



## **HHPH 330, 01E, SPORTS NUTRITION**

TR 11-12:15PM NHS 160B  
COURSE SYLLABUS: SPRING 2024

### **INSTRUCTOR INFORMATION**

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD  
Office Location: NHS 134  
Office Hours: Monday & Wednesday 10-11AM; Tuesday & Thursday 12:30-2PM  
Office Phone: 940.886.5549  
Office Fax:  
University Email Address: [Kaylie.Campbell@tamuc.edu](mailto:Kaylie.Campbell@tamuc.edu)  
Preferred Form of Communication: **EMAIL**  
Communication Response Time: 24-48 Hours

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Juekendrup, A and Gleeson, M. (2019). Sport Nutrition 3rd Edition. Human Kinetics (ISBN-13 9781492529033)

#### **Course Description**

This course presents the scientific basis for sports nutrition emphasizing the energy needs of activity and effect of dietary intake on performance. Special dietary requirements of specific sports and athletic activities will be taught. Topics will also include dietary ergogenic aids, nutritional supplements, weight control, dietary fads and myths, interaction of alcohol, caffeine and tobacco on an athlete's nutrition status. The class will also stress information for competitive athletes and people of all ages wishing to incorporate nutrition into a physically active lifestyle.

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

1. Gain knowledge in general metabolic principles, primarily fuel sources for the working muscle during exercise.

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2. Develop knowledge of the macronutrient principles of sports nutrition for different types of athletes based on their goals, specifically related to energy and recovery.
3. Be knowledgeable of hydration guidelines for safety and performance and know how to evaluate and monitor hydration status.
4. Be familiar with the micronutrient needs of athletes and which bioactive food components (antioxidants, polyphenols) are beneficial.
5. Be able to evaluate dietary supplements for effectiveness and safety.
6. Be familiar with the nutritional impact on the brain, bone, connective tissue and immune function as it applies to athletes.
7. Understand the role of nutrition in recovery from injury.
8. Be knowledgeable of the techniques to safely and effectively monitor and alter weight and body composition.
9. Be able to assess an athlete's current intake and develop a sport nutrition plan based on type of sport and goals.
10. Be able to translate sports nutrition research into practical applications for athletes, and be able to effectively communicate verbally, in written form, and using digital platforms.
11. Be knowledgeable about special topics in the field of sports nutrition and discuss controversial topic.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

### **Instructional Methods**

We will review nutritional topics and the role of nutrition in health and human performance. Activities include discussions of timely topics, application of knowledge through chapter tests, and two major assignments.

### **Student Responsibilities or Tips for Success in the Course**

This is a college level course requiring students to be disciplined, self-motivated, and good managers of their time. This 3-hour credit course and **can require up to nine hours of commitment each week**. Time will be spent reading course materials, responding to discussions and completing assignments.

Please see syllabus for due dates on all assignments. **NO LATE ASSIGNMENTS WILL BE ACCEPTED (Unless a university approved excuse is provided)**. Highly recommended that students do not wait until the last minute to complete assignments, discussion boards or exams. Communication is important! If you have questions, concerns, are struggling with understanding material, will be missing class, etc. please notify the instructor.

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## GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.

Example:

|                             |            |
|-----------------------------|------------|
| Participation               | 10%        |
| Course Activities & Quizzes | 30%        |
| Research Presentation       | 20%        |
| <u>Exams</u>                | <u>40%</u> |
| TOTAL                       | 100%       |

## Assessments

### Participation (10%)

Students will be required to participate in lecture and all section meetings. There will be a midterm evaluation available to you based on your participation. This will be based off of attendance and contribution to discussion and activities.

\*If students are unable to attend class due to a university excused absence (athletics, documented illness, death in the family, etc.) it will not be counted against participation. If the instructor feels as though you are not participating, or are distracting or disrespecting the instructor or other students in any way, you may be counted absent and/or asked to leave and counted absent.

### Course Activities & Quizzes (30%)

#### Course Activities

Throughout the semester we will complete in-class activities and "labs". Students will submit their completed activity sheets for credit.

#### Syllabus Quiz

Students will view the orientation video and review the course syllabus the first day of class then complete the syllabus quiz acknowledging they have reviewed the requirements and expectations for the course.

#### In-Class Quizzes

Quizzes are given to help students determine areas of progress or sections requiring more study. These quizzes will help students prepare for exams, encourage time spent in the textbook, and contribute towards class participation. There will be one quiz administered per

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chapter and will be completed in-person during class meetings.

### **Research Paper & Project (2 Parts = 20%)**

The first week of the course you will be divided into groups. Each group will research and analyze a current sport nutrition related issue that interests them. Besides learning about the topic selected, the group project will serve as an opportunity to gain experience working together in a team. It is important that students build on and grow the skills necessary to effectively communicate and work in teams. The project will be split into two parts:

Part 1: Research Paper

Part 2: Research Presentation

The research paper will serve as the information needed to complete part two of the project. Additional project guidelines are provided on D2L.

### **Exams (4 Exams = 40%)**

Four exams will be administered covering all material presented in the assigned chapter readings, quizzes, class discussions, and the book. The purpose of the exams is to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing about a variety of nutritional topics, and issues related to them.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

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**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

### Interaction with Instructor Statement

Students can expect a response to email messages and/or phone calls within 24 hours from the time that your communication was sent. All assignments will be graded and grades posted in a timely manner. Office hours are posted in office (NHS 134) window.

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### Course Specific Procedures/Policies

**Electronic Devices & Acceptable Use Policy:** Research indicates student performance is significantly (negatively) correlated with cell phone use. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the professor. It is also considered extremely disrespectful and unprofessional in a classroom or work setting. **Cell phones should be silenced and put away upon entry into the classroom.** (This means out of reach, like in your backpack or off your desk; NOT in your lap, pocket, purse, or other place where you try to hide its' use.) **Excessive texting in the classroom will NOT be tolerated.**

**Religious observations:** Any student in this course who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor at the **beginning** of the semester to discuss alternative accommodations.

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## **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **University Specific Procedures**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedures 13.99.99.R0.01](#)

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

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Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, **students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way.** This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

### **Students with Disabilities-- 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

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

Texas A&M University-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.

### **Campus Concealed Carry Statement**

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Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

## **Department or Accrediting Agency Required Content**

### **COURSE OUTLINE / CALENDAR**

Course calendar provided via D2L and is subject to change. Updates to course calendar will be posted and announced via D2L

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| Exam | Week    | Date   | Topic   | Assignment                       | Due Date          |  |
|------|---------|--|---|----------------------------------|-------------------|--|
| 1    | 1       | 1/11   | Course Orientation  | <b>Syllabus Quiz</b>             |                   |  |
|      | 2       | 1/16   | Ch. 1 Nutrients and Recommended Intakes   |                                  |                   |  |
|      |         | 1/18   | Ch. 2 Healthy Eating  |                                  |                   |  |
| 3    | 3       | 1/23   | Ch. 3 Fuel Sources for Muscle and Exercise  | <b>Ch. 3 Quiz</b>                |                   |  |
|      |         | 1/25   | Metabolism  |                                  |                   |  |
| 2    | 4       | 1/30   | Ch. 4 Energy  | <b>Ch. 4 Quiz</b>                |                   |  |
|      |         | 2/1  |   |                                  |                   |  |
|      | 5       | 2/6  | <b>Exam 1 (Ch. 1- 4)</b>  | <b>Ch. 5 Quiz</b>                |                   |  |
|      |         | 2/8  | Ch. 5 Gastric Emptying, Digestion, and Absorption   |                                  |                   |  |
|      | 6       | 6  | 2/13  | Ch. 6 Carbohydrate               | <b>Ch. 6 Quiz</b> |  |
|      |         |  | 2/15  |                                  |                   |  |
| 7    | 7       | 2/20   | Ch. 7 Fats  | <b>Ch. 7 Quiz</b>                |                   |  |
|      |         | 2/22   |   |                                  |                   |  |
| 3    | 8       | 2/27   | Ch. 8 Protein and Amino Acids   | <b>Ch. 8 Quiz</b>                |                   |  |
|      |         | 2/29   |   |                                  |                   |  |
|      | 9       | 3/5  | <b>Exam 2 (Ch. 6-8)</b>   |                                  |                   |  |
|      |         | 3/7  |   |                                  |                   |  |
|      | 10      | <b>3/11-3/15<br/>SPRING BREAK</b>  |   |                                  |                   |  |
| 11   | 3/19    | Ch. 9 Water Requirements and Fluid Balance<br>Ch. 10 Vitamins and Minerals | <b>Ch. 9 &amp; 10 Quiz</b>  |                                  |                   |  |
|      | 3/21    |  |   |                                  |                   |  |
| 12   | 3/26    | Ch. 11 Nutrition Supplements   | <b>Research Paper<br/>Ch. 11 Quiz</b>   |                                  |                   |  |
|      | 3/28    |  |   |                                  |                   |  |
| 4    | 13      | 4/2  | Ch. 12 Nutrition and Training Adaptations<br>Ch. 13 Nutrition and Immune Function in Athletes | <b>Ch. 12 &amp; 13 Quiz</b>      |                   |  |
|      |         | 4/4  |   |                                  |                   |  |
|      | 14      | 4/9  | <b>Exam 3 (Ch. 9-13)</b>  | <b>Ch. 14 Quiz</b>               |                   |  |
|      |         | 4/11   | Ch. 14 Body Composition   |                                  |                   |  |
|      | 15      | 4/16   | Ch. 14 Continued  | <b>Research<br/>Presentation</b> |                   |  |
|      |         | 4/18   | Ch. 16 Eating-Disorders in Athletes   |                                  |                   |  |
| 16   | 4/23    | Research Presentations   |   |                                  |                   |  |
|      | 4/25    |  |   |                                  |                   |  |
| 17   | 4/30    | Final Exam Review  |   |                                  |                   |  |
|      | 5/1-5/3 | <b>Study Period</b>  |   |                                  |                   |  |
| 18   | 5/7     | <b>Final Exam (Ch.14-16) 10:30-12:30PM</b>                                 |   |                                  |                   |  |

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