



Course Syllabus:

Summer II 2020 (July 6-August 6)
EXPH 2333-X40 Intro Sports Nutrition
Department of Athletic Training & Exercise Physiology

Contact Information

Instructor: Soon-Mi Choi, Ph.D.

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Office hours: I will communicate with students via D2L mailbox or soonmi.choi@msutexas.edu. My preferred mode of communication is email. All emails need to be written in an appropriate format. Please use professional language (exclude "lol", "obvi", or "l8r").

Course Description & 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.

Required 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Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given).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*4%	44
#3 & #4. Mini Food/Exercise Tracker Paper	2*5%	10
#5. Topic Paper	1*5%	5
Exams	2*20 %	40
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

Assignments	Date Due
#1	July 7 th by 11 pm
#2	Every Wednesday and Friday by 11 pm EXCEPT the week 5 (Week 5: Tuesday and Thursday by 11 pm) in assigned chapters
#3	July 17 th by 11 pm
#4	July 31 st by 11 pm
#5	August 4 th by 11 pm
Exams	Dates
#1	OPENS: July 20 th @ 6 am CLOSSES: July 20 th @ 11 pm
#2	OPENS: August 6 th @ 6 am CLOSSES: August 6 th @ 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 4%)

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. There will be an extra credit question(s), and the credit(s) will be added to scheduled exams: Ch1-4 for the 1st exam, Ch5-11 for the 2nd exam.

Written Assignment #3: Mini Food/Exercise Tracker Paper (1st week) =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 **(7/9-7/13)**.

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:

1st page: what you anticipated your eating/exercise habits to be

2nd page: what were the results for the 1st week (5 days, MUST explain Macronutrients/Micronutrients/Water), the results may be shown by tables.

3rd page: analyzing your result of the 1st 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 (2nd week) = 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 (7/23-7/27).

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:

1st page: what you anticipated your eating/exercise habits to be (since you are done of the 1st week)

2nd page: what were the results for the 2nd week (5 days, MUST explain Macronutrients/Micronutrients/Water), the results may be shown by tables.

3rd page: analyzing your results between the 1st week and the 2nd week 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 (5%, 85 points for paper + 15 points for FIVE references besides textbook, 3 Pages minimum) ***

Use your textbook and a minimum of **FOUR** 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.

You CANNOT just use the information in the textbook. You need to list at least **FOUR** other references. These references can be journals, other articles, texts, magazines, etc.

Written Paper/Reports Requirements

You must use 12-point Times New Roman or Arial font in a Microsoft Word document. 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.

You must submit all assignments via **DropBox** through D2L.

Exams

There are **Two** timed exams (each 20 %) 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 July 7th, 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

Week	Chapter Readings	Assignment/Discussion/Exam Due Dates
1: 7/6-	Ch1. Introduction to Sports Nutrition Ch2. Nutrients: Ingestion to Energy Metabolism	Assignment #1 Due 7/7 @ 11 pm Assignment #2: Ch1 Due 7/8 @ 11 pm Assignment #2: Ch2 Due 7/10 @ 11 pm
2: 7/13-	Ch3. Carbohydrates Ch4. Fats	Assignment #2: Ch3 Due 7/15 @ 11 pm Assignment #2: Ch4 Due 7/17 @ 11 pm Assignment #3 Due 7/17 @ 11 pm
3: 7/20-	Ch5. Proteins Ch6. Vitamins Ch7. Minerals	Exam #1 Ch. 1-4 on Monday, 7/20 Assignment #2: Ch5 Due 7/22 @ 11 pm Assignment #2: Ch6&7 Due 7/24 @ 11 pm
4: 7/27-	Ch8. Water Ch9. Nutritional Ergogenics	Assignment #2: Ch8 Due 7/29 @ 11 pm Assignment #2: Ch9 Due 7/31 @ 11 pm Assignment #4 Due 7/31 @ 11 pm
5: 8/3-	Ch10. Nutrition Consultation with Athletes Ch11. Weight Management	Assignment #2: Ch10 Due 8/4 @ 11 pm Assignment #2: Ch11 Due 8/6 @ 11 pm Assignment #5 Due 8/4 @ 11 pm Exam #2 Ch. 5-11 on Thursday, 8/6