



Course Syllabus:

**Fall 2020 EXPH 2333-X10 Intro Sports Nutrition**  
**Department of Athletic Training & Exercise Physiology**

**Contact Information**

Instructor: Soon-Mi Choi, Ph.D.

Office: Ligon Hall Room 208

Office phone: (940) 397-4956

E-mail: soonmi.choi@msutexas.edu

Office hours: MTWF 10 am-11:30 am/ MWF 1:30 pm-3 pm

\*\*This is by appointment or arranged ahead of time. Please e-mail me to arrange a meeting either "in-person" or "virtually" regarding a question or concern. All emails need to be written in an appropriate format. Please use professional language (exclude "lol", "obvi", or "l8r").

**Course Objectives**

- This course covers topics in sports nutrition and exercise science. Students gain an in-depth understanding of the roles of carbohydrate, protein, and fat in the diets of very active people and learn what foods, fluids, and supplements support optimal training, performance, and recovery. Students also learn how to calculate energy needs, evaluate body composition, and tackle difficult weight and eating disorder issues. A review of the nutritional needs of athletes in endurance, strength, weight-class, and aesthetic sports also is included.
- By the end of this course, a successful learner should be able to: 1. Describe the role of carbohydrates, protein, fat, fluids, and supplements to support optimal training, performance, and recovery. 2. Use sports guidelines to assess energy needs and evaluate body composition. 3. Apply aspects of sports nutrition, including behavior change through consultations and weight management.

**Textbook**

1. Practical Applications in Sport Nutrition

Author: Fink and Mikesky, Publisher: Jones & Bartlett Learning, Edition: 6th

ISBN: 978-1-284-18134-0

**Student Handbook**

Refer to: [Student Handbook 2019-20](#)

## 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Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given).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.

**\*\*\*Plagiarism of any authors (even fellow classmates) work will not be tolerated.**

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS. Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. FURTHERMORE THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERISTY COMMITTEE FOR THE APPROPRIATE DISCIPLINARY ACTION

## Grading

Course Grade - Grades will be based on your performance in the following areas:  
Table 1: Percentages allocated to each item.

Assignments	Details	Percentages (%)
#1. Introduction	1*1%	1
#2. Chapter Workbook	11*3%	33
#3 & #4. Mini Food/Exercise Tracker Paper	2*5%	10
#5. Topic Paper	1*6%	6
Exam 1 & 2	2*15%	50
Exam 3	1*20%	
Total		100

Table 2: Total percentages for final grade.

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

Table 3: Important dates

<b>Assignments</b>	<b>Date Due</b>
#1	Friday, August 28 <sup>th</sup> by 11 pm
#2	Every Thursday by 11 pm (except the week 11, 14, & 15)
#3	Friday, September 25 <sup>th</sup> by 11 pm
#4	Friday, November 13 <sup>st</sup> by 11 pm
#5	Wednesday, December 2 <sup>nd</sup> by 11 pm
<b>Exams</b>	<b>Dates</b>
#1	OPENS: September 29 <sup>th</sup> @ 6 am CLOSSES: September 29 <sup>th</sup> @ 11 pm
#2	OPENS: November 3 <sup>rd</sup> @ 6 am CLOSSES: November 3 <sup>rd</sup> @ 11 pm
#3	OPENS: December 4 <sup>th</sup> @ 6 am CLOSSES: December 5 <sup>th</sup> @ 11 pm

### **Assignments**

All assignments/exams are DUE on the scheduled date **by 11 pm.** Be responsible. Late work will NOT be accepted. If there are changes in assignment due dates, I will communicate that. **However, check D2L daily** There are **FIVE** assignments that will be due throughout the semester. Read through each assignment before starting, there is an assignment that will run all semester. All assignments are to be submitted through the D2L: Assessments-> Assignments-> DropBox.

#### **Written Assignment #1: Introduction (1%)**

Submit the following information:

Your full name

Name you want to be called

Major at MSU

Why the Nutrition is important in Sports/Physical Activity

What you hope to get out of this class

Anything you need me to know about you

#### **Written Assignment #2: Chapter Workbook (Each 3%)**

You will find questions and a crossword puzzle in each chapter through a "workbook" in your textbook (from page 489). You will see the assigned questions on D2L-> DropBox, and you MUST submit the answers to D2L -> DropBox by each DUE. **If you complete a crossword puzzle activity above 80% in each chapter, 1-3 bonus points will be added to scheduled exams:** Ch1-4 for the 1<sup>st</sup> exam, Ch5-9 for the 2<sup>nd</sup> exam, and Ch10-11 for the 3<sup>rd</sup> exam.

**Written Assignment #3: Mini Food/Exercise Tracker Paper (1<sup>st</sup> trial) =5%, (5 Pages minimum) \*\*\***

For this assignment uses the following smart phone app: "MYFITNESSPAL". You will need to download an app. It will allow you to track your eating and exercise habits throughout the day. You need to track for five days (**Week 4: 9/14-9/20**).

**IMPORTANT: If you already have other food tracker apps, you may use it but you must identify it in your paper.**

Write a paper that includes the following:

1<sup>st</sup> section: what you anticipated your eating/exercise habits to be

2<sup>nd</sup> section: what were the results for the 1<sup>st</sup> trial (5 days, MUST explain Macronutrients/Micronutrients/Water), the results may be shown by tables.

3<sup>rd</sup> section: analyzing your result of the 1<sup>st</sup> week-what you are going to change for the coming week.

\*Exercise habits: exercise mode, intensity, frequency, and duration MUST be explained.

**Written Assignment #4: Mini Food/Exercise Tracker Paper (2<sup>nd</sup> trial) = 5%, (6 Pages minimum) \*\*\***

For this assignment uses the following smart phone app:

"MYFITNESSPAL". You will need to download an app. It will allow you to track your eating and exercise habits throughout the day. You need to track for five days (**Week 12: 11/2-11/8**).

**IMPORTANT: If you already have other food tracker apps, you may use it but you must identify it in your paper.**

Write a paper that includes the following:

1<sup>st</sup> section: what you anticipated your eating/exercise habits to be (since you are done of the 1<sup>st</sup> trial)

2<sup>nd</sup> section: what were the results for the 2<sup>nd</sup> trial (5 days, MUST explain Macronutrients/Micronutrients/Water), the results may be shown by tables.

3<sup>rd</sup> section: analyzing your results between the 1<sup>st</sup> and the 2<sup>nd</sup> - trial assignments-what you change/improve or maintain your eating/exercise habits.

\*Exercise habits: exercise mode, intensity, frequency, and duration MUST be explained.

**Written Assignment #5: Topic Paper (6%, 85 points for paper + 15 points for FIVE references besides textbook, 3 Pages minimum) \*\*\***

Use your textbook (ONE) and a minimum of **FIVE** other resources to develop this topic. Your paper is to discuss and research how Carbohydrate and Fat would affect to human body. Your paper should cover the following:

a. Carbohydrate is real enemy for the healthy human being? (Yes or No, then address the reason(s) based on references)

- b. Do we have to eat Carbohydrate or not? (Yes or No, then address the reason(s) based on references)
- c. Fat would be better option for healthy diet? (Yes or No, then address the reason(s) based on references)

Let's write own your ideas what you think with many occasions. References MUST be cited in the text of the paper AND also must be listed in order at the end of your paper.

### **Written Paper/Reports Requirements**

You must use 12-point Times New Roman or Arial font in a Microsoft Word document (no PDF). ALL margins are to be 1-inch, do NOT change the margins or you will receive a 0. DOUBLE SPACE your paper. AMA, APA and MLA are acceptable formats for your paper. All assignments MUST be submitted in D2L (Assessments->Assignments-> DropBox).

### **Exams**

There are **THREE** timed exams (50%) for this course. All exams will be given on-line through the D2L system: Assessments -> Tests. Each exam is open for a limited amount of time; exams open on the dates listed at 6 AM and close at 11 PM. The purpose of each exam is to test your knowledge of the information for the topics covered. The format of the test will be multiple choice questions and few short answers questions. Instructions for each exam will be given prior to the start of the exam. **Missing an exam will result in a score of zero, with no make ups.**

### **Late Work**

Assignments/exams are DUE on the posted or announced date by the end of the day at 11 pm. For example, If the first assignment is due on October 7<sup>th</sup>, the assignments must be in my D2L DropBox before **11 PM** of the due date. **Late assignments/exams will not be accepted.**

Missed exams and assignments can only be made up if the absence was excused and the student has proper documentation (Medical, Family emergencies, Bereavement- submit documentation to Dean of Students office. If they excuse your absence, their office will send me an email & you make up the work).

All assignments, exams must be completed within one week of the original due date.

### **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>

### Tentative Course Schedule:

Table 4. Course Schedule

<b>Week</b>	<b>Chapter Readings</b>	<b>Assignment/Discussion/Exam Due Dates</b>
1: 8/24-	Ch1. Introduction to Sports Nutrition	Assignment #1 Due: 8/28 by 11 pm Assignment #2: Ch1 Workbook Due: 8/27 by 11 pm
2: 8/31-	Ch2. Nutrients: Ingestion to Energy Metabolism	Assignment #2: Ch2 Workbook Due: 9/3 by 11 pm
3: 9/7-	Ch3. Carbohydrates	Assignment #2: Ch3 Workbook Due: 9/10 by 11 pm
4: 9/14-	Ch3. Carbohydrates Ch4. Fats	Assignment #2: Ch4 Workbook Due: 9/17 by 11 pm
5: 9/21-	Ch4. Fats	Assignment #2: Ch4 Workbook Due: 9/24 by 11 pm Assignment #3 Due: 9/25 by 11 pm
6: 9/28-	Ch5. Proteins	<b>Exam #1 Ch1-4 on Tuesday, 9/29</b> Assignment #2: Ch5 Workbook Due: 10/1 by 11 pm
7: 10/5-	Ch6. Vitamins	Assignment #2: Ch6 Workbook Due: 10/8 by 11 pm
8: 10/12-	Ch7. Minerals	Assignment #2: Ch7 Workbook Due: 10/15 by 11 pm
9: 10/19-	Ch8. Water	Assignment #2: Ch8 Workbook Due: 10/22 by 11 pm
10: 10/26-	Ch9. Nutritional Ergogenics	Assignment #2: Ch9 Workbook Due: 10/29 by 11 pm
11: 11/2-	Ch10. Nutrition Consultation with Athletes	<b>Exam #2 Ch5-9 on Tuesday, 11/3</b>
12: 11/9-	Ch10. Nutrition Consultation with Athletes	Assignment #2: Ch10 Workbook Due: 11/12 by 11 pm Assignment #4 Due: 11/13 by 11 pm
13: 11/16-	Ch11. Weight Management	Assignment #2: Ch11 Workbook Due: 11/19 by 11 pm
14: 11/23-	<b>Thanksgiving Holidays</b>	<b>No Classes 11/25-27</b>
15: 11/30	Ch11. Weight Management	Assignment #5 Due: 12/2 by 11 pm <b>Exam #3 Ch1-11 on Friday, 12/4 – Saturday 12/5</b>