **Honor Code Policy:**

***“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”***

The following pledge will be either required or implied on all work:

***“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”***

It is the duty of the student to abide by all rules set forth in the UF Undergraduate Catalog. Students are responsible for reporting any circumstances, which may facilitate academic dishonesty. University Policy on Academic Misconduct: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at:

<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>

**Honorlock Quiz and Exam Proctoring Information:**

Honorlock will proctor your quizzes and examinations this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at [www.honorlock.com/extension/install](http://www.honorlock.com/extension/install)

When you are ready to test, log into Canvas/E-Learning, go to your course, and click on your exam. Clicking launch Proctoring will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact Honorlock by live chat, phone (844-243-2500), and/or email ([support@honorlock.com](mailto:support@honorlock.com))

**Academic Integrity:**

All students must adhere to university regulations regarding academic integrity. Any form of academic dishonesty (including but not limited to any form of cheating, plagiarism, misrepresentation, etc.) will not be tolerated. Any student guilty of academic dishonesty will receive a failing grade (E) for the course, and the matter will be forwarded to the UF Office Student Affairs and the Dean of Students.

**Grade Appeal Policy:**

Should you want to contest a grade, you will have up to three (3) days after a grade has been posted to contact me and discuss your issue; after which the grade is final. Grades are based on a point scale and will not be rounded.

**Getting Help:**

The University of Florida recognizes that pursuit of an online degree requires just as much student support as pursuit of a traditional on-campus degree and, therefore, each online program is responsible for providing the same student support services to both students who are in residence on the main campus and those who are seeking an online degree through distance learning. The following links provide support services for students:

**[Online Computing Help Desk- e-Learning Support Services](#)**

The UF Computing Help Desk is available to assist students with technical issues. If you have any issues accessing the online course material you must contact the UF Computing Help Desk immediately for assistance and obtain a case number. I will not accept late assignments, or change any course dates, due to technology difficulties if you do not have a case number prior to the due date for the assignment.

For issues with technical difficulties in E-learning, please contact the UF Help Desk:

[helpdesk@ufl.edu](mailto:helpdesk@ufl.edu)

(352) 392-4357

<https://elearning.ufl.edu/student-help-faqs/>

Other resources are available at: <https://distance.ufl.edu/getting-help/>

**[Online Library Help Desk](#)**

The help desk is available to assist students with access to all of the UF Libraries resources.

**[Disabilities Resource Center](#)**

Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. If you have a physical, learning, sensory or psychological disability, please visit our Disabilities Resource Center.

**U Matter, We Care** - Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

**Copyright Statement:**

The materials used in this course are copyrighted. The content presented is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF, and may not be used for any commercial purposes.

Content includes but is not limited to syllabi, videos, slides, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy or distribute the course materials, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

**Disclaimer:** This syllabus represents the objectives and tentative plans for the course. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, will be communicated clearly, are not unusual, and should be expected.