

# Sports Nutrition

APK3163 | Class # 10611 | 3 Credits | Fall 2022

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## Course Info

### INSTRUCTOR

**Blain Harrison, Ph.D, CSCS\*D**  
Office: 106B FLG  
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Email: [blainharrison@ufl.edu](mailto:blainharrison@ufl.edu)  
Preferred Method of Contact: **email**

### OFFICE HOURS

Office Hours are by appointment on [zoom](#). You can schedule an appointment with me [here](#).

### MEETING TIME/LOCATION

Access course through Canvas on [UF e-Learning](#) & the **Canvas** mobile app by **Instructure**. This is a fully online course, so there are no in-person meetings. Lectures are pre-recorded so that you may watch them on-demand; please refer to the "Course Schedule" below for the suggested timeline to follow.

## COURSE DESCRIPTION

This course addresses the aspects of nutrition that are related to exercise performance. Emphasis will be placed on the bioenergetics systems, the components of nutrition, nutritional and body composition assessments, ergogenic aids and diet modifications for physically active individuals and athletes.

## PREREQUISITE KNOWLEDGE AND SKILLS

None

## REQUIRED AND RECOMMENDED MATERIALS

Required: Fink, H.H. and A.E. Mikesky. **Practical Applications in Sports Nutrition 6th Edition**. Jones & Bartlett Learning. 2020.

Required: PDF copies of Position Stands published by the International Society of Sports Nutrition are provided throughout the course and are required reading.

## **COURSE FORMAT**

Students access and complete course assignments through the APK3163 Canvas page. Course topics are organized into weekly learning modules. Each module includes ~3 practice activities corresponding with the module's learning materials (i.e. textbook reading, research articles, and associated lecture videos) as well as a graded module quiz. A midterm exam and final exam are included in addition to the module assignments. Students will have access to all learning modules and assignments from the first day of the course. Students may work at their own pace but must progress according to the course schedule of topics and abide by graded assignment due dates provided on the eLearning course page.

## **COURSE LEARNING OBJECTIVES:**

By the end of this course students will be able to:

1. Describe the digestion of macronutrients and micronutrients
2. Clarify effects of high and low carbohydrate diets on exercise performance
3. List the potential athletic benefits of manipulating fat content in our diet
4. Reflect on increasing protein intake to promote exercise adaptations
5. Summarize specific physiologic functions of micronutrients
6. Specify fluid intake recommendations before, during, and after exercise
7. Calculate macronutrient recommendations for endurance athletes, strength/power athletes, and team sport athletes
8. Provide sports nutrition recommendations for special populations of athletes
9. Recommend nutrition strategies related to weight management goals
10. Contrast the benefits and challenges of unique body composition assessments
11. Organize macronutrient recommendations within a periodized training program
12. List the ergogenic benefits of popular dietary supplements
13. Complete sports nutrition certification exams from a variety of organizations

## **Course & University Policies**

### **ATTENDANCE POLICY**

Active participation in the course is mandatory. Interaction with the course online Yellowdig discussion board makes up the participation grade and is part of the final grade in the course. Students earning 14,000 or more points through Yellowdig will receive full participation credit in the form of a grade of "100" for the Yellowdig assignment on Canvas.

### **PERSONAL CONDUCT POLICY**

Students are expected to review and adhere to the [UF Netiquette](#) guide for online courses. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Honor Code](#) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or TA in this class.

### **EXAM MAKE-UP POLICY**

Exams may NOT be submitted late. Students will be permitted to access the exams early upon receipt of evidence of a viable explanation for the need for such an accommodation. Requirements for class attendance

and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the [online catalog](#).

## ACCOMMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the [Dean of Students Office](#). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

## COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

## Getting Help

### HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>

### ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

### INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

The instructor strives to create an accessible and inclusive environment that is equal for all students regardless of race, gender, ethnicity, or ability. Derogatory, rude, or hurtful interactions with classmates or the instructor are not tolerated. Questions or concerns related to this statement are welcomed by the instructor or may be addressed to members of the APK IDEA Committee:

- Dr. Linda Nguyen, APK IDEA Liaison, [linda.nguyen@hnp.ufl.edu](mailto:linda.nguyen@hnp.ufl.edu)

- Dr. Rachael Seidler, APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## Grading

Evaluation Components	Course Objectives Met	Points Per Component	Weighted % of Total Grade
Module Quizzes	1-12	186 points	20%
Yellowdig Participation	1-12	100 points	10%
Midterm Exam	1-12	100 points	20%
Cumulative Final Exam	1-12	100 points	30%

**Module Quizzes** - Each learning module contains a graded quiz consisting of 10 objective questions related to all components of the module plus one objective question from each previous learning module. Quiz questions will be randomly selected from a question bank specific to each module. Each module quiz question bank contains multiple questions aligning with each individual module objective provided at the top of each learning module page in e-Learning. Quizzes are not timed; however, the Honorlock proctoring service is required to complete each quiz. Honorlock is included on the e-Learning platform and no additional downloads are required. All quizzes are available from the first day of classes, but each module has a due date corresponding to the end of the week of the module according to the course schedule. Specifically, quizzes are due by Sunday at 11:59pm EST each week. Students are permitted 2 attempts on each module quiz with the highest score of the 2 attempts used in their final grade calculation. Students will be able to view missed questions on the first attempt, but not the correct answers. A different collection of questions are provided on the second attempt due to the random selection of questions from each of the involved question banks included in the quiz.

**Yellowdig Participation** - This course incorporates an application called Yellowdig that provides a social media-like discussion board providing opportunities for engagement, discussion, and reflection of course topics between classmates and the instructor. Points are earned for each interaction a student has with the Yellowdig platform. Students have the ability to earn a maximum total of 2,000 points each week in Yellowdig and the app sums the weekly totals throughout the semester to create a cumulative final point total. Students earning totals of 14,000 points or higher in Yellowdig by Saturday, August 6th at 2:59am EST will earn a score of "100" for the Yellowdig Participation assignment on Canvas. The percentage of total points out of 14,000 will be used as the grade for the Yellowdig Participation Assignment on Canvas for students earning less than 14,000 total points. Yellowdig is included within e-Learning, no additional downloads are required.

**Midterm Exam** – The midterm exam consists of 50 objective questions (multiple choice, matching, true/false) worth **2 points** each. Questions will require the application of course material or knowledge of basic scientific principles covered within each of the first 5 learning modules. Exam questions are generated by the course instructor and are randomly selected from the first 5 module quiz question banks. Students should prepare for the exam by completing all weekly course readings, practice activities, and module quizzes prior to the exam. The exam is not timed; however, the Honorlock proctoring service is required to complete it. Honorlock is included on the e-Learning platform and no additional downloads are required. **ONE** attempt is allowed on the midterm exam. Bonus points earned from the submission of extra credit practice questions (see “Extra Credit” below) are added to the exam score following the due date. The exam will be available for one week following Module 6 in the course schedule and is due Sunday, October 16 at 11:59pm EST.

**Cumulative Final Exam** - The cumulative final exam will consist of 100 objective questions (multiple choice, matching, true/false) worth **1 point** each. Questions will require the application of course material or knowledge of basic scientific principles covered within each of the 12 learning modules. Exam questions are generated by the course instructor and are randomly selected from all 12 module quiz question banks. Students should prepare for the exam by completing all weekly course readings, practice activities, and module quizzes prior to the exam. The exam is not timed; however, the Honorlock proctoring service is required to complete it. Honorlock is included on the e-Learning platform and no additional downloads are required. **ONE attempt** is allowed on the final exam. In the event that the “raw” final exam score (i.e. the score without any bonus points added) is higher than the midterm exam score (including added bonus points), the raw final exam score will replace the midterm score when calculating the final grade in the course. Bonus points earned from the submission of extra credit practice questions (see “Extra Credit” below) are added to the exam score following the due date. The exam will be available for one week following Module 12 in the course schedule and is due Friday, December 16<sup>th</sup> at 11:59pm EST.

**Module Activities** - Approximately three ungraded practice assignments are available in each of the 12 learning modules. Links to the practice assignments are under the "Practice" header on the module learning pages. The practice assignments correspond to the learning material in the module. They may be completed an unlimited number of times, Honorlock is not required, and questions and answers are viewable between attempts. All practice assignments are available from the first day of the course and there are no due dates. These are optional assignments designed to help students gauge their comprehension and application of course learning material as it pertains to stated course objectives. Scores earned from any practice assignment **DO NOT** affect a student’s final grade in any way. Aligns with course objectives 1-12.

**Extra Credit** – This course includes 3 extra credit opportunities:

1. Each learning module contains an extra credit practice-questions assignment. The assignment involves students creating up to 2 practice questions from the module's learning material for inclusion within the practice question banks in the course. Each new question created is worth 0.5 bonus points to be added to the next closest exam to the module (either the midterm or the final exam). Extra credit assignments are due at 11:59pm EST on Fridays at the end of the week the module is assigned in the course schedule.
2. Students earning the maximum number of points available in Yellowdig by the last day of classes (32,000 points) will earn 1 bonus point that will be added to their final overall grade.

## GRADING SCALE

All course assignments are administered and graded within the APK3163 Canvas course page, so students will have access to all grades as they submit assignments. Any assignment that requires the instructor to manually grade some aspect of it will be graded within one week of its due date. Final Grades will be rounded up at .5 and above. The table below provides a reference. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e. asking for preferential treatment and will be handled accordingly).

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	92.5-100%	4.0
A-	89.5 – 92.49%	3.7
B+	86.5-89.49%	3.33
B	82.5-86.49%	3.0
B-	79.5 – 82.49	2.7
C+	76.5-79.49%	2.33
C	72.5-76.49%	2.0
C-	69.5 – 72.49	1.7
D+	66.5-69.49%	1.33
D	62.5-66.49%	1.0
D-	59.5 – 62.49	0.7
E	0-59.49%	0

## Weekly Course Schedule

### CRITICAL DATES & UF OBSERVED HOLIDAYS

- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2022-2023/>

### WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	August 24 - 26	Ch. 1 – Introduction to Sports Nutrition	
2	August 29 – Sep2	Ch. 2 – Nutrients: Ingestion to Energy Metabolism	Module 1 Quiz
3	September 5 - 9	<i>Mon, Sep 5 is a holiday</i> Ch. 3 - Carbohydrates	Module 2 Quiz
4	September 12 - 16	Ch. 4 - Fats	Module 3 Quiz
5	September 19 - 23	Ch. 5 - Proteins	Module 4 Quiz
6	September 26 - 30	Ch. 6 - Vitamins	
7	October 3 - 7	Ch. 7 - Minerals	Module 5 Quiz
8	October 10 - 14	Midterm Exam	<b>Midterm Exam Due Sunday 10/16 by 11:59pm EST</b>
9	October 17 - 21	Ch. 8 - Water	Module 6 Quiz
10	October 24 - 28	Ch. 9 – Nutrition Ergonomics	Module 7 Quiz
11	October 31 – Nov4	Ch. 11 – Weight Management	Module 8 Quiz
12	November 7 - 11	Ch. 12 – Endurance/Ultra-Endurance Events	Module 9 Quiz
13	November 14 - 18	Ch. 13 – Strength/Power Athletes	Module 10 Quiz

14	November 21 - 25	Thanksgiving Week No Module Assigned	None
15	November 28 – Dec2	Ch. 14 – Team Sport Athletes	Module 11 Quiz
16	December 5 - 9	Ch. 15 – Special Considerations in Sports Nutrition	Module 12 Quiz

**Comprehensive Final Exam – Due Friday December 16<sup>th</sup> at 11:59pm EST**

**SUCCESS AND STUDY TIPS:**

**SUCCESS AND STUDY TIPS**

- Utilize the module practice assignments as study tools. You may complete them as many times as you like. Complete the assignments while you are working through the module and then again when you are reviewing for the exams.
- Complete the extra credit opportunities
- Perform well on the final exam.