**SYLLABUS IS SUBJECT TO CHANGE***

Self-discipline is a requirement for students in an online course. An online course is NOT easier than a face-to-face course and may actually require more time than a traditional classroom experience. Please contact me early if you have any personal issues that affect your participation. Do not wait until a deadline and tell me you have a computer problem. Start early and be able to access another computer such as one at the SFA library.

I. Course Description:
Nutritional concerns for individuals and team sport participants at various ages, including optimum diet selection for maximum balance; unique needs of specific sports participants; food / nutritional quackery in sports and athletics.

Course Justification:
Students in this course received extensive course content information via online content modules equivalent to 150 minutes per week for 15 weeks and includes a final exam on week 16. Students in the course will engage in a variety of assignments that can include, but are not limited to quizzes, application assignments related to content, presentations, and discussion posts. For every hour a student spends engaging with the course content, they spend at least two hours completing associated activities and assessments.

II. Intended Learning Outcomes/Goals/Objectives:
This course supports the vision, mission, and core values of the College of Education.

<table>
<thead>
<tr>
<th>PCOE Mission</th>
<th>Relation to learning experiences in NUTR 4329</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>The Mission of the James I. Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development.</em></td>
<td>This course will afford the student the opportunity to develop competence in understanding and applying knowledge of sports nutrition across a population that vary in age, gender, skill level and competition level.</td>
</tr>
</tbody>
</table>
PCOE Core Values

<table>
<thead>
<tr>
<th>Academic excellence through critical, reflective and creative thinking</th>
<th>Students will use critical, reflective and creative thinking skills in applying sports nutrition in online class discussions.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life-long learning</td>
<td>Students will utilize the process of learning to develop and/or expand interests in key nutrition concepts taught in the course.</td>
</tr>
<tr>
<td>Collaboration and shared decision making</td>
<td>Students will work together as a team for selected class discussions and a presentation.</td>
</tr>
<tr>
<td>Openness to new ideas, culturally diverse people and innovation and change</td>
<td>The diversity of athlete populations studied will expose the students to culturally diverse people with beliefs and behaviors that may be different from their own.</td>
</tr>
<tr>
<td>Integrity, responsibility, diligence and ethical behavior and</td>
<td>Students will become aware of the impact of beliefs and attitudes in relation to diverse populations through ongoing class discussions and assignments.</td>
</tr>
<tr>
<td>Service that enriches the community</td>
<td>Students will be able to communicate accompanying nutrition requirements with exercise/activity demands to the community.</td>
</tr>
</tbody>
</table>

Program Learning Outcomes
This is a general education curriculum course and no specific program learning outcomes for this major are addressed in this course.

Student Learning Outcomes
After successful completion of this course, the student should be able to:
1. Relate specific nutrient requirements for persons performing activity for fitness and sport.
2. Associate concepts of exercise physiology with appropriate nutrient needs and intake.
3. Identify unique nutritional concerns for specific sport activities.
4. Identify unique and common nutrient requirements for active individuals of various age, gender, skill level and competition level.
5. Relate sound, reliable nutrition information to athletic events and exercise/activity demands.
6. Appraise diet fads, quackery practices, and nutritional ergogenic aids promoted for fitness and exercise activities.
7. Select appropriate foods to supply nutrients essential for optimum performance.
8. Recommend food selections appropriate for participants in fitness and sport activities.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
D2L will be used for this course. You can access D2L via [http://d2l.sfasu.edu](http://d2l.sfasu.edu). If you need help with D2L please contact the Center for Teaching and Learning (CTL) at 936-468-1919. **It is important for you to check-in almost daily in this class. Each unit has a set amount of time that it is available. Waiting until the last minute and then having computer problems is not an excuse for missing an assignment. D2L Tech support is available at 936-468-1919.**

Using technology in online testing
If you choose to take an exam at a computer that is not supported by the University you will do so at your own risk. Inability to access the exam, finish the exam or submit an exam during the designated exam time due to unreliable internet connections or other technical problems at an off campus computer will not be accepted as a valid excuse. Your exam will be graded “as is.” Using a campus computer does not guarantee that connections may be lost, however they do guarantee a reliable way to verify interruptions of service. This alone could save your grade. Similarly, the use of a web browser other than Internet Explorer (IE) has proven to be problematic. We do not promote Microsoft, however we know that IE has complete compatibility with D2L while some other browsers have had problems. If you need technical assistance during an exam please call 936-468-1919.
1. **One Comprehensive Final (50 points total)**
   There will be one comprehensive final consisting of 50 questions that will cover every chapter. Partial credit will be given based on number of correct answers. There will be no make-up finals. **You will receive 0 points if not completed by the due date.**

You will be utilizing the online proctoring service called Honorlock. This platform allows you to take an online exam in D2L while being proctored in a remote location. **Taking an exam through Honorlock requires that you have a functioning webcam and audio capacity.** You will also need access to a desktop or laptop computer. Tablets, smartphones, Chromebooks, and other mobile devices are not optimal and/or supported at this time.

Additional information to consider with online exams:
- You will be monitored during the exam. Suspected violations will be noted and a report will be sent to me.
- Your exam should be taken in private locations only (no McDonald’s, coffee shops, library, etc.). Otherwise, you will need to contact the SFA testing center at (936) 468-3958 to make an appointment.

2. **Quizzes (15 @ 10 each; 150 points total)**
   - There will be 16 quizzes total valued at 10 points each that will conclude each module: “Checking Your Understanding Quiz”. The lowest quiz grade will be dropped accounting for 15 quizzes total. Partial credit will be given based on correct answers given. Quizzes will be open one week prior to the due date. **Due dates are listed in D2L. You will receive 0 points if not completed by the due date.**

3. **Assignments (8 short answer questions @ 5 points each, 1 short answer question @ 10 points, 1 presentation @ 50 points, 5 discussion responses @ 10 points each; 150 points total)**
   Assignments are listed in the course calendar (page 4) and will vary in points. As with the quizzes, short answers and discussions will be open one week prior to the due date. Specific instructions and due dates are listed in D2L.
   - There will be 8 short answer questions valued at 5 point each spread throughout the semester. Partial credit will be given based on correct answers provided. **You will receive 0 points if not completed by the assigned due date.** Please be mindful of weekly deadlines!
   - Presentation (to be posted on the discussion board): Correctly describe appropriate recommendations for a specific sport or population. Your presentation must be supported using findings published in two peer-reviewed scientific articles and include a reference list (examples in D2L). Utilize the SFA Library Database for online resources. Partial credit will be given based on correct answers given. **You will receive 0 points if not completed by the due date or if there is no evidence of your participation in the private discussion area.**
   - Discussions Responses (to be posted on the discussion board): Written discussion/essay questions, intro, and responses – both individual and group. It is important to meet all deadlines and alternate group leaders for each group assignment. This is an all or nothing grade (no partial credit) - if you do not participate in discussions you will not get credit. **You will receive 0 points if not completed by the due date.**

   For all presentations, questions, discussions, and responses, written work in which the English language is not at an acceptable level for a university student will not be accepted. Correct spelling and grammar is essential (no abbreviations, slang words, or words not found in the dictionary).
IV. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Point Totals</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive Final</td>
<td>50 points</td>
</tr>
<tr>
<td>Quizzes</td>
<td>150 points</td>
</tr>
<tr>
<td>Assignments</td>
<td>150 points</td>
</tr>
<tr>
<td><strong>350 Points Total</strong></td>
<td></td>
</tr>
</tbody>
</table>

There will be no extra credit unless announced on D2L!

<table>
<thead>
<tr>
<th>Grading Scale</th>
<th>Grade</th>
<th>Point Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>A</td>
<td>315 - 350</td>
<td>90% - 100%</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>280 - 314</td>
<td>80% - 89.99%</td>
</tr>
<tr>
<td></td>
<td>C</td>
<td>245 - 279</td>
<td>70% - 79.99%</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>210 - 244</td>
<td>60% - 69.99%</td>
</tr>
<tr>
<td></td>
<td>F</td>
<td>Less than 210</td>
<td>Less than 60%</td>
</tr>
</tbody>
</table>
V. Tentative Course Outline/Calendar:
It is important for you to check in almost daily in this class. Each unit has a set amount of time that it is available. Waiting until the last minute and then having computer problems is not an excuse for missing an assignment. Activities for each module are due by the ending date of that module. Don’t wait until the last minute.

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture</th>
<th>Reading</th>
<th>Quizzes</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/18</td>
<td>Course Introduction &amp; Syllabus</td>
<td>Getting Started</td>
<td>Syllabus Quiz</td>
<td>Course Intros and Syllabus Quiz</td>
</tr>
<tr>
<td>1/22</td>
<td>Introduction to Sports Nutrition</td>
<td>Ch 1</td>
<td>Quiz 1</td>
<td>Short Answer 1</td>
</tr>
<tr>
<td>1/29</td>
<td>Defining and Measuring Energy</td>
<td>Ch 2</td>
<td>Quiz 2</td>
<td>Short Answer 2</td>
</tr>
<tr>
<td>2/5</td>
<td>Energy Systems and Exercise</td>
<td>Ch 3</td>
<td>Quiz 3</td>
<td>Short Answer 3</td>
</tr>
<tr>
<td>2/12</td>
<td>Carbohydrates</td>
<td>Ch 4</td>
<td>Quiz 4</td>
<td>Short Answer 4</td>
</tr>
<tr>
<td>2/19</td>
<td>Proteins</td>
<td>Ch 5</td>
<td>Quiz 5</td>
<td>Short Answer 5</td>
</tr>
<tr>
<td>2/26</td>
<td>Fats</td>
<td>Ch 6</td>
<td>Quiz 6</td>
<td>Short Answer 6</td>
</tr>
<tr>
<td>3/4</td>
<td>Vitamins</td>
<td>Ch 8</td>
<td>Quiz 7</td>
<td>Discussion 1</td>
</tr>
<tr>
<td>3/11</td>
<td>SPRING BREAK!!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/18</td>
<td>Minerals</td>
<td>Ch 9</td>
<td>Quiz 8</td>
<td>Discussion 2</td>
</tr>
<tr>
<td>3/25</td>
<td>Water and Electrolytes</td>
<td>Ch 7</td>
<td>Quiz 9</td>
<td>Short Answer 7</td>
</tr>
<tr>
<td>4/1</td>
<td>Weight and Body Composition</td>
<td>Ch 11</td>
<td>Quiz 10</td>
<td>Short Answer 8</td>
</tr>
<tr>
<td>4/8</td>
<td>Diet Planning: Food First, Supplements Second</td>
<td>Ch 10</td>
<td>Quiz 11</td>
<td>Short Answer 9</td>
</tr>
<tr>
<td>4/15</td>
<td>Strength and Resistance Training</td>
<td>Assigned</td>
<td>Quiz 12</td>
<td>Start Sport Specific Presentation</td>
</tr>
<tr>
<td>4/22</td>
<td>Endurance Exercise and Training</td>
<td>Assigned</td>
<td>Quiz 13</td>
<td>Sport Specific Presentation Due</td>
</tr>
<tr>
<td>4/29</td>
<td>Disordered Eating and Exercise Patterns in Athletes / ACSM Position Stand Paper</td>
<td>Ch 12</td>
<td>Quiz 14</td>
<td>Responses to Presentation (2); ACSM Quiz</td>
</tr>
<tr>
<td>5/7 – 5/8</td>
<td>Comprehensive Final (opens Tues 5/7 at 12am – closes Wed 5/8 at 11:59 pm)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

***SYLLABUS IS SUBJECT TO CHANGE***

VI. Readings:

VII. Course Evaluations:
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation
2. Instruction evaluation purposes
3. Making decisions on faculty (full-time and part-time) annul evaluation processes, tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!
In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Policy Information:

**Institutional Absences (HOP 04-110)**
An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at [https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences](https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences).

**Code of Student Conduct and Academic Integrity**

The Code of Student Conduct and Academic Integrity (HOP 04-106) outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.
Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

**Withheld Grades Semester Grades Policy (HOP policy 02-206)**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/docs/hops/02-206.pdf.

- **Students with Disabilities**
  To obtain disability-related accommodations, alternate formats, and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

- **Student Wellness and Well-Being**
  SFA values students' overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

  If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

- **Other important course-related policies:**
  ***Other SFA policy information is found in the Handbook of Operating Procedures (HOP)***

IX: Resources

- **On-campus Resources:**
  o **The Dean of Students Office** (Rusk Building, 3rd floor lobby)
    www.sfasu.edu/deanofstudents
    936.468.7249
    dos@sfasu.edu
  o **SFASU Counseling Services** • www.sfasu.edu/counselingservices
    Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401
  o **SFASU Human Services Counseling Clinic** • www.sfasu.edu/humanservices/139.asp
    Human Services Room 202 • 936-468-1041
  o **The Health and Wellness Hub** “The Hub”
    Location: corner of E. College and Raguet Street
To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

- [www.sfasu.edu/thehub](http://www.sfasu.edu/thehub)
- 936.468.4008
- thehub@sfasu.edu

Crisis Resources:

- Burke 24-hour crisis line 1(800) 392-8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline 1(800) 273-TALK (8255)
- Crisis Text Line: Text HELLO to 741-741

X. Other Relevant Course Information:

Professional Writing:
All written assignments must reflect professional writing skills. If there are five or more errors of grammar, spelling, sentence structure and/or organization the assignment will NOT be graded and will result in a grade of zero. If you have difficulty with appropriate professional writing, you should utilize the services offered by the Academic Assistance and Resource Center located in Steen Library. You should also consider the use of the SFA Online Writing Lab (OWL). For a reference style guide, please utilize the following website for APA formatting guidelines [https://www.mendeley.com/guides/apa-citation-guide](https://www.mendeley.com/guides/apa-citation-guide).

Withdrawal from the course: Last day to drop a course or withdraw from the University without WP or WF is Monday, April 10, 2024.

Other policies: All other policies as printed in the handbook for students and other official publications of the University shall be followed in class.

Disclaimer: This syllabus represents a “best” plan for this course; however, plans can change when circumstances necessitate change. Any changes to this syllabus will be announced to the class in a timely manner. Your feedback is greatly appreciated to aid in the development of this class for future semesters.