



Course Syllabus: **Advanced Sports Nutrition**
EXPH 4203-201

Spring 2023, MWF 8-8:50 am (CO 111)
Department of Athletic Training & Exercise Physiology

Contact Information

Instructor: Michael Olson, Ph.D.

Office: Ligon Hall Room 215

Office phone: (940) 397-4053

E-mail: michael.olson@msutexas.edu

Office hours: MW 11 am-12 pm/TTH 9 am-11 am

Graduate Assistant:

Ross Dalton

Course Description

This course offers an advanced overview of the roles nutrient selection, metabolism, and timing play in supporting and improving human physical performance by Problem-Based Learning, which is a curriculum development and instructional system that simultaneously develops both problem solving strategies and disciplinary knowledge bases and skills by placing students in the active role of problem solvers confronted with an ill-structured problem that mirrors real-world problems (Finkle & Torp, 1995).

Course Objectives

At the end of this course the student will be able to:

- Apply knowledge of exercise bioenergetics to performance training programs.
- Conduct an energy and nutrient intake analysis on a healthy adult engaging in athletic endeavors.
- Explain the major functions of individual macronutrients and micronutrients in the maintenance of homeostasis.
- Analyze the scientific literature related to the effectiveness of various dietary strategies that have been used for weight loss or weight gain.
- Provide a rationale for a nutrition intervention strategy to be used before, during, and after a bout of either aerobic or anaerobic training.
- Select any safe and effective supplemental nutritional ergogenic aids that may enhance the physical performance of a given individual based on current scientific evidence.
- Create a sample nutrition periodization program for either an aerobic or anaerobic athlete.

- Discuss the special nutritional needs of master's athletes and identify nutrients that support the recovery from athletic injuries or illnesses.
- Recommend nutritional strategies to apply adult year for healthy life.

Suggested Textbook

Required digital materials for this course are part of the Courseware Access and Affordability Program at MSU Texas. Your materials will be available the first day of class, for all students in your class. To access your materials, please log into D2L and navigate to your course. The charges for this material have been posted to your student account at the Business Office. If you want to "opt out" of this program and the cost savings, you will receive the "opt out" instructions in your my.msutexas.edu email on the second day of class. The cost of your materials charged to your acct. is: COSM Electronic Courseware \$72.80 (Tax \$6.01) Comparable pricing at bookstore: \$280.00. Publisher's website: \$91.00. If you have any questions or need assistance, please feel free to contact us over at the MSU Bookstore (940) 397-4303.

1. Connect Online Access for Wardlaw's Perspectives in Nutrition: A Functional Approach (EBook). Author: Carol Byrd-Bredbenner, Jacqueline Berning, and Danita Kelley. Publisher: McGraw-Hill, Edition: 3rd. ISBN10: 126079122X, ISBN13: 9781260791228

***Any assistance for the online access:

Customer Experience Group at 800-331-5094 or

https://mhedu.force.com/CXG/s/StudentResources?dc=Student_Resources

Study Hours and Tutoring Assistance

The study hall sessions will be offered by GAs if necessary. *** Tutoring is available at Moffett Library. Contact Dr. Phillis Bunch (phillis.buch@msutexas.edu) for any questions you have regarding tutoring.

Student Handbook 2021-22

Refer to: msutexas.edu > student-life > _assets > files > handbook

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

Assignments & Grading

Course Grade - Grades will be based on your performance in the following areas:

Table 1: Percentages allocated to each assignment. **All assignments due by 6 pm (Group Projects) or 11:59 pm (Assessments and SmartBook) on the dates listed.**

Assignment/Element	Due Date	Points (%)
Chapter SmartBook (Reading)	Fridays	15 Ch*1% = 15
Chapter Assignment (Test)	Fridays	15 Ch*2% = 30
Group Project Written Proposal	Friday, February 3	14
Group Project Proposal Presentation	Week 4: Feb 8 or 10	4
Group Project Results Presentation	Week 15-16	4
Final Project Written Paper	Wednesday, April 19	20
Class Engagement		13
Total		100

Table 2: Total percentages for final grade.

Grade	%
A	90-100
B	80-89
C	70-79
D	60-69
F	< 60

- Group Project Written Proposal: Project proposal will be included a project title, introduction, and methods. Format and style guideline will be announced in week 2.

- Group Project Proposal Presentation: Project proposal will be included a project title, introduction, and methods by power point slides. The methods will provide a detailed account of how the team plans to accomplish the project goal(s) and clarifies team members' roles, responsibilities, and resources. Format and style guideline will be announced in week 2 and 3. The ppts MUST be uploaded on D2L at least one day before the presentation date.

- Group Project Results Presentation: Format and style guideline will be announced in week 12. The ppts MUST be uploaded on D2L at least one day before the presentation date.

- Final Project Written Paper: Format and style guideline will be announced in week 12

*APA (7th ed.) format is required for all (MS Word) assignments.

Extra Credit

There will be several impromptu activities related to our class or department throughout the semester. If you participate in those activities, you will receive extra credits (within 3 % points) to the student's semester total from **participating of research projects, conference, or/and thesis presentation, etc.**

Late Work

No Late Work will be accepted.

Make-Up Work

No make-up work/assignment will be given for any personal reasons, except under medical/ family emergency situations/ authorized participation in official school functions.

Attendance

Attendance at class is **compulsory** not optional. Any student whose absence was caused by (1) personal illness (must bring a receipt or note from a doctor), (2) death in the immediate family, or (3) authorized participation in official school functions will be given an opportunity to rectify in a manner acceptable to the professor, any deficiencies which may have resulted from such absence. The professor has the prerogative of determining whether or not a student may rectify deficiencies occasioned by absences for other reasons.

Expectations

Classroom Ground Rules:

1. Complete pre-class assignments and readings.
2. Begin and adjourn on time.
3. Take responsibility for the quality of the classroom experience.
4. Maintain active engagement without technological distractions.
5. Build on one another's comments; seek to understand others' perspectives.
6. Share the floor—provide time and show respect for others to voice their questions and share their opinions, both within groups and in the classroom.
7. Respectfully provide and receive specific, solution-oriented feedback.

Use of Electronic Devices

-Turn off your cell phones. If you are unable to for legitimate reasons, set them on vibration mode before the class starts. Failure to do so the first time will lead to dismissal from the class and an absence. Each additional offense will lead to the **loss of 3% points** from the student's semester overall total grades. Put away your cell phones in your bag or pocket before the start of class to avoid penalties.

- You may bring your tablet PC or laptop to have your classroom materials.

Classroom Communication

- Students are responsible for **checking announcements and course postings on D2L**. This is how your course instructor will communicate with you. All course grades will be posted on D2L. Any discrepancies should be pointed out to the instructor as soon as possible, and before the last day of class.
- Required readings are assigned to enhance student learning and the quality of in-class discussions and will be posted on D2L.

Recommended Readings

- When applicable, supplemental readings are posted within class session on D2L.

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to <http://www.mwsu.edu/student-life/disability>.

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Tentative Course Schedule:

This may very well change: [Chapter SmartBook due by Friday 11:59 pm](#);
[Chapter Assessment due by Friday 11:59 pm](#)

Wk	Date	Lecture	Assignment(s)
1	1/18	Course overview	
	1/20	Topic & Team Infrastructure	
2	1/23	Clarifying the Big Picture of Topic	Topic Statement Ch1 SmartBook
	1/25	Ch1. Why you Eat What You Do	
	1/27	Group Project Guideline	Ch2 SmartBook Ch1 Assessment
3	1/30	Ch2. Are You Putting the Dietary Guidelines into Practice?	
	2/1	Ch2. Are You Putting the Dietary Guidelines into Practice	

	2/3	Group Project Meeting	Group Project Written Proposal Ch4 SmartBook Ch2 Assessment
4	2/6	Ch4. How does microbiome affect obesity?	
	2/8	Group Project Proposal Presentation 1	
	2/10	Group Project Proposal Presentation 2	Ch5 SmartBook Ch4 Assessment
5	2/13	Ch5. Are carbohydrate really that bad for you or not?	
	2/15	Group Project Meeting	
	2/17	Pre-test	Ch6 SmartBook Ch5 Assessment
6	2/20	Ch6. Is High fat diet good for obesity? * First day of a 4-week intervention	
	2/22	Ch6. Is High fat diet good for obesity?	
	2/24	Ch6. Is High fat diet good for obesity? Group Project Meeting	TACSM 2023 (2/23-24) Ch7 SmartBook Ch6 Assessment
7	2/27	Ch7. Functions of Protein/ Protein and the Vegan	
	3/1	Ch7. Functions of Protein/ Protein and the Vegan	
	3/3	Group Project Meeting	Ch8 & 9 SmartBook Ch7 Assessment
8	3/6	Ch8. Do You Know Why These Are Alcohol Myths?	
	3/8	Ch9. Intermittent Fasting and Metabolism	
	3/10	Ch9. Intermittent Fasting and Metabolism Group Project Meeting	Ch10 SmartBook Ch8 & 9 Assessment
9	3/13 - 3/17	Spring Break – No Class	
10	3/20	Ch9. Intermittent Fasting and Metabolism	
	3/22	Group Project Meeting	Ch10 Assessment
	3/24	Post-test * Last day of a 4-week intervention	Ch11 & 12 SmartBook
11	3/27	Ch10. Fad Diets/ Eating Disorders	
	3/29	Ch11. Dietary Advice for Athletes	

	3/31	Ch12. Micronutrients and Covid 19	Ch13 & 14 SmartBook Ch11 & 12 Assessment
12	4/3	Ch13. Micronutrients and Cancer Drug Methotrexate	
	4/5	Ch14. How much water I need to drink?	
	4/7	Easter Break – No Class	Ch15 SmartBook Ch13 & 14 Assessment
13	4/10	Ch14. How much water I need to drink? Group Project Meeting	
	4/12	Ch15. How I can prevent Osteoporosis?	
	4/14	Ch15. How I can prevent Osteoporosis?	Ch18 SmartBook Ch15 Assessment
14	4/17	Group Project Meeting	
	4/19	Ch18. Stop the Clock! Are You Aging Healthfully?	Final Project Written Paper
	4/21	Ch18. Stop the Clock! Are You Aging Healthfully?	Ch18 Assessment
15	4/24	Group Project Meeting	
	4/26	Group Result Presentation1	
	4/28	Group Result Presentation2	
16	5/1	Group Result Presentation3	
	5/3	Group Result Presentation4	
	5/5	Evaluation	