



**COLLEGE OF EDUCATION
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION
PET 3361: Nutrition in Health and Exercise – Fall 2009**

Professor: TBA
Office: Boca Campus: TBA
Office Hours: TBA
Contact: E-mail: [TBA](#) Office Phone: 561-297-2938
Course Schedule: Monday and Wednesday, 9:30 p.m. – 10:50 p.m.

Course Description:

Study of the nutritional needs of the athlete and active person. Emphasis includes: fat, carbohydrate, protein, vitamin, mineral and water needs of the active person; energy metabolism, food and fluid intake prior to, during, and after exercise; nutritional management of anemia and diabetes; nutrient needs of the young and old athlete.

Required Text Book:

Fink, H.H., Burgoon, L.A., & Mikesky, A.E. (2009). Practical Applications in Sports Nutrition. (2nd edition). Jones and Bartlett Publishers. ISBN: 978-0-7637-5494-5.

Course Objectives: Students should be able to discuss the various nutrients, vitamins and minerals necessary for the Human body, where they are used and how they affect function, exercise and tissue repair.

The learning experiences and activities in the course are designed to enable the student to:

1. Describe the role of the nutrition coach and how it pertains to athletes in training.
2. Identify essential nutrients involved in energy metabolism.
3. Delineate the key functions of carbohydrates, fats, proteins, vitamins, minerals, and water in performance.
4. Outline the steps of a nutrition specialist when advising the athlete on weight management.
5. Determine the energy needs of different types of athletes.
6. Identify important considerations in working with special populations.

Expectations and Information:

1. You are expected to read and follow the syllabus.
2. Assignments **MUST** have a title written in the subject area and submitted using MICROSOFT WORD or they will not be graded.
3. Late assignments will not receive credit.
4. It is important to check your FAU e-mail account for messages and announcements regularly. You are responsible for keeping your inbox below capacity so that you will not miss e-mails. If you forward your FAU e-mail to another account, be aware that you may miss e-mails. Do not rely on forwarded messages getting through (read the caveat against forwarding e-mail to another account. You will find this on the login page of BlackBoard).
5. **DO NOT** e-mail or fax any assignment to the instructor. Submit assignments through the appropriate BlackBoard site as per the instructions found in the assignment section via BlackBoard or in this syllabus.
6. **All assignments are to be submitted at the beginning of class.**
7. Exams will be given in class. You are required to take the exam at the designated time and day. Make up tests **WILL NOT** be given unless there is a legitimate excuse (ex: military commitment, court-imposed legal

obligations, illness requiring a doctor's visit on exam day - appropriate instructor notification and documentation would be needed within a week of the exam.).

8. Any changes to the syllabus will be made by an announcement via e-mail and/or BlackBoard by the instructor.

9. Cheating or plagiarism on any assignment or exam will result in a failing grade on the assignment or exam or possibly even the course. Submitting any assignment/research paper, etc. for this course that has previously been completed for another course is considered academic dishonesty and will result in a zero for that assignment. SafeAssign, an academic dishonesty program, will be used to evaluate plagiarism. **By signing up for this course the student agrees to allow SafeAssign to check any and all papers submitted to BlackBoard for plagiarism.** Appropriate FAU guidelines will be followed for disciplinary action. See FAU catalog for specifics.

10. TWO separate tutorials are available for you in the course information section of BlackBoard. They are designed to help you with APA writing style and to familiarize you with what constitutes plagiarism. Please read them.

Course Outline and Important Dates:

DATE	READINGS	ASSIGNMENTS
August 24 26	Introduction, Chapter 1 Chapter 1	
31	Chapter 2	
Sept. 2	Chapter 2	
7	Exam I (Chapters 1-2) and lecture	
9	Chapter 3	
14	Chapter 3, 4	Research Article #1 Due, Blackboard: SafeAssign, Discussion
16	Chapter 4	
21	Chapter 5	
23	Exam II (Chapters 3-5) and lecture	
28	Chapter 6	
30	Chapter 6, 7	
Oct 5	Chapter 7	
7	Chapter 8	
12	Exam III (Chapters 6-7) and lecture	
14	Chapter 9	
19	Chapter 10, 11	
21	Chapter 11	Dietary Food Log Due (Class)
26	Exam IV (Chapters 9-11) and lecture	
28	Chapter 12	
Nov 2	Chapter 13	
4	Chapter 13, 14	
9	Chapter 14	

- 11 No Class, Veteran's Day
- 16 **Exam V (Chapters 12-14) and lecture**
- 18 **Research Article Findings, Research Article #2 Due (Blackboard: Turnitin & Discussion)**
- 23 **Research Article Findings**
- 25 Chapter 15
- 30/Dec 2 Chapter 16, Review
- 7 7:45 to 10:15, **Final Exam (Comprehensive)**

Evaluation: Your final grade will be calculated as follows:

A.) Exams (6 @ 20):	120 points
B.) Research Articles (2 @ 20):	40 points
C.) Dietary Food Log:	20 points
D.) Attendance/Timeliness:	30 points

Total Points	210 points
---------------------	-------------------

GRADING:	≥93%	= A	73-76.99%= C
	90.0-92.99%	= A-	70-72.99%= C-
	87-89.99%	= B+	67-69.99%= D+
	83-86.99%	= B	63-66.99%= D
	80-82.99%	= B-	60-62.99%= D-
	77-79.99%	= C+	<60% = F

Exams:

There will be six exams in this course worth 20 points each. Tests will be multiple choice, true/false, short answer and essay. There will be NO make-up exams.

Research Articles

Two papers will be submitted to Blackboard. A research article will be found from a peer-reviewed scientific source (no "dot" com internet sites, newspapers, or magazines). Get an article from the library or full-text academic source on a topic related to sports nutrition. You will need to write at least a one to two-page summary of a research article (including reference). The content of the paper will include: methods, significant findings, and usefulness to the Nutrition Coach. The paper should also be free of all grammatical and spelling errors. APA (5th ed.) style referencing is required. APA guidelines for writing and referencing can be obtained from: www.apastyle.org for information and/or questions. An APA style (5th ed.) tutorial is provided on BlackBoard. **Each paper will be submitted to me electronically via the BlackBoard site and SafeAssign (an academic honesty site). Submission is through the assignment section in BlackBoard. Use the view/complete button found at the end of the assignment. Submit the research article summary paper.** FORMAT: Type a double-spaced one to two-page summary of the article. The paper should have 1" margins on all sides. Use Microsoft Word and APA style (5th edition). The paper must be free of spelling and grammatical errors (points will be deducted for spelling and grammar errors). Include the reference of the article. DO NOT include pictures, graphs, or lines of any sort. SafeAssign will not accept those items. Additional information will be found in the assignment section on BlackBoard. **PDFs (.pdf) of the article chosen will be submitted in the Discussion area of Blackboard.** In the discussion comments, write the title and a sentence to three sentences regarding something you found interesting in the article. Be sure to keep a copy of your both documents on #2 so that you have them ready for the Research Article Findings presentation. Late work WILL NOT be accepted. **Research article summary and PDFs due at the beginning of class on the dates assigned.**

Dietary Food Log

The dietary food log will consist of you maintaining a complete dietary log of all foods and beverages consumed during a seven day period. Keep track of the food type, amount, location, and feelings. You may enter your log data into a computer program (located in teaching lab GY 152) that will analyze food composition and give you a printout of the analysis. Or you may choose to use another program which may be available to you. From the analysis (use the nutrient input page that lists all the percentages of the RDA for each vitamin, mineral and substrate). You will write up an analysis (typed only), noting where you deviate (deficiency/excess) from the RDA for those nutrients and what you need to eat change in your eating habits to get to the appropriate RDA. (A deficiency is anything below 70% of the RDA and an excess is defined as more than 3 times the RDA, that is more than 200%). Also, note any observations you make from viewing possible trends in your food log (location/feelings). Include a copy of the printout from the nutrition program with your typed personal analysis.

Attendance/Participation: 30 points

Attendance, timeliness, taking notes, and participation are important in the learning process and in this class. Each student may receive up to 30 attendance/participation points. It is expected that the student would notify the instructor if the student will be late or has a need to leave early. All cell phones and electronic devices will be turned off or place on silent and not be in use during class. Students are expected to conduct themselves in a professional manner. Fifty points will be assigned to each student at the beginning of the semester. Points will be deducted for repeated absences, tardiness, phone/electronic issues or other issues deemed necessary by the instructor.

Research Article Findings:

Each student will share/present their research article findings. One of the research articles will be chosen to be presented in class. **You will share for five minutes on your Article #2 topic related to Nutrition in Health and Exercise/Sports Nutrition.** The student will share the title, authors, methods, significant findings, and usefulness to the Nutrition Coach. No points are awarded for participation, however if a student does not present, 25 points will be deducted from Research Article #2. One point per minute will be deducted if the presenter goes over the allotted time. Students will present on the assigned day else points will be deducted. If a student's name is not called to present due to time constraints, no points will be deducted. **Your research article findings from Article #2 will be presented in class.**

Accommodations/Special Needs: In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Honor Code: Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty.

For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

**COLLEGE OF EDUCATION
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION
PET 3361 – Fall 2009**

Read, sign and turn in this page the first day of class to the instructor

Initial

1. I have received the course syllabus. _____
2. I understand I must attend class (not leave during class), be on time, and participate in class. _____
3. I understand if I miss class, I am responsible for the material missed and for obtaining the notes and/or other assignments from another classmate, **not the professor**. _____
4. I understand that I **cannot** make up any exams nor missed assignments. _____
5. I understand the absences, grading procedures, and point distribution. _____
6. I understand I must do out of class observations/assignments and other work. _____
7. I understand if assignments are not turned in at the beginning of class, **no points will be given**. _____
8. I understand my personal guests or children are **not** allowed during class. _____
9. I understand pagers, cellular phones, and other electronic devices are **not** to be used during class. _____
10. I understand I must maintain and use an active FAU email account during this course. _____
11. I understand all assignments due need to make it to class even if I do not attend. _____
12. I understand that plagiarism or cheating on any assignment or exam will result in a failing grade on the assignment or exam or possibly even the course. SafeAssign through BlackBoard is the program used to check for plagiarism. Appropriate university guidelines will be followed for disciplinary action. _____
13. I understand I cannot submit work for this class that I have previously completed for another course. _____
14. If you have a learning disability and need special assistance, please notify the instructor by the end of the first week of the semester. _____

I have read the course syllabus for Nutrition, and agree to abide by the above.

Printed Name

Signature

Z Number

Date