



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

**Spring 2020, MWF 11-11:50 am (CO223)  
Department of Athletic Training & Exercise Physiology**

**Contact Information**

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Office hours: MW 8-9:30 am, MWF 2-3:30 pm, TR 10-11:30 am

\*\*This is by appointment or arranged ahead of time. You can stop by and ask me questions during office hours if I am available, but I cannot guarantee attention or availability without an arranged appointment. Please e-mail me to arrange a meeting regarding a question or concern.

**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 Capstone Experience Concept (Capstone Projects) which is a group-based, mentored, service-learning method. Emphasis will be placed on applying evidence-based strategies and recommendations to realistic case studies. In addition, current controversies within the field will be critically evaluated and topics of student interest within the field will be explored. The assumption in this course is that students have the tools they need to design and implement effective learning, and that the focus of this course is to provide them with a forum where they can demonstrate this knowledge, skills, and expertise.

**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 active youth, women, and master's athletes.
- Identify nutrients that support the recovery from athletic injuries or illnesses.
- Recommend nutritional strategies to aid the traveling athlete in maintaining physical readiness for competition.

### **Suggested Textbook**

1. William D. McArdle, Frank I. Katch, Victor L. Katch. Sports and Exercise Nutrition. Fourth Edition, Wolters Kluwer

### **Study Hours and Tutoring Assistance**

The study hall sessions will be offered by GAs if necessary.

### **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.

### **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 5:00 pm on the date listed.

<b>Assignment/Element</b>	<b>Due Date</b>	<b>Points (%)</b>
Weekly Updates	Fridays, February 7 through May 1, excluding March 20	5
Project Proposal	Friday, Week 3	5
Project Plan	Friday, Week 4	5
Topic presentation	Assigned dates	10

<b>Assignment/Element</b>	<b>Due Date</b>	<b>Points (%)</b>
Project Report 1 <sup>st</sup> Draft	Friday, Week 13	10
Project Presentation or Peer Critique	Assigned dates, Week 15-16	15
Project Report	Wednesday, Week 17	30
Class Participation	Ongoing	10
Class Attendance	Ongoing	10
Total		100

Table 2: Total percentages for final grade.

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

- Weekly Updates: Weekly Updates will keep your preceptor (GA) and instructor informed of classroom activities on your team's progress, decisions, action steps, and questions. Although Weekly Updates should be sent by the teaching team liaison, all team members are responsible for their content.

- Project Proposal: Project proposal will be included a project title, brief abstract (100-150 words), and problem statement (minimally, at least one paragraph).

- Project Plan: The Project Plan will provide a detailed account of how the team plans to accomplish the Capstone project goal(s) and clarifies Capstone roles, responsibilities, and resources. As appendices to the work plan, teams will develop project logic models in order to illustrate the planned project work and its intended results. Teams will also develop deliverable diagrams to illustrate how major activities and the deliverables are related to one another.

- Topic Presentation: Literature reviews with peer review papers.

- Project Report and Presentation: Format and style guideline will be announced in week 2 and 3.

\*APA (6th ed.) format is required for the all (MS Word) assignment.

### **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**

The grade for any late assignment will be reduced by 20 points from each point total (100 pts) for each day after the due date up to a maximum of 60 points. Papers that are more than three (3) days late will not be accepted without special permission from the instructor.

### **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.

- Only three absences will be permitted without penalty. Each additional absence will lead to a **10 points deduction** of your attendance points (100 pts). More than 10 absences will result in your dismissal from the class with a failing grade.
- Students are expected to be on time for class and stay till the end of class. We will start promptly. **(3 times late=1 absence)**
- Students with perfect attendance (no absence and tardy) during the semester will be given 1% extra credit to the student's semester total.

### **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 without internet access. Surfing the web, checking your email, making Facebook posts, or anything of that nature is strictly prohibited (each offense will lead to **5% points deduction** from overall total grades).

### **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, 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: Team meeting (Mondays and Wednesdays),  
Instructor overview (Fridays)

Week	Date	Topic	Assignment(s)
1	1/20	<b><i>Martin Luther King's Day-No Class</i></b>	
	1/22	Course overview	
	1/24	Topic & Team Infrastructure	
2	1/27	Capstone Orientation	
	1/29	Clarifying the Big Picture of Topic	
	1/31	Clarifying the Big Picture of Topic	
3	2/3	Team meeting: Proposal prep	
	2/5	Team meeting: Proposal prep	
	2/7	Team meeting: Project plan	* Project Proposal
4	2/10	Team meeting: Project plan	
	2/12	Team meeting: Project plan	
	2/14	Topic presentation	* Project Plan Topic presentation
5	2/17	Topic presentation	Topic presentation
	2/19	Topic presentation	Topic presentation
	2/21	TACSM Take-home assignment	*
6	2/24	Topic presentation	Topic presentation
	2/26	Topic presentation	Topic presentation
	2/28	Project ongoing Week 7-8: Pre-test	*
7	3/2	Treatment	
	3/4	Treatment	
	3/6	Treatment	*
8	3/9	Treatment	
	3/11	Treatment	
	3/13	Post-test	*
9	3/16-20	<b><i>Spring Break-No classes</i></b>	
10	3/23	Project ongoing Week 10-11: Pre-test	
	3/25	Treatment	
	3/27	Treatment	*
11	3/30	Treatment	
	4/1	Treatment	
	4/3	Treatment	*
12	4/6	Post-test	
	4/8	Project feedback	
	4/10	<b><i>Easter Break-No Class</i></b>	*
13	4/13	Team meeting: Results	
	4/15	Team meeting: Results	

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Assignment(s)</b>
	4/17		* Project Report 1 <sup>st</sup> Draft
14	4/20	Team meeting: Results	
	4/22	Team meeting: Results	
	4/24		*
15	4/27	Team meeting: Results	
	4/29		
	5/1	Project Presentation + Peer Critique	*
16	5/4	Project Presentation + Peer Critique	
	5/6	Project Presentation + Peer Critique	
	5/8	Project Presentation Evaluation	

\* Weekly Updates