

PET 5936 Sports Supplements

PET 5936 | Section 25821 | Spring 2023

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This course is dedicated to sport supplements and their effects on athletes and sports as a whole. 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 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 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

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)

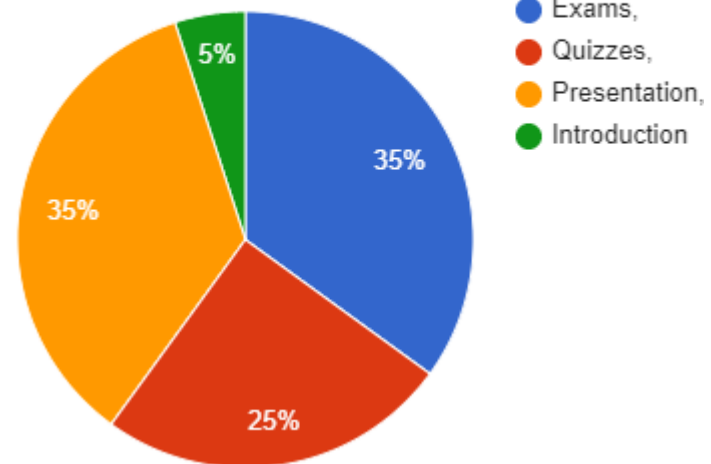
25% - Quizzes

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	Due Date
Week #1	Macronutrients: Review on Friday 4p ET	Introduction Macros Carbohydrates 1 and 2 Protein 1 and 2		
Week #2	Macro and micronutrients Review on Friday 4p ET	Fats 1 and 2 Vitamins 1	Quiz 1	1/19
Week #3	Micronutrients Review on Friday 4p ET	Vitamins 2 and 3 Minerals	Quiz 2 Your Story Assignment	1/26 1/28
Week #4	Energy Balance Exam Review on Thursday 4p ET	Energy Intake Energy Expenditure	Quiz 3 Exam 1	1/31 2/2
Week #5	History of Supplements Review on Friday 4p ET	History of Supplements 1, 2 and 3	Quiz 4	2/9
Week #6	Supplement Regulation Exam Review on Friday 4p ET	Supplement Regulation 1, 2,3,		
Week #7	Supplement Regulation and Phytochemicals Review on Friday 4p ET	Supplement Regulation 4, 5 and 6 Phytochemicals 1	Quiz 5 Exam 2	2/21 2/23
Week #8	Phytochemicals Review on Friday 4p ET	Phytochemicals 2 and 3	Quiz 6	3/2
Week #9	Weight-loss supplements Review on Friday 4p ET	Weight-loss Supplements 1 and 2	Quiz 7	3/9
Week #10	Anabolic and Weight-Gain Supplements Review on Friday 4p ET	Anabolics 1-3		
Week #11	Anabolic and Weight Gain Supplements Exam Review on Friday 4p ET	Anabolics 4-6	Quiz 8	3/23
Week #12	Endurance Supplements Review on Friday 4p ET	Endurance Supplements 1-2	Quiz 9 Exam 3	3/28 3/30
Week #13	Endurance and Anaerobic Supplements Review on Friday 4p ET	Endurance Supplements 3 Anaerobic Supplements 1	Quiz 10	4/6
Week #14	Anaerobic Supplements Review on Friday 4p ET	Anaerobic Supplements 2 and 3	Quiz 11	4/13
Week #15	Nutrient Timing	Nutrient Timing 1		
Week #16	Nutrient Timing Final Exam (5/3 at 3p)	Nutrient Timing 2	Quiz 12	4/25 5/3

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

4 Exams each 100 points

Overview: Students will be assessed throughout the semester by taking 4 exams.

Students need to review opening and closing dates for all four examinations. These examinations are not open note, they are timed and students will have one attempt in completion.

35% - Quizzes

12 Quizzes each 10 points

Overview: Students will be assessed throughout the semester by taking 12 quizzes.

Students are required to complete quizzes and turn them in by due date assigned.

Please review each quiz's instructions & guidelines

- Students will be assessed over all lecture videos covered since the previous quiz.

35% - Final Oral Exam

1 Oral Exam worth 100 points

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

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 an athlete with a specific health history, specific performance goals. Students will then be given a list of supplements that the athlete is taking. 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 their sports governing board, and whether the student thinks the athlete should take it. The exam will last approximately 15 minutes. A rubric will be provided on Canvas.

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

Course Information and Policies

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

Please feel free to list as many or as few resources here as you would like. However, the counseling and wellness center and the UFPD contacts are required.

HEALTH & 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 Student Complaints: <http://distance.ufl.edu/student-complaint-process/>

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

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

- Dr. Linda Nguyen, APK IDEA Liaison, linda.nguyen@hnp.ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

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/>

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 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.