



COURSE INFORMATION

APK3163: Sports Nutrition (3 credits)
January 8th - April 25th, 2018
Meeting Location: CANVAS Platform

INSTRUCTOR

Dr. Blain Harrison, CSCS, ATC
Lecturer
Office Location: 190F FLG
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Office Hours: M-F 9:30-11:30

COURSE DESCRIPTION

This is an introductory course in Sports Nutrition designed to provide students with a basic understanding of nutrition as it relates to general physical activity and sport. Specific focus will be given to understanding how nutritional choices can affect exercise performance, as well as how one can effectively train and structure their diet to improve body composition and performance.

LEARNING OUTCOMES

1. To gain a basic understanding of the physiological principles in response to exercise. This relates to substrate metabolism and how the body utilizes different macronutrients (carbohydrates, proteins, lipids) for different types of physical activity programs.
2. To describe scientifically-proven training, diet, and nutritional programs to optimize health and performance for individuals at different training levels and for different types of sports.
3. To understand the basic mechanisms by which nutritional supplements and training products affect performance in order to critically evaluate the legitimacy of these products.

REQUIRED TEXTS AND MATERIALS

Textbook	ISBN	
Exercise and Sports Nutrition Principles, Promises, Science and Recommendations. Author: Kreider, R., Leutholtz, B.C., Katch, F. I., and Katch V	978-1-6171-1005-4	Recommended
Exercise Physiology: Theory and Application to Fitness and Performance. 7 th Edition Author: Powers S.K. and Howley E.T.	978-1-2840-2216-2	Recommended

COURSE REQUIREMENTS AND POLICIES

Examinations: There will be *no make-up examinations* unless exceptional conditions occur (as defined in the University of Florida Undergraduate Catalog). Please see this link for more

information. <http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html> Prior permission from the professor is required. There will be a time limit for each examination. Exams are located on CANVAS in the “**Quizes**” and will be taken using Lock-Down Browser. Examinations will evaluate the understanding of material from lecture, text, and other supplemental material provided.

Please visit the website <http://www.respondus.com/lockdown/information.pl?ID=364713981>. and download "Lock Down Browser" for either Windows or MAC. It may take 5-10 minutes to download so I would recommend doing this in advance of any examination. If you choose to access a examination prior to downloading the software, you will be instructed to download the program within Canvas, but it will deduct time from the allotted examination time.

As a reminder, please be sure to have a secure internet access when taking examinations - do not use a wi-fi access as this is not a stable and consistent option. **For MAC users, Safari is not a compatible internet browser with Canvas - please use either Internet Explorer, Google Chrome or Firefox (version 10 or 12 - not version 11) when accessing the e-learning system.**

If you have issues during an examination, please call the help desk 352-392-4357. I recommend taking exams during Help Desk hours so you will have access to assistance if needed.

Mon-Thurs: 7:30am-10:00pm

Friday: 7:30am-5:00pm

Weekends: 12:00pm-6:00pm.

After submitting examinations, you will be able to freely navigate and will be able to exit Lock Down Browser. If you have an issue during an examination, please email me once you have submitted the examination.

CLASS POLICY

Lectures may be recorded for the use of students but permission must be obtained from the instructor. All material presented in class are to be used to meet the learning objectives for this course and are the property of the University of Florida. The use of class materials for any other reason is prohibited.

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.

[Online Computing Help Desk- e-Learning Support Services](#)-The UF Computing Help Desk is available to assist students when they are having technical issues.

[Online Library Help Desk](#)-The help desk is available to assist students with access to all UF Libraries resources.

Disabilities Resource Center-If you have a physical, learning, sensory or psychological disability, please visit our Disabilities Resource Center.

Students requesting classroom accommodation must first register with the Dean of Student Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation.

Counseling and Wellness Center- Phone number and contact site for university counseling services and mental health services: 392-1575

<http://www.counseling.ufl.edu/cwc/Default.aspx>

Dean of Students Office-Do you need help resolving a conflict or would you like access to the student code of conduct? Visit the Dean of Students site.

COURSE SCHEDULE (SUBJECT TO MODIFICATION)

The course progression will tentatively follow the schedule below:

Lecture #1	Topic	Module/Chapter
1-1	Basic Physiology Principle: Part A	Powers Ch. 3-5; Kreider Ch.5
1-2	Basic Physiology Principle: Part A	Powers Ch. 8-9; Kreider Ch. 5
1-3	Basic Physiology Principle: Part A	
2-1	Basic Physiology Principle: Part B	
2-2	Basic Physiology Principle: Part B	
3-1	CHO	Kreider Ch.10
3-2	CHO	
4-1	Proteins	Kreider Ch.11-12
4-2	Proteins	
4-3	Proteins	
5-1	Creatine	Kreider Ch. 13
5-2	Creatine	
6-1	Lipids	Kreider Ch. 14
6-2	Lipids	
	Exam #1: Open in CANVAS from 6:00am Feb 12th to 11:59 Feb 13th	Lectures 1-6
7-1	Vitamins and Minerals	Kreider Ch. 15
7-2	Vitamins and Minerals	
8-1	Plants and Extracts	Kreider Ch. 17
9-1	Enzymes and Probiotics	Kreider Ch.19
9-2	Enzymes and Probiotics	
10-1	Water and Fluid Replacement	Kreider Ch. 16
10-2	Water and Fluid Replacement	
11-1	Water and Fluid Replacement	
11-2	Basic Nutrition	Kreider Ch. 7
11-3	Basic Nutrition	
12-1	Principles of Training	Kreider Ch. 6

12-2	Principles of Training	
12-3	Principles of Training	
	Exam #2: Open in CANVAS from 6:00am Mar 22nd to 11:59 Mar 23	Lectures 7-12
13-1	Pre-exercise Nutrition	Kreider Ch.9
13-2	Pre-exercise Nutrition	
13-3	Pre-exercise Nutrition	
14-1	Nutrition during Exercise	Kreider Ch.9
14-2	Nutrition during Exercise	
14-3	Nutrition during Exercise	
15-1	Post-exercise Nutrition	Kreider Ch.9
15-2	Post-exercise Nutrition	
16-1	Nutrition for Special Populations	Kreider Ch.21
16-2	Nutrition for Special Populations	
17-1	Weight Gain Strategies	Kreider Ch.22
18-1	Weight Loss Strategies	Kreider Ch.22
18-2	Weight Loss Strategies	
19-1	Ergogenic Aids	Kreider Ch.18
19-2	Ergogenic Aids	Kreider Ch.18
20-1	Ergogenic Aids Marketing and Quality	Kreider Ch. 1-4
21-1	Additional Resources	Kreider Ch. 25
	Exam #3: Open in CANVAS from 6:00am Apr 24th to 11:59 Apr 25th	Lectures 13-20

GRADING CRITERIA

Letter Grade	Grade Points	Percentage
A	4.00	100 – 90
B+	3.33	89.99 - 87
B	3.00	86.99 – 80
C+	2.33	79.99 - 77
C	2.00	76.99 – 70
D+	1.33	69.99 – 67
D	1.00	66.99 – 60
E	0.00	Below 60

ASSIGNMENTS

Exam #1	1/3 rd total points
Exam #2	1/3 rd total points

COLLEGE/UNIVERSITY-WIDE POLICIES

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.” Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: **“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”** Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. [http://www.ufadvising.ufl.edu/academic assistance/](http://www.ufadvising.ufl.edu/academic%20assistance/)

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Campus Resources: 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; 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.

University Police Department: 392.1111 or 9-1-1 for emergencies <http://www.police.ufl.edu/>

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 352.392.1575; **Sexual Assault Recovery Services (SARS)** Student Health Care Center, 352.392.1161.

Career Resource Center: Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

Cell Phone/Text Messaging Policy: Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and [FERPA](#), the Family Educational Rights

and Privacy Act of 1974, as amended, also known as the Buckley Amendment.
<http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html>

Course Grading Policy: Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below.
<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Evaluations: Students should provide feedback on the quality of instruction in this course by completing online evaluations <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Email and E-Learning Policy: Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in E-Learning; it is the student’s responsibility to read and respond (if appropriate). *E-learning Help Desk:* <https://lss.at.ufl.edu/help.shtml> *Technical support:* 352.392.4357 (select option 2) or e-mail to Learning-support@ufl.edu

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the last day for withdrawal please visit <http://www.registrar.ufl.edu/catalog/adhub.html>

Library Resources Support: <http://cms.uflib.ufl.edu/ask>

Student Responsibility for Course Prerequisites: Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic advisor.

Student Complaints Process: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>