

APK 5166 Sports Supplements

APK 5166 | Section 26028 | FALL 2025

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

Office: FLG106I

Office Phone: 352-294-1755

Email: bgordon1@ufl.edu

Preferred Method of Contact: email

Course Requirements (Change)

35% - Exams

35% - Final Oral Exam (Presentation)

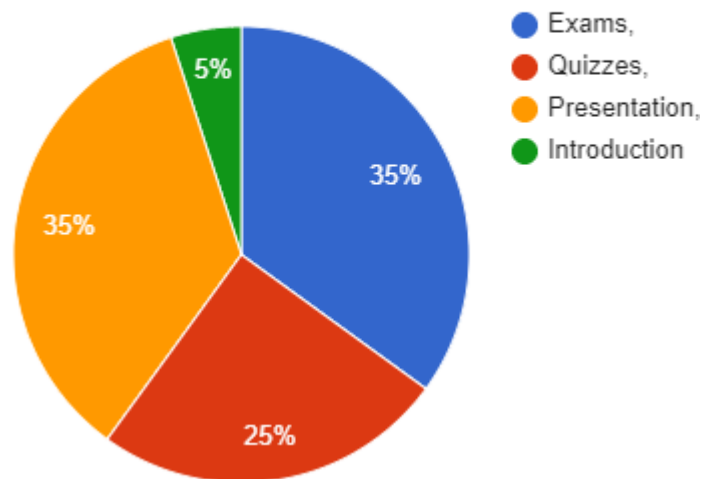
25% - Quizzes

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 8/17	Macronutrients:	Saturday: 12:00p ET Lecture	NOTE: NO ASSIGNMENTS WILL BE DUE IF MATERIAL HASN'T BEEN FINISHED IN CLASS
Week #2 8/24	Macronutrients:	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 1 Your Story Assignment
Week #3 8/31	Micronutrients:	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 2
Week #4 9/7	Energy Balance:	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	
Week #5 9/15	Energy Balance:	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 3 Exam 1
Week #6 9/22	History of Supplements:	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	
Week #7 9/29	History of Supplements:	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 4
Week #8 10/5	Supplement Regulation	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	
Week #9 10/12	Supplement Regulation Pharmacology	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 5 Exam 2
Week #10 10/19	Phytochemicals	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	
Week #11 10/26	Phytochemicals Weight Loss Supplements	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 6
Week #12 11/2	Weight Loss Supplements	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 7
Week #13 11/9	Anabolic and Weight Gain Supplements	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	
Week #14 11/16	Anabolic And Weight Gain Supplements	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 8 Exam 3
Week #15 11/23	No Class Thanksgiving		
Week #16 11/30	Endurance Supplements	Tuesday: 4:00p ET Lecture Saturday: 12:00p ET Lecture	Quiz 9
	Oral Exams		

Oral Exam Time Slots will be available on canvas calendar from 12/4-12/15

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:

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 lectures will be posted. Once the lecture has been posted, you can view them at any time 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. You are more than welcome to attend the live-lectures through zoom. The links will be posted on canvas. Please understand attendance to the live-lectures are not required. Whether you watch the lectures live or recorded please keep up with the lectures! The lectures will keep you connected with the course. Keeping up with the lectures are vital to success in this course.

Make Up Policy:

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 email through my personal UF email < bgordon1@ufl.edu > with any questions or concerns you have, and I will attempt to respond to your emails within 24 hours (typically sooner).

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

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)

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 [here](#). 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 just click [here](#). Summaries of course evaluation results are available to students [here](#).

University Policies

For the full explanation of all university policies please click [here](#). This link includes information regarding the honor pledge, in-class recording, students with disabilities resources, academic resources and wellness 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 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.