



Course Syllabus: **Fall 2023 EXPH 2333-X10**
Intro Sports Nutrition
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 1:30-2:30 am/ TR 9-11 am

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

Required digital materials for this course are part of the Courseware Access and Affordability Program at MSU Texas. Students are charged for required course materials on their student account with the Business Office. Any students who wish to opt-out of the Program and purchase the required course materials on their own must do so prior to September 11, 2023. Opt-out instructions are sent to students' official my.msutexas.edu email address after the first day of class. Please contact the MSU Bookstore if you have any questions about the opt-out process.

1. Connect Online Access for Williams' Nutrition for Health, Fitness and Sport (EBook). Author: Eric S. Rawson & J. David Branch, Publisher: McGraw-Hill, Edition: 13th ISBN-13: 9781260413885, ISBN-10: 1260413888

***Any assistance for the online access:

Customer Experience Group at 800-331-5094 or

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

Student Handbook 2020-21

Refer to: <https://msutexas.edu/student-life/assets/files/handbook.pdf>

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/Exams	Details⁸	Percentages (%)
#1 Introduction	1*1%	1
#2 Chapter Reading	13*1.5%	19.5
#3 Chapter Homework	13*1.5%	19.5
#4 Assess My Diet (3 Reports)	3*4%	12
#5 My Diet Analysis	1*8%	8

Assignments/Exams	Details8	Percentages (%)
Exams (Exam1: 20%, Exam 2 & 3: each 10%)	1*20 % 2*10%	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 Introduction	August 31 st by 11 pm Submission on D2L: Assessments->Assignments-> DropBox
#2 Chapter Reading	Assigned chapters: every Thursday by 11 pm
#3 Chapter Homework	Assigned chapters: every Friday by 11 pm
#4 Assess My Diet (Report)	Every assigned Wednesday (September 20 th , October 11 th , and November 2 nd) by 11 pm Submission on D2L: Assessments->Assignments-> DropBox
#5 My Diet Analysis	November 12 th by 11 pm Submission on D2L: Assessments->Assignments-> DropBox
Exams	Dates
#1	OPENS: Friday, October 6 th @ 6 am CLOSSES: Sunday, October 8 th @ 11 pm
#2	OPENS: Friday, November 3 rd @ 6 am CLOSSES: Sunday, November 5 th @ 11 pm
#3	OPENS: Friday, December 8 th @ 6 am CLOSSES: Sunday, December 10 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. Assignment #2-3 are to be submitted through the D2L: Content ->

Connect. Assignment #1, 4 and 5 are to be submitted through the D2L: Assessments-> Assignments-> DropBox.

Assignment #1: Introduction (1%)

You will find a format and submit your assignment to D2L: Assessments->Assignments-> DropBox

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 learn through this class

Your future goal/dream

Anything you need me to know about you

Assignment #2: Chapter Reading (13 chapters, each 1.5%)

Before you start reading each chapter, take a student orientation which will be found on D2L->Contents->Learn about Connect -> SmartBook 2.0-Student Orientation. The "Connect" is an external learning tool by McGraw-Hill.

You will find activities in each chapter through a "Chapter Reading" on D2L-> Contents-> Connect_Chapter Reading. You MUST complete the answers by each DUE. Each chapter reading activity may take 1-2 hrs to be finished.

Assignment #3: Chapter Homework (13 chapters, each 1.5%)

You will find activities in each chapter through a "Chapter Reading" on D2L-> Contents-> Connect_Chapter Homework. You MUST complete the answers by each DUE. Each chapter homework may be provided 25-40 questions.

Assignment #4: Assess My Diet (3 trials, each 4%)

NutritionCalc Plus (NCP) is the dietary analysis software program you will use for this assignment. You do not need to purchase separate access to NCP; it is included with your access to McGraw-Hill Connect. If you are asked to login, use the email address and password you used to register for Connect.

You will find the NCP link on D2L-> Content-> Connect_NCP and Assess My Diet. You MUST read NCP Instructions fully and assess your diets, then you will get your diet report in each trial. Each trial report MUST be submitted to D2L: Assessments->Assignments-> DropBox

Track your food/beverage intake and exercise (physical activity) for three days. Track all the foods and beverages you consume for three days (two

weekdays and one weekend day) using NCP. You could write the items on a piece of paper throughout the day and enter the data into NCP all at once or you can enter the data in real time using any mobile device. Rather than waiting until the end of the day to recall your food intake, record your foods and beverages right after you eat or drink. Be as detailed as possible when listing food types, brands, and amounts.

You need to track for three days per week (example: Monday-Wednesday-Saturday) following all three trials:

1st trial: September 12-18 (The 1st trial report must be submitted by Wednesday, September 21)

2nd trial: October 3-9 (The 2nd trial report must be submitted by Wednesday, October 12)

3rd trial: October 24-30 (The 3rd trial report must be submitted by Wednesday, November 2)

Assignment #5: My Diet Analysis (8%, 5 Pages minimum) ***

Write a paper that includes the following:

1st section (My past eating/exercise habits): state your past eating/exercise habits based on the 1st trial result)

2nd section (My current eating/exercise habits): analyzing your results among three trials-what were the differences among three trials (MUST explain Macronutrients/Micronutrients/Water), the results may be shown by comparison tables.

3rd section (My future eating/exercise habits): what you want to change/improve or maintain your eating/exercise habits.

*****MUST be submitted by Sunday, November 12**

Written Paper/Reports Requirements

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

You must submit all assignments via Content or Assessments (DropBox) through D2L.

Exams

There are **THREE** timed exams (40 %) for this course. All exams will be given on-line through the D2L: Content->Connect_Exam. 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.**

Extra Credits

When you complete three orientations (SmartBook 2.0-student orientation, Succeeding in your inline course, and Connect Orientation Videos), you will get assigned points as extra credits and the points will be added to EAXM1. You will find the assignments following as: Content-> Learn about Connect.

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 6th, 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: 8/28-	Ch1 Introduction to Nutrition for Health, Fitness, and Sports Performance	Assignment #1 Due 8/31 @ 11 pm Assignment #2 (Ch1-2) Due 8/31 @ 11 pm Assignment #3 (Ch1-2) Due 9/1 @ 11 pm
2: 9/04-	Ch2. Healthful Nutrition for Fitness and Sport	Assignment #2 (Ch3) Due 9/7 @ 11 pm Assignment #3 (Ch3) Due 9/8 @ 11 pm
3: 9/11-	Ch3. Human Energy	Assignment #2 (Ch3) Due 9/14 @ 11 pm Assignment #3 (Ch3) Due 9/15 @ 11 pm
4: 9/18-	Ch4. Carbohydrates	Assignment #2 (Ch4) Due 9/21 @ 11 pm Assignment #3 (Ch4) Due 9/22 @ 11 pm Assignment #4_1 st Trial_Diet Tracking Assignment #4_1st Report Due 9/20 @ 11 pm

Week	Chapter Readings	Assignment/Discussion/Exam Due Dates
5: 9/25-	Ch5. Fat	Assignment #2 (Ch5) Due 9/28 @ 11 pm Assignment #3 (Ch5) Due 9/29 @ 11 pm
6: 10/02-	Ch6. Proteins	Assignment #2 (Ch6) Due 10/05 @ 11 pm Assignment #3 (Ch6) Due 10/06 @ 11 pm Exam #1 (Ch1-6) on Friday, 10/06-Sunday, 10/8
7: 10/09-	Ch7. Vitamins	Assignment #2 (Ch7) Due 10/12 @ 11 pm Assignment #3 (Ch7) Due 10/13 @ 11 pm Assignment #4_2 nd Trial_Diet Tracking Assignment #4_2nd Report Due 10/11 @ 11 pm
8: 10/16-	Ch8. Minerals	Assignment #2 (Ch8) Due 10/19 @ 11 pm Assignment #3 (Ch8) Due 10/20 @ 11 pm
9: 10/23-	Ch9. Water, Electrolytes, and Temperature Regulation	Assignment #2 (Ch9) Due 10/26 @ 11 pm Assignment #3 (Ch9) Due 10/27 @ 11 pm
10: 10/30	Ch10. Body weight and Composition for Health and Sport	Assignment #2 (Ch10) Due 11/02 @ 11 pm Assignment #3 (Ch10) Due 11/03 @ 11 pm Assignment #4_3 rd Report Due 11/02 @ 11 pm Assignment #4_3 rd Trial_Diet Tracking Exam #2 (Ch7-10) on Friday, 11/03-Sunday, 11/05
11: 11/06-	Ch11. Weight Maintenance and Loss through Proper Nutrition and Exercise	Assignment #2 (Ch11) Due 11/9 @ 11 pm Assignment #3 (Ch11) Due 11/10 @ 11 pm Assignment #5 Due 11/12 @ 11 pm
12: 11/13-	Ch12. Weight Gaining through Proper Nutrition and Exercise	Assignment #2 (Ch12) Due 11/16 @ 11 pm Assignment #3 (Ch12) Due 11/17 @ 11 pm
13: 11/20-	Thanksgiving Holiday	
14: 11/27-	Ch13. Nutritional Supplements and Ergogenic Aids	Assignment #2 (Ch13) Due 12/01 @ 11 pm Assignment #3 (Ch13) Due 12/02 @ 11 pm
15: 12/04-	FINAL WEEK	Exam #3 (Ch11-13) on Friday, 12/08-Sunday, 12/10