

## Introduction to Sports Nutrition

Course Number 11:709:235:90/91

Spring 2021

Online: <https://onlinelearning.rutgers.edu/canvas>

### CONTACT INFORMATION:

Instructor: Jaclyn M. Abbot, PhD, RD

Office Location: Virtual

Email: [abbotj@sebs.rutgers.edu](mailto:abbotj@sebs.rutgers.edu)

Office hours: **All** correspondence with the Instructor will be conducted online. Announcements with important information about the course and course deadlines will be posted on the course homepage frequently.

- It is important to check for new announcements each time you log onto the course.
- If you want to contact the instructor, you can do so through the online office or through direct email.
- The online office is the ideal place to post general course questions. If you have a more personal concern/question please contact the instructor privately.
- If an email is received during the week (Monday -Thursday), a reply will be given within 24 hours. If an email is received in the afternoon on Friday or over the weekend, a reply will be given the following Monday before noon. Please include your full name in ALL email correspondence. *If you do not receive an email within these time frames, please send the email again.*

### COURSE WEBSITE, RESOURCES AND MATERIALS:

- Website: <https://onlinelearning.rutgers.edu/canvas>
- **Required** Text: Clark, N. Sports Nutrition Guidebook. 6<sup>th</sup> Edition. Human Kinetics, 2019.
- **Recommended** Text: Fink, HH and Mikesky, AE. Practical Applications in Sports Nutrition. 6<sup>th</sup> Edition. Jones & Bartlett Learning, 2020.

### COURSE DESCRIPTION:

This course provides an introduction to nutrition for health and athletic performance.

### LEARNING GOALS:

After taking this course, students will be able to:

1. Understand and apply basic principles and concepts in the biological sciences by describing the nutrition guidelines for exercise pertaining to timing of intake and quality of food choices for:
  - a. Calories
  - b. Carbohydrates
  - c. Protein
  - d. Micronutrients
  - e. Fluids
2. Describe basic assessment of an athlete's nutritional needs while training and competing in sport events.
3. Understand and apply the process for developing a nutritionally appropriate meal plan for exercise.
4. Identify and critically assess ethical and societal issues in science in relationship to the use of ergogenic aids.
5. Identify appropriate interventions for weight management and eating disorders pertaining to exercise.

## ASSIGNMENTS/QUIZZES/RESPONSIBILITIES & ASSESSMENT:

This course is delivered asynchronously online. The course is divided into three Units; each lasting around five weeks. It is important to schedule time **daily** during the semester in order to stay on track to complete the course. If you have any questions about where you should be at any point during the session, contact the instructor directly and/or refer to the detailed Master Course Schedule. There is **no** separate final exam for this course.

### *Threaded Discussions (20%)*

As part of the course grade, students must log into the Unit 1 and Unit 2 Threaded Discussion and converse about the nutrition topic(s) presented by the Instructor. These discussions are a way for students to "participate" in class. So it's important that you post thoughtful messages that move the conversation forward in some way. "Yeah, I agree," and "Me, too" are not acceptable postings and will not earn any points. Your posts should show that you have read the material in the text as well as your fellow students' posts and have applied all of that to the question at hand. You should do more than merely spit back what the text says; you should engage with the material by analyzing and interpreting it. Your posts should be grammatically clear enough not to present anyone with a problem in understanding your point. It's not a formal writing forum, but it's not Facebook either.

### *Grading Policy for Threaded Discussions*

The following represents the rubric employed for grading the threaded discussion entries:

<p><b>This criterion is linked to a Learning Outcome Engagement with concepts</b></p>	<p><b>60</b> Discusses key concepts clearly and in depth with support, readily offers new interpretations of discussion material. Ideas are expressed clearly, concisely; uses appropriate vocabulary</p>	<p><b>50</b> Discusses key concepts clearly and with comprehension, but lacks detailed support for main ideas.</p>	<p><b>40</b> Mentions some key concepts but shallowly without support, or strays off topic.</p>	<p><b>30</b> Mentions few, if any, key concepts, without depth or clarity.</p>	<p><b>20</b> Off topic or extremely abbreviated.</p>	<p><b>0</b> Did not post.</p>
<p><b>This criterion is linked to a Learning Outcome Engagement with Peers</b></p>	<p><b>40</b> Responds thoughtfully to at least one peer, extending their discussion or analysis.</p>		<p><b>20</b> Responds a peer but only makes a shallow response.</p>	<p><b>0</b> No responses to any peers' comment.</p>		

- Due to the nature of Threaded Discussion (i.e., they are discussions designated for a specific time period) make-ups will not be allowed (exceptions can be made with a University-accepted excuse).

*\*\*The threaded discussions will be monitored and any inappropriate conversation will be deleted and the student(s) participating notified\*\**

### *Creating a Sports Nutrition Plan Assignment (30%)*

In this assignment you are the Nutrition Coach. You will be tasked with using the information you have learned in the course to evaluate and create optimal sports nutrition recommendations for five different types of athletes.

**Quizzes (50%)**

Each Unit has one quiz which will cover the material covered in the Unit associated with the quiz (e.g., Quiz 1 covers material covered in Unit 1). All quizzes must be completed during the 48 hour quiz-period. During this time period, students must log in to take the quiz (only one attempt will be allowed).

- Each quiz is timed.
  - Students will have 65 minutes to complete each quiz.
- Quizzes will contain 50 questions that are a mixture of multiple choice, T/F, matching, and fill in the blank.
  - Spelling counts on the fill in the blank questions.
  - Students will see one question at a time.
  - Questions will be randomized so no two students will have the same quiz.
- *There will be NO makeup dates for quizzes, unless there is a note confirming a University-approved excuse and approval for extension. DO NOT wait until the last minute to complete the quiz!*

**Extra Credit**

There may be limited opportunities to earn extra credit during Unit 3. Opportunities will be announced online, if available.

**Weighted Grades**

The final grade for this course is calculated proportionately according to the weighting scheme below:

1. Threaded Discussions (20%)
2. Unit Quizzes (50%)
3. Assignments (30%)

This means that 20% of your total grade comes from how you score on your Threaded Discussion posts, 50% from how you score on your Unit quizzes, and 30% on how you score on your course assignments.

**Grading**

Final course grades will be awarded as:

- A = 90-100%
- B+ = 87-89%
- B = 80-86%
- C+ = 77-79%
- C = 70-76%
- D = 60-69%
- F = <60%

*I do not scale the final course grade, grades are A, B+, B, C+, C, D and F. There may be extra credit available throughout the semester and this can be used to boost one's grade. If your final grade is 88.9%, then your final grade is B+ in the class.*

**ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES**

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

**ABSENCE POLICY**

Students are expected to attend all classes; if you expect to miss several classes (not be able to access the course material), please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence (An email will automatically be sent to me). In cases where you will not be able to participate in the class for periods longer than one week, please contact a Dean of Students for assistance to help verify your circumstances. Additionally, always notify the instructor when there are concerns about extended absence from class.

## **COURSE SCHEDULE:**

### *Unit 1: I Everyday Eating for Active People*

- Introduction to Sports Nutrition
- Chapter 1 Building a High-Energy Eating Plan
- Chapter 2 Eating to Stay Healthy for the Long Run
- Chapter 6 Carbohydrate: Simplifying a Complex Topic
- Chapter 7 Protein to Build and Repair Muscles
- Chapter 8 Replacing Sweat Losses to Maintain Performance

### *Unit 2: The Science of Eating for Exercise*

- Chapter 9 Fueling Before Exercise
- Chapter 10 Fueling During and After Exercise
- Chapter 11 Supplements: Dietary, Bone & Joint-Specific, and Engineered Sports Foods
- Chapter 11 Performance Enhancers (Ergogenic Aids)
- Chapter 13 Sport-Specific Nutrition: Team Sports, Power and Endurance Athletes
- Chapter 13 Sport-Specific Nutrition: Additional Factors Affecting Guidelines

### *Unit 3: Balancing Weight and Activity*

- Chapter 14 Assessing Your Body: Fat, Fit, or Fine?
- Chapter 15 Gaining Weight the Healthy Way
- Chapter 16 Losing Weight Without Starving
- Chapter 17 Dieting Gone Awry: Eating Disorders and Food Obsessions
- TBA Wrapping it All Up

## **FINAL EXAM/PAPER DATE AND TIME**

There is no final exam for this course.

## **ACADEMIC INTEGRITY**

Each and every year, numerous Rutgers students are suspended, expelled, or receive failing grades due to violations of academic integrity. Many of the students who are caught cheating were not aware of the consequences or even unaware that their actions constituted cheating at all. The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.

- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## AVAILABLE STUDENT WELLNESS SERVICES

- **Just In Case** Web App <http://codu.co/cee05e>
  - Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.
- **Student Affairs office** can help with issues related to your experience at Rutgers and when you don't know where to start when looking for assistance, contact the Dean of Students <<http://deanofstudents.rutgers.edu/>> office.
- If you do not have enough food, there is a **Food Pantry** on College Ave campus that is exclusively for Rutgers Students. <http://ruoffcampus.rutgers.edu/food/>
- If you are a **military veteran** or are on active military duty, you can obtain support through the Office of Veteran and Military Programs and Services. <http://veterans.rutgers.edu/>
- If you are in need of **legal services**, please use our readily available services: <http://rusls.rutgers.edu/>
- If you are in need of **additional academic assistance**, please use our readily available services. Rutgers University-New Brunswick Learning Center: <https://rlc.rutgers.edu/>.
- **Counseling. ADAP & Psychiatric Services (CAPS)**
  - (848) 932-7884 / 17 Senior Street. New Brunswick. NJ 08901 / [www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/)  
CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.
- **Violence Prevention & Victim Assistance (VPVA)**
  - (848) 932-1181 / 3 Bartlett Street. New Brunswick. NJ 08901 / [www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)  
The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932- 1181.
- **Disability Services**
  - (848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <http://ods.rutgers.edu/> Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.
- **Scarlet Listeners**
  - (732) 247-5555 / <http://www.scarletlisteners.com>

\*Note: Syllabus is subject to change per Instructor's discretion. Ample notice will be given to students if/when changes are made