



## NUTRITION ASPECTS OF HUMAN PERFORMANCE

APK6167 ~ 3 CREDITS ~ Summer 2022

**INSTRUCTOR:**

**Blain Harrison, Ph.D, ATC, CSCS**

Office: 106B FLG

Office Phone: 352-294-1704

Email: [blaincharrison@ufl.edu](mailto:blaincharrison@ufl.edu)

Preferred Method of Contact: email

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

**ACCESS:** Access course through Canvas on **UF e-Learning** (<https://elearning.ufl.edu/>) & 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:** HUN2201 and APK2105 or instructor permission

**REQUIRED AND RECOMMENDED MATERIALS:**

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

The following research articles are provided within Canvas

1. Grout, A., et al. Basic Principles of Sports Nutrition. *Curr Nutr Rep* (2016) 5:213-222
2. La Bounty, P.M., et al. International Society of Sports Nutrition position stand: meal frequency. *J Int Soc Sport Nut.* 2011; 8:4.
3. Burke, L.M., et al. Carbohydrates for training and competition. *J of Sport Sci*, 29:sup1, S17-S27.

4. Da Boit, M., et al. Fit with good fat? The role of n3 polyunsaturated fatty acids on exercise performance. *Metabolism*; 66(2017): 45-54.
5. Jager, R., et al. International Society of Sports Nutrition Position Stand: protein and exercise. *J. Int Soc Sport Nut* 2017; 14:20.
6. Owens, D.J., et al. Vitamin D and the athlete – emerging insights. *Eur J Sport Sci.* 15:1, 73-84
7. Heffernan, M.S., et al. The Role of Minerals and Trace Element Supplementation in Exercise and Athletic Performance: A Systematic Review. *Nutrients*; 11:3.
8. Casa, D., et al. National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes. *J Ath Train* 2000;35(2):212-224
9. Kerksick, C.M., et al. ISSN exercise & sports nutrition review update: research & recommendations. *J Int Soc Sport Nut.* 2018; 15:38.
10. Aragon, A.A., et al. International Society of Sports Nutrition position stand: diets and body composition. *J Int Soc Sport Nut* 2017; 14:16.
11. Tiller, N.B., et al. International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. *J Int Soc Sport Nut.* 2019; 16:50.
12. Mota, et al. Nutritional Periodization: Applications for the Strength Athlete. *Str Cond J.* 2019, 41:5, 69:78.
13. Kerksick, C., et al. International Society of Sports Nutrition position stand: Nutrient timing. *J Int Soc Sport Nut* 2017; 14:33.
14. Jager, R., et al. International Society of Sports Nutrition Position Stand: Probiotics. *J Int Soc Sport Nut.* 2019; 16:62.

**COURSE FORMAT:** Students access and complete course assignments through the APK6167 Canvas page. Course topics are organized into weekly learning modules. Each module includes ~4 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 and additional graded assignments. 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 assignment due dates.

**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

## COURSE AND UNIVERSITY POLICIES:

### **ATTENDANCE POLICY:**

Active participation in the course is mandatory. Students are permitted unlimited attempts on module practice assignments so that they may review any missed questions or prepare for quizzes and exams. Interaction with the course online Yellowdig discussion board is part of the final grade in the course.

### **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.

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

Unless excused based on University policies (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>), missed examinations and non-submitted or late assignments will be not be evaluated and will be assigned a grade of 0.

Obtaining approval for make-up exams or make-up assignments is the responsibility of the student. Students with medically or emergency related circumstances should utilize the UF Care Team's Contact My Instructor service (<https://care.dso.ufl.edu/instructor-notifications/>) provided by the UF Dean of Students Office.

Any non-medical or emergency related circumstances require students to submit a written request explaining why an exception is being requested. The written request must include official documentation that provides proof that the missed coursework was due to acceptable reasons outlined by University policy.

### **ACCOMMODATING STUDENTS WITH DISABILITIES:**

Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). 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/>.

**PRIVACY:** Students enrolled in this course are agreeing to have their video or audio content accessible to the members of this course, enrolled in this semester.

Per the State of Florida's House Bill 233, students are also permitted to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is defined as an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

## GETTING HELP:

### Health and 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/>

**IDEA Statement:** 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. Josie Ahlgren ([jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)), Dr. Linda Nguyen ([linda.nguyen@ufl.edu](mailto:linda.nguyen@ufl.edu)) or Dr. Leo Ferreira ([ferreira@ufl.edu](mailto:ferreira@ufl.edu)).

## GRADING POLICY:

**GRADING SCALE:** All course assignments are administered and graded within the APK6167 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, including the semester exams. 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

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%
Applied Assignments	1-12	100 points	10%
Article Synopses (x4)	1-12	40 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 Monday at 2:59am EST (Sunday at 11:59pm PST) 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. Aligns with course objectives 1-12.

**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 12,000 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 12,000 will be used as the grade for the Yellowdig Participation Assignment on Canvas for students earning less than 12,000 total points. Yellowdig is included within e-Learning, no additional downloads are required. Aligns with course objectives 1-12.

**Applied Assignments** – Learning modules 2 – 11 include assignments designed to provide hypothetical food intake and nutrient analysis information in a case study format whereby students answer objective questions whose answers can be gleaned from a review of the provided case. Applied Assignments provide students an opportunity to practice case study-based questions similar to what they may see on the midterm or final exam, specifically questions that require application of macronutrient and micronutrient recommendations discussed throughout the course. Aligns with course objectives 1-12.

**Article Synopses** - Students will post 4 research article synopses to the Yellowdig discussion board throughout the course. Each article synopsis requires students to search a relevant database of research journals (i.e. Google Scholar, SportDiscus,



PubMed) to find a peer-reviewed research article related to one of the course topics for deeper reflection. Students should read the selected articles in their entirety and then post a brief synopsis of the article(s) to Yellowdig and to the corresponding assignment in e-Learning. The synopsis should be written and should include the following headers: 1. Reason for Selection 2. Research Problem 3. Methods 4. Results/Conclusions 5. Takeaways. Students should briefly summarize why they selected the article, what research problem was addressed in the article, how the experiment was conducted, the most important results and explanations for the results provided by the authors of the study, and what information from the article can be used by classmates in their nutrition recommendation decision making processes. A pdf copy of the article should be uploaded to both the Yellowdig post and e-Learning assignment. The same written synopsis can be submitted to both Yellowdig and e-Learning. Aligns with course objectives 1-12.

**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 8 learning modules. Exam questions are generated by the course instructor and are randomly selected from the first 8 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 7 in the course schedule and is due Monday, June 27 at 2:59am EST (Sunday, June 26 at 11:59pm PST). Aligns with course objectives 1-6.

**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 14 learning modules. Exam questions are generated by the course instructor and are randomly selected from all 14 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 14 in the course schedule and is due Saturday, August 6th at 2:59am

EST (Friday, August 5<sup>th</sup> at 11:59pm PST). Aligns with course objectives 1-12.

**Module Activities** - Approximately four ungraded practice assignments are available in each of the 14 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 amount of points available in Yellowdig by the last day of classes (26,000 points) will earn 1 bonus point that will be added to their final overall grade.
3. Students who include one multiple choice question related to an article synopsis they post to Yellowdig will receive one bonus point to be added to a low module quiz score at the end of the semester. Students who answer multiple choice questions related to article synopses on Yellowdig will also earn one bonus point to be added to a low module quiz score at the end of the semester. A maximum of **10 bonus points** to be added to module quiz scores can be earned from this opportunity.

**\*Note Regarding Program Comprehensive Exam** – If you choose APK6167 as one of the courses to include within your comprehensive exam, know that the exam will contain 60 objective questions (multiple choice, true/false, matching) that are pulled at random from a question bank similar to the quizzes and exams in this course. If you complete the exam in a future semester, you will be able to access this APK6167 Canvas course and review lecture videos and exam questions and answers. If you complete the exam during this semester, you will need to work ahead in the course to ensure you have been introduced to all of the topics that are found on it. All modules and assignments are available from the first week of the course. I recommend completing the practice quizzes in each module as many times as needed to gain practice with course content not yet covered by the time you take the exam

## WEEKLY COURSE SCHEDULE:

Week	Dates	Topic	Chapter
1	5/9 - 5/15	Introduction to Sports Nutrition   Nutrients: Ingestion to Energy Metabolism	1, 2
2	5/16 - 5/22	Carbohydrates	3
3	5/23 - 5/29	Fats	4
4	5/30 - 6/5	Proteins	5
5	6/6 - 6/12	Vitamins   Minerals	6, 7
6	6/13 - 6/19	Water	8
7	6/20 - 6/26	<b>Midterm Exam</b> Available 6/18, Due 6/27 at 2:59AM EST	
8	6/27 - 7/3	Nutritional Ergogenics	9
9	7/4 - 7/10	Weight Management	11
10	7/11 - 7/17	Endurance/Ultra-endurance Events	12
11	7/18 - 7/24	Strength/Power Athletes	13
12	7/25 - 7/31	Team Sport Athletes	14
13	8/1 - 8/5	Special Considerations in Sports Nutrition <b>Final Exam</b>	15

Final Exam: Available from Saturday, July 30 at 12:00am EST through Saturday, August 6 at 2:59am EST (Friday, August 5 at 11:59pm PDT)

## 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.
- Take advantage of extra credit opportunities
- Read textbook chapters, canvas readings, and research articles carefully.
- Twenty percent of the final grade comes from participation activities including posting comments to the Yellowdig board and submitting the research article synopses. Take advantage of these assignments to bring up any quiz or exam grades in which you are disappointed.
- Perform well on the final exam.