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. Learning Objectives

1. Identify and discuss the six essential nutrients and their roles in basic health and sport performance.
2. Identify and discuss nutritional factors related to common chronic pathologies of health and fitness.
3. Demonstrate an ability to design a nutritional plan for athletes in varied sports.
4. Identify and discuss ergogenic aids and supplements, and their role in sport performance.
5. Demonstrate a basic knowledge of current laws/regulations regarding the use of ergogenic aids/supplements.
6. Identify and discuss physiological and psychological factors involved in weight gain and weight loss, and the potential ramifications to athletic performance.
7. Demonstrate the ability to analyze nutrient content of individual foods, food groups, and meal plans.

III. Major Course Requirements

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Points</th>
<th>% of Course Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments (13 @ 25 pts each, best 12 count)</td>
<td>300 pts</td>
<td>60%</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>100 pts</td>
<td>20%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100 pts</td>
<td>20%</td>
</tr>
<tr>
<td>TOTAL:</td>
<td>500 pts</td>
<td>100%</td>
</tr>
</tbody>
</table>

Grading Scale
A = 450-500 pts (90-100%)
B = 400-449 pts (80-89%)
C = 350-399 pts (70-79%)
D = 300-349 pts (60-69%)
F = 299 pts or less (59% or less)
IV. Required Readings

The textbook adopted for this course is:


Recommended but not required supplementary textbook is:

The online access code above comes with an e-book version of the text. You may additionally purchase the textbook if you prefer to have a paper copy.

Website

The Website that accompanies and is coordinated with this course is Blackboard, which can be accessed at bb9.tamucc.edu. It is the student’s responsibility to check Blackboard AND University email account at least once daily! Because this course is 100% online, consistent attention to instructions and deadlines on Blackboard is critical to your success in this course. Blackboard is the means through which materials will be distributed and announcements will be made. Grades for assignments and examinations can also be found here. If I need to contact individual students, I will do so through your University email account.

V. Course Policies

Late work and Make-up Exams
Late work is not accepted and exams may not be made up. Failure to complete an assignment or exam by the deadline will automatically result in a score of ZERO (0) for that item.

Extra Credit
There may be one or more opportunities to earn extra credit during the course, however, this is not a guarantee. Any extra credit opportunities will be offered to the entire class, NOT to individual students.

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.) In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test may result in 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. Recommendation for more severe punishment, such as dismissal from the program or from the University

**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 your academic advisor, the Financial Aid Office, and me, before you decide to drop this course. 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. February 22 is the last day to drop a class with an automatic grade of “W” this term.

**Statement of Civility**
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. Furthermore, 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. 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. 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.

**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. 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.
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.

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.

VI. Course Outline

The following is a tentative course outline that is subject to change. Deadlines will always be by the end of the day (11:59pm) on a Friday. **You are highly encouraged to get your work done earlier in the week rather than later!** When you wait until shortly before the deadline to submit an assignment or to take an exam, you risk something happening that prevents you from successfully getting your work done on time.

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topics and Readings</th>
<th>Assignments and Assessments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Week of 1/16</td>
<td>Chapters 1 and 2</td>
<td>Chapters 1 and 2 assignments due Friday, January 19 by 11:59pm</td>
</tr>
<tr>
<td>2</td>
<td>Week of 1/22</td>
<td>Chapters 3 and 4</td>
<td>Chapters 3 and 4 assignments due Friday, January 26 by 11:59pm</td>
</tr>
<tr>
<td>3</td>
<td>Week of 1/29</td>
<td>Chapters 5 and 6</td>
<td>Chapters 5 and 6 assignments due Friday, February 2 by 11:59pm</td>
</tr>
<tr>
<td>4</td>
<td>Week of 2/5</td>
<td>Chapter 7</td>
<td>Chapter 7 assignment and Midterm Exam due Friday, February 9 by 11:59pm</td>
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<tr>
<td></td>
<td></td>
<td>MIDTERM (Chapters 1-7)</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Week of 2/12</td>
<td>Chapters 8 and 9</td>
<td>Chapters 8 and 9 assignments due Friday, February 16 by 11:59pm</td>
</tr>
<tr>
<td>6</td>
<td>Week of 2/19</td>
<td>Chapters 10 and 11</td>
<td>Chapters 10 and 11 assignments due Friday, February 23 by 11:59pm</td>
</tr>
<tr>
<td>7</td>
<td>Week of 2/26</td>
<td>Chapters 12 and 13</td>
<td>Chapters 12 and 13 assignments due Friday, March 2 by 11:59pm</td>
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<tr>
<td>8</td>
<td>Week of 3/5</td>
<td>FINAL (Chapters 8-13)</td>
<td>Final Exam Friday, March 9 due by 11:59pm</td>
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