



University of Florida
College of Health and Human Performance
Department of Applied Physiology & Kinesiology

Spring 2019 Course Syllabus | Last Date Revised: 12/18/2018

COURSE INFORMATION

APK3163: Sports Nutrition (3 credits)
January 7th – April 24th, 2019
Meeting Location: CANVAS Platform

INSTRUCTOR

Dr. Blain Harrison, Ph.D, CSCS, ATC
Lecturer
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Office Hours: MWF – 12:00
– 2:00PM or by appointment

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. It addresses the aspects of nutrition that are related to exercise performance. Emphasis is on bioenergetic systems, nutrient components, nutritional and body composition assessments, ergogenic aids and diet modifications for physically active individuals and athletes. 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-supported 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

Harrison, B. Sports Nutrition. TopHat Monocle. 2018

Grading

<u>Assessment</u>	<u>Points</u>	<u>Weight</u>
Module 1 Exam	20 points	15%
Module 2 Exam	20 points	15%
Module 3 Exam	20 points	15%
Module 4 Exam	20 points	15%
Weekly Module Quizzes	150 points	15%
Weekly Participation Assignments/TopHat		25%

93.0% - 100% = A

90.0% - 92.99% = A-

87.0% - 89.99% = B+

80.0% - 86.99% = B

77.0% - 79.99% = C+

70.0% - 76.99% = C

67.0% - 69.99% = D+

60.0% - 66.99% = D

<60 = E

Information on current UF grading policies for assigning grade points:

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

Exams

There are four semester exams. The semester exams will be not be comprehensive. Lecture Exams will be administered through Canvas. All exams will be taken online and will be open book. Exams will consist of essay questions. Students may NOT work together on exams. Exams will be available for 24 hours but must be completed in one sitting and will be time limited to **60min**. Students with accommodation letters from the DRC will be given additional time per their letter. All exams will be taken on **Canvas ONLY**. It is the student's responsibility to ensure that their computers will connect successfully to wifi prior to all exams. **HARD COPIES OF QUIZZES AND EXAMS WILL NOT BE AVAILABLE.**

Please see your instructor at least 72 hours prior to your exam if circumstances arise that will prevent you from taking the exam. If you have a schedule conflict for an exam you must take the exam early and not after the scheduled exam. Missed Exams will be scored a zero with no make-up exams permitted.

Module Quizzes

Weekly module quizzes will be administered via Canvas. These quizzes will consist of objective questions (i.e. multiple choice, matching, ordering, etc.). Weekly module quizzes will be available for 24 hours Friday of the week the module is covered in class. Students will complete the quizzes outside of class. The LockDown Browser is required for taking each quiz and there will be a **15min** time limit for each quiz. Students with accommodation letters from the DRC will be given additional time per their letter.

Weekly Assignments

Each week a unique collection of daily assignments will be made available on Canvas. These assignments may include quizlet assignments, research article synopses, and a weekly food journal

assignment **Please note that there is an assignment due every weekday throughout the semester.** A particular day's assignment will be available for 24 hours so that students spend approximately 20 minutes each weekday engaged with the course material. Similar assignments will be due on the same day each week according to the following outline:

Monday – TopHat Chapter Module Questions – Due by 11:59PM each Monday (Participation Assignment)

Tuesday – Quizlet Activity – Due by 11:59PM each Tuesday (Participation Assignment)

Wednesday – Research Article Questions – Due by 11:59PM each Wednesday (Participation Assignment)

Thursday – Weekly Food Journal Assignment – Due by 11:59PM each Thursday (Participation Assignment)

Friday – Weekly Module Quiz – Due by 11:59PM each Friday (Graded Assignment)

Class Attendance Policy

As this is an online course, students will be able to complete assigned lecture readings and course assignments within an allotted timeframe. At any given time during the semester, the current week's learning module as well as the following week's learning module will be available to view. Some weekly assignments may only be available on specific days of the week in order to ensure brief, daily engagement with the course material.

Top Hat

We will be using the Top Hat (www.tophat.com) classroom response system to deliver the online textbook in this course. This platform allows for a more engaging and directed learning experience. Each lecture module will contain complete text of all course material used on exams as well as video lectures of the content and lecture comprehension questions. You will be able to access the textbook and submit answers to lecture questions using Apple or Android smartphones, tablets, or laptops. Questions administered in the textbook count towards your final grade. Each lecture will include approximately 5 questions worth 1 point each (as participation points). Within lecture TopHat questions will amount to 20% of your final grade.

You can visit the Top Hat Overview (<https://success.tophat.com/s/article/Student-Top-Hat-Overview-and-Getting-Started-Guide>) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

An email invitation will be sent to you by email, but if don't receive this email, you can register by simply visiting our course website: <https://app.tophat.com/e/347088>

Note: our Course Join Code is 347088

Top Hat will require a paid subscription, and a full breakdown of all subscription options available can be found here: www.tophat.com/pricing. Access to the online textbook can be purchased at the bookstore.

Should you require assistance with Top Hat at any time, due to the fact that they require specific user information to troubleshoot these issues, please contact their Support Team directly by way of email (support@tophat.com), the in app support button, or by calling 1-888-663-5491.

Grading

Notification of final grades will be made by the Registrar or you may check your grade by using ISIS. Final grades will not be posted.

Academic Honesty

Cheating will not be tolerated in this course. All students are required to abide by the Academic Honesty Guidelines and Honor Code, which have been accepted by the University. Cheating is defined as the improper taking or tendering of any information or material, which shall be used to determine academic credit. Violations of the Honor Code will be handled according to the guidelines set by Student Judicial Affairs. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." 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. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with me.

Accommodations for students with disabilities

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, 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.

Students with disabilities should follow this procedure as early as possible in the semester

Online course evaluation process

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <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/>.

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies

The University of Florida has enacted a policy of allowing NO food or drink of any kind in any campus classroom. This policy will be enforced during the meeting times of this course.

U Matter, We Care:

If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

APK3163 - Class Schedule

***Indicates a homework assignment is due at the end of the week. Consult Canvas for details**

Week	Dates	Topic	Module
1	(1/7 – 1/11)	Basics of Thermodynamics and Biochemistry	1.1
2	(1/14-1/18)*	Muscle Physiology and Bioenergetics Cardiovascular and Pulmonary Responses to Exercise	1.2 1.3
3	(1/21-1/25)*	Molecular Biology Considerations in Exercise and Nutrition	1.4
4	(1/28-2/1)	Training to Improve Exercise Performance	1.5
5	(2/4-2/8)*	Carbohydrates Module 1 Exam – Thursday 2/7 (12AM – 11:59PM)	2.1
6	(2/11-2/15)*	Fat	2.2
7	(2/18-2/22)*	Protein	2.3
8	(2/25-3/1)	Micronutrients Fluids	2.4 2.5
9	(3/4-3/8)	SPRING BREAK	
10	(3/11-3/15)*	Nutrition Considerations for Endurance Athletes Module 2 Exam – Thursday 3/14 (12AM-11:59PM)	3.1
11	(3/18-3/22)*	Nutrition Considerations for Strength/Power Athletes	3.2
12	(3/25-3/29)	Nutrition Considerations for Altering Body Composition	3.3
13	(4/1-4/5)*	Nutrition Considerations for Special Populations	3.4
14	(4/8-4/12)	Nutrition Periodization Module 3 Exam – Friday 11/16 (12AM – 11:59PM)	3.5
15	(4/15-4/19)*	Creatine Caffeine	4.1 4.2
16	(4/22-4/24)	Beta-Alanine HMB Module 4 Exam – Wed 4/24 (12AM – 11:59PM)	4.3 4.4