



HHPH 531.01W NUTRITION AND OPTIMAL PERFORMANCE COURSE SYLLABUS: SUMMER II 2014

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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings:

Textbook(s) Required: Bernadot, D. (2012). *Advanced Sports Nutrition*. Human Kinetics (Kindle edition available at www.amazon.com .)

Optional: American Psychological Association (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: American Psychological Association.

APA RESOURCE: Purdue Online Writing Lab:
<http://owl.english.purdue.edu/owl/resource/560/01/>

Course Description: This course is a study of nutrition as it relates to optimum performance and health. Nutrient needs, sources, functions, and interactions will be reviewed according to the latest scientific findings. Principles of body conditioning will be emphasized with attention to diet and lifestyle practices that promote health and decrease risks of nutrition-related diseases.

Student Learning Outcomes:

By the end of the course, the successful student should be able to:

1. Discuss Digestion, Absorption, and Assimilation of Nutrients
2. Utilize Sound Guidelines Relative to Both Exercise and Nutrition for Optimal Health and Physical Performance
3. Describe Energy and Energy Pathways in the Body and Discuss Implications of the Basic Nutrients on Health and Physical Performance
4. Assimilate and Discuss Optimal Nutrition for Sports and Exercise
5. Discuss Thermoregulation and Fluid Balance
6. Debate the Pros and Cons of Ergogenic Aids
7. Apply Principles Concerning Body Composition and Weight Control
8. Identify the Components of the Female Athlete Triad
9. Analyze a Food Diary and Make Recommendations

COURSE REQUIREMENTS

Instructional / Methods / Activities Assessments

We will discuss nutrients in relation to various athletes. Optimal nutrition and fluid balance will be the main focus, including a discussion on ergogenic aids. Activities include discussions of timely topics, application of dietary guidelines, and a research paper on a nutrition- and performance-related topic chosen by the student.

Assignment 1: Discussions (8 discussions at 10 points = 80 points)

Student Learning Outcomes #1, #2, #3, #4, #5, #6, #7, and #8

1. *Discuss Digestion, Absorption, and Assimilation of Nutrients*
2. *Utilize Sound Guidelines Relative to Both Exercise and Nutrition for Optimal Health and Physical Performance*
3. *Describe Energy and Energy Pathways in the Body and Discuss Implications of the Basic Nutrients on Health and Physical Performance*
4. *Assimilate and Discuss Optimal Nutrition for Sports and Exercise*
5. *Discuss Thermoregulation and Fluid Balance*
6. *Debate the Pros and Cons of Ergogenic Aids*
7. *Apply Principles Concerning Body Composition and Weight Control*
8. *Identify the Components of the Female Athlete Triad*

Eight discussions will take place during the term. You should post a **minimum of 3 posts per discussion thread**: one initial post answering the question and two response posts to your fellow classmates that further the discussion. Be sure to cite your references in APA format. Each post should be a **minimum of 150 words for initial posts and 75 for response posts**.

Grade Earned	Discussion Rubric: Evaluation Criteria	Points Awarded
A	<ul style="list-style-type: none"> Participates with the required number of on-topic postings of required length (75-150 words minimum). Initial response plus at least two additional posts. Consistently uses Standard American English with rare misspellings. Frequently attempts to motivate the group discussion by asking questions (related to initial discussion question) that further the discussion. Accurately cites accurate information in APA format Provides outside references (that support discussion material) as well as the book in APA format at the end of each post 	90-100% 9 - 10 points
B	<ul style="list-style-type: none"> Participates with the required number of on-topic postings of required length Postings reflect the reading and some outside source material but may not be accurately cited. Consistently uses Standard American English with rare misspellings Comments are logical and reflect critical thinking Provides outside references (that support discussion material) as well as the book in APA format at the end of each post 	80-89% 8 – 8.9 points
C	<ul style="list-style-type: none"> Participates with the required number of on-topic postings of required length Participates, but does not further the discussion by asking other questions related to discussion question. Minimal grammatical or spelling errors are noted in posts Opinions and ideas are stated clearly Provides references (that support discussion material) as well as the book at the end of most posts 	70-79% 7 – 7.9 points

D	<ul style="list-style-type: none"> • Participates with the required number of on-topic postings • Significant errors in spelling and/or grammar • Occasionally posts off topic • Posts do not meet length requirements • Provides references that support discussion material 	60-69% 6 – 6.9 points
F	<ul style="list-style-type: none"> • Does not meet the required number of posts • Poor spelling and grammar appear in most posts • Posts topics which do not relate to the discussion content • Postings may have inaccurate information • Did not provide references 	<60% 0 – 5.9 points

Assignment 2: Worksheets (5 assignments at 15 to 40 points each = 105 points)

Student Learning Outcomes #1, #2, #3, #4, #5, #6, #7, and #8

1. *Discuss Digestion, Absorption, and Assimilation of Nutrients*
2. *Utilize Sound Guidelines Relative to Both Exercise and Nutrition for Optimal Health and Physical Performance*
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Five worksheets will be administered including application of material learned. Worksheets are multiple choice and are scored based on the number of items answered correctly.

Assignment 3: Exams (2 Exams @ 200 points each)

Student Learning Outcomes #1, #2, #3, #4, #5, #6, #7, #8, and #9

1. *Discuss Digestion, Absorption, and Assimilation of Nutrients*
2. *Utilize Sound Guidelines Relative to Both Exercise and Nutrition for Optimal Health and Physical Performance*
3. *Describe Energy and Energy Pathways in the Body and Discuss Implications of the Basic Nutrients on Health and Physical Performance*
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9. *Analyze a Food Diary and Make Recommendations*

A **mid-term and final exam** will be administered throughout the semester, covering all information covered in home assignments, web discussions, and the book. Both of these tests are ESSAY tests. Supporting documentation should be provided with all answers. Students will have a week to take each test.

Grade Earned	Mid-Term and Final Exam Evaluation Criteria	Points Awarded
A	<ul style="list-style-type: none"> • Answers questions with detail, substance, and higher-order thinking. 	90-100%

	<ul style="list-style-type: none"> Provides references in APA format at the end of each question. Consistently uses Standard American English with rare misspellings. 	180 – 200 points
B	<ul style="list-style-type: none"> Answers questions with minimum detail, substance, and higher-order thinking. Provides references in APA format at the end of each question. Consistently uses Standard American English with rare misspellings. 	80-89% 160 – 179.9 points
C	<ul style="list-style-type: none"> Answers most questions with detail, substance, and higher-order thinking. Provides references at the end of each question. Consistently uses Standard American English with rare misspellings. 	70-79% 140 – 159.9 points
D	<ul style="list-style-type: none"> Answers some questions with detail, substance, and higher-order thinking. Provides references at the end of each question. Consistently uses Standard American English with rare misspellings. 	60-69% 120 – 139.9 points
F	<ul style="list-style-type: none"> Does not answer questions with detail, substance, and higher-order thinking. May or may not provide references in APA format at the end of each question. Consistently uses Standard American English with rare misspellings. 	<60% 0 – 119.9 points

Assignment 4: Research Paper (1 Paper 200 points)

Student Learning Outcomes #2 and #4

2. ***Utilize Sound Guidelines Relative to Both Exercise and Nutrition for Optimal Health and Physical Performance***
4. ***Assimilate and Discuss Optimal Nutrition for Sports and Exercise***

Students will submit **one research paper** covering a nutrition and performance topic approved by the instructor. Possible topics are as follows:

Supplements and Performance
 Vitamins and Performance
 Minerals and Performance
 Antioxidants and Performance
 The Role of Protein in Performance
 The Role of Fat in Performance
 The Role of Carbohydrates in Performance
 The Role of the Glycemic Index, Electrolytes, and Hydration on Performance
 Effects of Nutrition on Respiration and Cardiac Output during Exercise
 Effects of Anabolic Steroids on Short-Term Versus Long-Term Performance
 Effects of Caffeine, Alcohol, and Sodium Intake on Exercise Performance
 Effects of Nutrition and Exercise and on Body Composition and Sport Performance
 Effect of Eating Disorders on Exercise Performance

(This list is not all-inclusive. If you have other topics in which you are interested, please share them with the instructor. Please do some preliminary research on your topic to make sure that you can find enough information for this paper.)

Guidelines for this paper are as follows:

5-8 pages (actual writing not including the cover page, references, etc.) APA format – 12 pt, Times New Roman font, one-inch margins, double-spaced; all references in APA format; APA referencing throughout paper (I have provided a sample under the Doc Sharing icon in eCollege). At least 6 references (at least 4 of them current (2008 – 2013), professional, refereed journal articles)

NOTE: Each student should have a separate topic. (If you have a topic in mind, please let me know ASAP.)

WATCH OUT FOR PLAGIARISM!!! IF YOU USE A DIRECT QUOTE, IT MUST BE PUT INTO QUOTATIONS WITH THE REFERENCE IMMEDIATELY AFTER!!!

Grade Earned	Research Paper: Evaluation Criteria	Points Awarded
A	<ul style="list-style-type: none"> • Topic was approved by instructor. • Paper is a minimum of 5 pages in APA format (actual writing; excluding cover page, references, headings, tables, figures, etc.) • Quality of research paper is excellent. Topic covered thoroughly and substantively using the most updated research available. • Clearly, concisely written. Logical intuitive progression of ideas & supporting information. • Consistently uses Standard American English with rare misspellings. • Accurately cites information in APA format throughout paper using in-text citations. • Paper has no plagiarism. • Reference page is included with a minimum of 6 current, professional, refereed journal articles. 	90-100% 180 – 200 points
B	<ul style="list-style-type: none"> • Topic was approved by instructor. • Paper is a minimum of 5 pages in APA format (actual writing; excluding cover page, references, headings, tables, figures, etc.) • Quality of research paper is good. Topic covered somewhat thoroughly and substantively using updated research. • Clearly, concisely written. Logical intuitive progression of ideas & supporting information. • Consistently uses Standard American English with rare misspellings. • Accurately cites information in APA format throughout paper using in-text citations. • Paper has no plagiarism. • Reference page is included with a minimum of 6 current, professional, refereed journal articles. 	80-89% 160 – 179.9 points
C	<ul style="list-style-type: none"> • Topic was approved by instructor. • Paper is a minimum of 4 pages in APA format (actual writing; excluding cover page, references, headings, tables, figures, etc.) • Quality of research paper is acceptable. Topic covered using research. • Mostly clearly and concisely written. • Consistently uses Standard American English with rare misspellings. • Mostly accurately cites information in APA format throughout paper using in-text citations. • Paper has little or no plagiarism. • Reference page is included with a minimum of 4 current, professional, refereed journal articles. 	70-79% 140 – 159.9 points
D	<ul style="list-style-type: none"> • Paper is a minimum of 4 pages in APA format (actual writing; excluding cover page, references, headings, tables, figures, etc.) • Quality of research paper is poor. Topic not covered thoroughly and substantively. • Not clearly, concisely written. • Consistently uses Standard American English. • Attempts to cite information in APA format throughout paper using in-text citations. • Paper has little or no plagiarism. • Reference page is included with a minimum of 2 current, professional, refereed journal articles. 	60-69% 120 – 139.9 points
F	<ul style="list-style-type: none"> • Paper is not a minimum of 5 pages in APA format (actual writing; excluding cover page, references, headings, tables, figures, etc.) 	<60% 0 – 119.9

	<ul style="list-style-type: none"> • Quality of research paper is very poor. Topic not covered thoroughly and substantively. • Not clearly and concisely written. • Does not consistently use Standard American English. May have several misspellings. • Information not accurately cited in APA format throughout paper using in-text citations. • Paper may have plagiarism. • Reference page may or may not be included. 	points
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Assignment 5: Participation and Homework (All together = 215)

Student Learning Outcomes #1, #2, #3, #4, #5, #6, #7, #8, and #9

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Student will be responsible for various participation and homework activities throughout the term. Some of these activities include a Food Diary Analysis Assignment; Chapter Questions; and Quizzes.

Grading

Assignment 1: Discussions	80 points
Assignment 2: Worksheets	105 points
Assignment 3: Exams	400 points
Assignment 4: Research Paper	200 points
Assignment 5: Participation and Homework	215 points
TOTAL	1000 POINTS (100%)

Grade Scale:

900 - 1000 = A	600 - 699 = D
800 - 899 = B	0 - 599 = F
700 - 799 = C	

TECHNOLOGY REQUIREMENTS

The following information on technological requirements has been provided to assist you in preparing to use technology successfully in this course. You should have access to a computer with:

- Internet access/connection – high speed recommended (not dial-up)
- Microsoft Office (more specifically, MS Word and PowerPoint)

You also have access to a personal MyLeo account and a **MyLeo email address**. This is the email address that I will use to send you information regarding this course. Please check it regularly, and be sure to send me emails from this address, also.

ACCESS AND NAVIGATION

This course will be facilitated using eCollege, the Learning Management System used by Texas A&M University-Commerce. To get started with the course, go to: <https://leo.tamuc.edu/login.aspx>. You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamuc.edu.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement:

The best way to reach me is via email (Tara.Tietjen-Smith@tamuc.edu) as I check it frequently. I will reply within 24 hours to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

eCollege Student Technical Support

Texas A&M University-Commerce provides students technical support in the use of eCollege. The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on '*Live Support*' on the tool bar within your course to chat with an eCollege Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- **Email:** helpdesk@online.tamuc.org to initiate a support request with eCollege Technical Support Representative.
- **Help:** Click on the '*Help*' button on the toolbar for information regarding working with eCollege (i.e. How to submit to Dropbox, How to post to Discussions etc...)

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures:

Attendance:

Attendance is totally up to you. This is a 5-week summer course, and you can work at your own pace. The only major due dates are that all other coursework **MUST** be completed by the last day of class. **NO LATE ASSIGNMENTS WILL BE ACCEPTED.**

Academic Honesty Policy

Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**

University Specific Procedures:

ADA Statement

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 have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148

StudentDisabilityServices@tamu-commerce.edu
[Student Disability Resources & Services](#)

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).