I. COURSE DESCRIPTION
This course is an introduction to the physiological, anatomical, and psychological aspects of nutrition in relation to human performance and optimal health. Special emphasis is placed on sport and fitness enhancement and achievement of peak training levels, through proper nutrient ingestion.

II. RATIONALE
An introduction to sport nutrition is provided to prepare the potential physical educator, coach, or fitness trainer to recognize and understand the dietary needs of the human body, with particular emphasis on sport and fitness performance. Methods for effectively designing eating plans for a variety of athletic programs are taught. Classroom and practical experience opportunities will be provided to increase student awareness of the varied nutrient needs of athletes of different sports and training levels, as well as to facilitate the application of knowledge to real-life situations.

III. STATE ADOPTED PROFICIENCIES FOR TEACHERS &/OR ADMINISTRATORS/COUNSELORS
N/A

IV. TExES COMPETENCIES
N/A

V. COURSE OBJECTIVES AND OUTCOMES
This course is designed to enable students to:
- Define the terms: nutrition, nutrient, ergogenic aid, and supplement.
- Identify and discuss the six essential nutrients and their roles in basic health and sport performance.
- Identify and discuss nutritional factors related to common chronic pathologies of health and fitness.
- Demonstrate an ability to design a nutritional plan for athletes in varied sports.
- Identify and discuss ergogenic aids and supplements, and their role in sport performance.
- Demonstrate a basic knowledge of current laws/regulations regarding the use of ergogenic aids/supplements.
- Identify and discuss physiological and psychological factors involved in weight gain and weight loss, and the potential ramification to athletic performance.
- Demonstrate the ability to analyze nutrient content of individual foods, food groups, and meal plans.
VI. COURSE TOPICS
THE MAJOR TOPICS TO BE CONSIDERED ARE:
• Eating behaviors and Guidelines
• Reading labels
• Digestion/absorption
• Essential nutrients
• Obesity and weight management
• Nutritional Considerations for Sports Performance
• Nutrient Timing Strategies for Specific Sports
• Ergogenic aids and supplements
• Nutrition regulation/legislation
• Role of nutrition/exercise/recovery in sport
• Current issues in Sports and Exercise Nutrition

VII: Instructional Methods and Activities
Methods and activities for instruction include:
• Traditional Experiences include online lectures, discussions, and group activities.
• Clinical Experiences include applied assignments that compliment lectures and text readings.
• Field Experiences will be incorporated by allowing the students to apply lecture materials to real world situations/scenarios and write a report for several applied assignments.
• High Impact Practices – applied assignments

VIII. Evaluation and Grade Assignment
The methods of evaluation and the criteria for grade assignment are:
A. Methods and Percentage of Final Course Grade Each Assessment constitutes
All written work may be subject to submission through www.turnitin.com as a means of determining original work. Course evaluation is based upon the assessment of each student’s mastery of the course content (knowledge), and mastery of selected skills. Knowledge and skills are evaluated by written examinations, course assignments, and service learning opportunities. Grades are awarded according to the EARNED percentage of the FINAL MAXIMUM POINT TOTAL.

Evaluation will be based on successful completion of the following activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation/Discussions (13)</td>
<td>25%</td>
</tr>
<tr>
<td>Tests (2)</td>
<td>50%</td>
</tr>
<tr>
<td>Quizzes (13)</td>
<td>20%</td>
</tr>
<tr>
<td>Assignments</td>
<td>5%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>

Tests: Each test will be cover information related to the readings, discussions, and assignments. Information concerning these exams is posted on the Blackboard course calendar.
**Chapter Quizzes:** Chapter Quizzes will be given for each chapter’s reading. The purpose of these Quizzes is to improve your content knowledge of each topic covered. These Quizzes will consist primarily of true and false or multiple choice questions. All quizzes will be open on Monday at 12am during the week of the chapter listed on the course schedule. You have until 11:59pm on Sunday of that week to complete the quiz. You will have one attempt and will be given 30 minutes to complete each quiz.

**Discussions:** There will be a required discussion related to most chapters throughout the course. You are required to post your own response to the discussion question, as well as posting and interacting with at least 3 other students in the course regarding their responses. You will be graded on your response as well as the amount and quality of your interactions with other students. All discussions will open on Monday at 12am during the week of the chapter listed on the course schedule. You have until 11:59pm on Sunday of that week to complete the discussion.

**Assignment:** More information to be given later.

**B. Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A</td>
<td>90 – 100</td>
</tr>
<tr>
<td>B</td>
<td>80 – 89</td>
</tr>
<tr>
<td>C</td>
<td>70 – 79</td>
</tr>
<tr>
<td>D</td>
<td>60 – 69</td>
</tr>
<tr>
<td>F</td>
<td>Below 59</td>
</tr>
</tbody>
</table>

“Students majoring in Kinesiology must complete ALL kinesiology courses (e.g. courses with a KINE or HLTH prefix) with a grade of “C” or better.” Undergraduate Catalog 2016-2017.

**IX. COURSE SCHEDULE AND POLICIES**

**A. Tentative Course Outline:**

*Week 1:* Orientation/introduction/Ch. 1-2, discussion & quizzes for each chapter  
*Week 2:* Chapters 3-4, discussions and quizzes for each chapter,  
*Week 3:* Chapters 5-7, discussions and quizzes for each chapter, **Test #1**  
*Week 4:* Chapters 8-11, discussions and quizzes for each chapter,  
*Week 5:* Chapters 12-13, discussions and quizzes for each chapter, **Test #2**

**B. Policies:**

**Attendance**

This class meets asynchronously online, meaning that due to everyone’s schedule we will be online at different times. Webex will be utilized to meet online, but only if needed.

**Late work and Make-up Exams**
Assignments are due the day they are scheduled to be due at the time they are scheduled. MAKE-UP EXAMS are given only under dire circumstances in which prior permission from the instructor is required.

Academic Integrity/Plagiarism.
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.
See the University Catalog for more information.

NOTE: Printing online tests and/or quizzes is strictly prohibited.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

Preferred methods of scholarly citations - APA Format
https://owl.english.purdue.edu/owl/resource/560/01/

Classroom/professional behavior
Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all
instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

**Statement of Civility (can be in place of classroom/professional behavior)**
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

**X. Textbook:**

**XI. Bibliography:**

**XII. Grade Appeals**
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

**XIII. Disabilities Accommodations**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116.
If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

XIV. Statement of Civility
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of gender, ethnic/racial origin, religious background, age, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.
http://falcon.tamucc.edu/~students/JAffairs/ja_hndbk_academic_info.htm

XV. Statement of Academic Continuity
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.