HHPH 531 Nutrition & Optimal Performance
Summer I 2015
Section 01W; 3 semester hours

Sarah M. Mitchell, MS, ATC, LAT
Instructor / Director of Athletic Training Education
Office: Field House 210
Phone: (903) 886-5543
Email: Sarah.Mitchell@tamuc.edu
Office Hours: By appointment by phone or face-to-face

Required Text
Bernadot, D. (2012). Advanced Sports Nutrition (2nd ed). Human Kinetics

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.

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

Course Evaluation
Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course: 850/1000 = 85% "B"). Grades will be assigned based upon the percentages below.

Discussions/Class Participation: 80 pts	Grading Scale:
Assignments: 220 pts	A = 90-100%
Research Paper: 200 pts	B = 80-89%
Exams: 2 @ 200 pts each	C = 70-79%
Total Points = 900	D = 60-69%
	F = 0-59

Students are expected to earn points toward their final grade during the course of the semester with the assignments and exams that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Student assignments will be graded in a timely manner, typically within one week of the assignment due date. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

Discussions/Class Participation

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.

Assignments

Student will be responsible for various assignments throughout the term. Some of these activities include a Food Diary/Dietary Analysis Assignment; Chapter Worksheets; and Quizzes. These assignments will focus on the application of material learned. Worksheets and quizzes are multiple choice and are scored based on the number of items answered correctly.

Research Paper

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

1. Supplements and Performance
2. Vitamins and Performance
3. Minerals and Performance
4. Antioxidants and Performance
5. The Role of Protein in Performance
6. The Role of Fat in Performance
7. The Role of Carbohydrates in Performance
8. The Role of the Glycemic Index, Electrolytes, and Hydration on Performance
9. Effects of Nutrition on Respiration and Cardiac Output during Exercise
10. Effects of Anabolic Steroids on Short-Term Versus Long-Term Performance
11. Effects of Caffeine, Alcohol, and Sodium Intake on Exercise Performance
12. Effects of Nutrition and Exercise and on Body Composition and Sport Performance
13. 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. **NOTE**: Each student should have a separate topic. If you have a topic in mind, please let me know ASAP.

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 from professional, refereed journal articles)

Exams

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

Attendance & Deadlines

This is an online course and you can work at your own pace. All assignments have deadlines which must be met; however, you can submit any assignment at any time before the deadline. It is the student's responsibility to be aware of assignment due dates as the dates are included on the course

schedule in the syllabus, and posted on eCollege. Technical and/or computer problems associated with eCollege are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED.**

Interaction with Instructor Statement:

The best way to reach me is via email (Sarah.Mitchell@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

It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works. 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…)

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

Academic Dishonesty/Plagiarism

It is the philosophy of Texas A&M - Commerce that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. Plagiarism is copying another's work as your own without proper acknowledgment. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who has knowledge of it. . "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. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

Student Behavior

All students enrolled at the University shall follow the tenets of common behavior statement: "All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See current Student Guidebook) Please be respectful of the instructor's and other students' opinions and viewpoints in all course communications and assignments.

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Americans with Disabilities Act (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, Gee Library Rm 132; Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148; StudentDisabilityServices@tamuc.edu

Note: This syllabus is tentative and may be changed as the course dictates. Any changes will be posted on eCollege and sent via email to all enrolled students.

HHPH 531 Tentative Course Schedule

Week	Dates	Topics	Assignments	Due Date
1	June 8-14	Intro to Nutrition & Macronutrients Fluids & Ergogenic Aids; Digestion & Absorption; Timing of intake *Chapters 1-6	Discussion #1 & #2 Worksheet #1 & #2 Quiz	June 14 at 11:59p
2	June 15-21	Efficient Delivery of Oxygen; Nutrient Utilization *Chapters 5-8	Discussion #3 & #4 Worksheet #3	June 21 at 11:59p
		Midterm Exam - Chapters 1-8		June 24 at 11:59p
3	June 22-28	Factors Affecting Nutritional Needs; Injury Prevention & Nutrition *Chapters 9-12	Discussion #5 & #6 Worksheet #4 Quiz	June 28 at 11:59p
4	June 29 - July 5	Nutritional Strategies for Specific Energy Systems *Chapters 13-15	Discussion #7 & #8 Worksheet #5 Dietary Analysis	July 5 at 11:59p
5	July 6-10	Final Exam - Chapters 7-15	Research Paper	July 8 at 11:59p