

# Nutrition Aspects of Human Perform

APK6167 | 3 Credits | Summer 2025

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## Course Info

### INSTRUCTOR

**Blain Harrison, Ph.D, CSCS\*D**  
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Preferred Method of Contact: **email**

### OFFICE HOURS

Office Hours are Mondays from 12-2PM Eastern Standard time (EST) on [zoom](#). If these times do not fit your schedule, 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 including tactical athletes. Prepares students for sports nutrition certification exams including the CISSN.

### PREREQUISITE KNOWLEDGE AND SKILLS

None

### REQUIRED AND RECOMMENDED MATERIALS

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

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

Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor(s). The instructor(s) is only responsible for these instructional materials.

## **COURSE FORMAT**

Students access and complete course assignments through the APK6167 Canvas page. Course topics are organized into 12 learning modules. Each module includes 2 practice activities corresponding with the module's learning materials (i.e., textbook reading and associated lecture videos) as well as 3 graded assignments including a discussion board, applied assignment, and 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 and absorption 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 physiological functions of micronutrients.
6. Specify fluid intake recommendations before, during, and after exercise.
7. Calculate macronutrient recommendations for endurance athletes, strength/power athletes, team sport athletes, and tactical 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. List the ergogenic benefits of popular dietary supplements.
12. Complete sports nutrition certification exams from a variety of organizations.

## **Course & University Policies**

### **UF STUDENT COMPUTING REQUIREMENTS:**

As a 100% online course and as per the UF student computing requirements, “access to and on-going use of a computer is required for all students.” UF does not recommend students relying on/regularly using tablet devices, mobile phones or Chromebook devices as their primary computer as it may not be [compatible](#) with specific platforms used in this course or UF. Access to fast, secure Wi-Fi will be necessary for this course. If a student is in an area with limited wi-fi access, UF students can access **eduroam** for free with their GatorLink log-in credentials.

#### ***How to connect to eduroam:***

1. If you can get a Wi-Fi signal at any of the eduroam locations (see below) and your mobile device (laptop, smartphone, or tablet) has already been configured for eduroam, then you will automatically connect.
2. Otherwise, follow the instructions for connecting [here](#).
3. There are more than 100 Wi-Fi hotspots in Florida, including several state university campuses and community colleges. You don't have to sit in a car--many locations have open spaces and communal rooms available so you can get online while socially distancing and following CDC guidelines in an air-conditioned space. Also, in Florida all of the UF/IFAS Research and Education Centers (REC) are equipped with eduroam, so if you live in a rural area of your county you can visit an REC to securely watch course videos and take care of your academic needs. Here's a [link](#) to all the eduroam sites in the U.S.:  
If you have any problems connecting to eduroam you can call (352-392-HELP/4357) or [email](#) the UF Computing Help Desk.

The UF Computing Help Desk is available to assist students with technical issues. If you have any issues accessing the online course material, you must contact the UF Computing Help Desk immediately for assistance and obtain a case number. **I will not accept late assignments, or change any course dates, due to technology difficulties if you do not have a case number prior to the due date for the assignment.**

Other resources are available [here](#).

## ATTENDANCE

Because this is an entirely online course, you are not expected to physically be on UF's campus at any time. However, you most certainly ARE expected to participate in discussion posts, assignments, engagement activities, and exams.

## PARTICIPATION POLICY

Active participation in the course is mandatory. Interaction with the course through graded Discussion boards in each module makes up the participation grade and is part of the final grade in the course.

## PERSONAL CONDUCT & ACADEMIC INTEGRITY

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Student Honor Code and Conduct Code \(Regulation 4.040\)](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

### **Communication and Questions:**

Students are responsible for getting a University of Florida email account (e.g., john.doe@ufl.edu) and should use this email for all university related correspondence – The instructor may not read emails from or send emails to any non-UF email addresses (e.g., john.doe@hotmail.com). Email subject should start with "SPM 4723 – First name, Last name - ...". Email use does not relieve students from the responsibility of confirming the communication with the instructor. Always sign your email – don't make the instructor guess from whom the email was sent. The instructor will answer your email within the day, when possible

You may email me through the course site with any questions or concerns you have, and I will attempt to respond to your emails within 24 hours (typically sooner). If you have an urgent issue, please call my office and/or email my UF email, [blaincharrison@ufl.edu](mailto:blaincharrison@ufl.edu).

For general course questions, I encourage you to check the **Course Questions Discussion Board** since other students may have the same question. If you do not find an answer, post your question using a descriptive subject line. All students are expected to follow rules of common courtesy in email messages, discussions, chats, etc. Please review the [Netiquette Guide](#) (also on course website) for further important information.

### **Honor Code Policy**

All students must adhere to university regulations regarding academic integrity. Any form of academic dishonesty (including but not limited to any form of cheating, plagiarism, misrepresentation, etc.) will not be tolerated. Any student guilty of academic dishonesty will receive a failing grade (E) for the course, and the matter will be forwarded to the UF Office Student Affairs and the Dean of Students.

***"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."***

The following pledge will be either required or implied on all work:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is the duty of the student to abide by all rules set forth in the UF Undergraduate Catalog. Students are responsible for reporting any circumstances which may facilitate academic dishonesty. University Policy on Academic Misconduct: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code [here](#):

### **Copyright Statement:**

The materials used in this course are copyrighted. The content presented is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF and may not be used for any commercial purposes.

Content includes but is not limited to syllabi, videos, slides, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy or distribute the course materials, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

### **APPROPRIATE USE OF AI TECHNOLOGY**

The UF Honor Code strictly prohibits [cheating](#). The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity’s express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

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

Unless excused based on [University policies](#) 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. 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 with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their [Get Started](#). It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. Accommodation is 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. Students can complete evaluations in three ways:

1. The email they receive from GatorEvals,
2. Their Canvas course menu under GatorEvals, or
3. The central portal at <https://my-ufl.bluera.com>

Guidance on how to provide constructive feedback is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

### HONORLOCK SYSTEM REQUIREMENTS (EXAM PROCTORING):

Honorlock will proctor your quizzes and examinations this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable internet connection. To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension [here](#). When you are ready to test, log into Canvas/E-Learning, go to your course, and click on your exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself and show your ID. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact Honorlock by live chat, phone (844-243-2500), and/or email ([support@honorlock.com](mailto:support@honorlock.com))

## Getting Help

### HEALTH & WELLNESS

- **U Matter, We Care:** If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- **University Police Department:** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- **GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

### ACADEMIC RESOURCES

- **E-learning technical support:** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).
- **Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center:** Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- **Writing Studio:** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances:** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

## APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, [vcourt@ufl.edu](mailto:vcourt@ufl.edu)
- Dr. Demetra Christou (she/her), APK Department Vice Chair, [ddchristou@hwp.ufl.edu](mailto:ddchristou@hwp.ufl.edu)
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)
- Dr. Joslyn Ahlgren (she/her), 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	1-11	250 points	25%
Discussion Boards	1-11	125 points	12.5%
Applied Assignments	1-11	100 points	10%
Article Synopses (x4)	1-11	50 points	5%
Supplement Presentation	11	50 points	5%
Summary Flyer	1-11	25 points	2.5%
Midterm Exam	1-11	100 points	20%
Cumulative Final Exam	1-11	100 points	20%
Final exam score replacing midterm exam score	1-11	If the final exam score is higher than the midterm exam score, the final exam score will replace the midterm exam score	Final grade % improvement cannot exceed 2% from extra-credit

**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. This means that the first quiz will be worth 10 total points, followed by 11 total points for the second, and so on until the final quiz is worth 21 total points. The overall total amount of points earned via module quizzes is 250. 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. 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 **ONE** attempt on each module quiz. Students are permitted to utilize their textbooks, lecture notes, or lecture videos while completing the quizzes. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the quiz. Honorlock is NOT needed for Module Quizzes.

**Discussion Boards** – Each of the 12 learning modules contains a graded Discussion Board assignment. These assignments offer students an opportunity to reflect on the application of the course material and how it may impact their personal life and career. Each Discussion Board assignment is worth 5 points. A rubric is used to grade



responses to ensure students provide thoughtful reflections and meaningful interactions with their classmates. The rubric used is provided below:

Length of Post:  Discussion thread posts should be 200 words or more in length.	<b>2 pts Full Marks</b> Post is 200 or more words in length.	<b>0 pts No Marks</b> Post is less than 200 words in length.
Depth of post:  The post demonstrates a thoughtful response to the discussion question.	<b>2 pts Full Marks</b> A thoughtful response to the discussion question is evident in the post.	<b>0 pts No Marks</b> A thoughtful response to the discussion question is not evident in the post.
Accuracy of Post:  The post contains information that is supported by the class learning materials.	<b>2 pts Full Marks</b> The post contains information that is supported by the class learning materials.	<b>0 pts No Marks</b> The post contains information that is not supported by the class learning materials.
Writing skill of post:  The post should contain proper grammar and spelling.	<b>2 pts Full Marks</b> The post is written with proper grammar and spelling.	<b>0 pts No Marks</b> The post contains one or more grammar or spelling errors.
Collegiality:  Each student should reply to at least one of their classmate's posts with a minimum of 50 words by the due date of the discussion.	<b>2 pts Full Marks</b> Student replied to at least one of their classmate's posts with a minimum of 50 words by the due date.	<b>0 pts No Marks</b> Student did not reply to one of their classmate's posts and/or did not use a minimum of 50 words by the due date.

**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 (multiple-choice) 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 like what they may see on the midterm or final exam, specifically questions that require application of macronutrient and micronutrient recommendations discussed throughout the course. Each applied assignment is worth 10 points and students may complete the assignments as many times as they like. The highest score earned on any attempt will be used in the calculation of the final grade.

**Article Synopses** - Students will search the available sports nutrition literature using a relevant database of research journals (i.e., Google Scholar, SportDiscus, PubMed) to find 4 peer-reviewed research articles related to one of the course topics for deeper reflection. Article synopses are due at the end of modules 3, 6, 9, and 12, respectively. After reading the article, the student will write a synopsis of it to include the following 9 topic headers: 1. Reason for Selection 2. Background, 3. Purpose of Study, 4. Methods, 5. Results and Conclusions, 6. Transferability, 7. Takeaways, 8. Follow Up

Study, 9. Limitations. Each article synopsis assignment is worth 10 points and a rubric are used for grading. The rubric is provided below:

Reason for Selection	<b>1 pts</b> <b>Full Marks</b> A description of why the student selected the article is provided.	<b>0 pts</b> <b>No Marks</b> A description of why the student selected the article is not provided.
Background	<b>1 pts</b> <b>Full Marks</b> Background information on the article topic is provided	<b>0 pts</b> <b>No Marks</b> Background information on the article topic is not provided
Purpose of the Study	<b>1 pts</b> <b>Full Marks</b> Purpose of the study is provided in student's own words.	<b>0 pts</b> <b>No Marks</b> Purpose of the study is not provided or is pasted directly from the article.
Methods	<b>1 pts</b> <b>Full Marks</b> Description of how the study was conducted is provided in student's own words.	<b>0 pts</b> <b>No Marks</b> Description of how the study was conducted is not provided or is pasted directly from the article.
Results and Conclusions	<b>1 pts</b> <b>Full Marks</b> Explanation of data reported and relevant conclusions are provided.	<b>0 pts</b> <b>No Marks</b> Explanation of data reported and relevant conclusions are not provided.
Transferability	<b>1 pts</b> <b>Full Marks</b> The post demonstrates a thoughtful response to the reflection of how the results may impact different populations from those in the study.	<b>0 pts</b> <b>No Marks</b> The post does not demonstrate a thoughtful response to the reflection of how the results may impact different populations from those in the study.
Takeaways	<b>1 pts</b> <b>Full Marks</b> The student describes what aspects of the article they will use in their own practice.	<b>0 pts</b> <b>No Marks</b> The student does not describe what aspects of the article they will use in their own practice.
Follow Up Study	<b>1 pts</b> <b>Full Marks</b> The student proposes a design for a follow up study.	<b>0 pts</b> <b>No Marks</b> The student does not propose a design for a follow up study
Limitations	<b>1 pts</b> <b>Full Marks</b>	<b>0 pts</b> <b>No Marks</b>



	The student describes what they would have done differently had they designed the study themselves.	The student does not describe what they would have done differently had they designed the study themselves.
Article Upload	<b>1 pts</b> <b>Full Marks</b> A pdf copy of the article is uploaded with the synopsis.	<b>0 pts</b> <b>No Marks</b> A pdf copy of the article is not uploaded with the synopsis.

***Nutrition Supplement Presentation*** - Students will record a 10-minute presentation describing the chemistry, metabolism, cost, potential ergogenic benefit, and evidence-based recommendations for use of a nutritional supplement of their choice using Microsoft Powerpoint. Detailed instructions for creating the presentation are provided in Canvas. The Nutrition Supplement Presentation assignment is worth 50 points. A rubric is used for grading and is provided below:

Advertisement and Price per serving:  A screenshot of an advertisement for the supplement and a description of the price per serving is included.	<b>10 pts</b> <b>Full Marks</b> Both the advertisement and price per serving are provided	<b>5 pts</b> <b>Half Marks</b> Either an advertisement or the price per serving is missing.	<b>0 pts</b> <b>No Marks</b> Both the advertisement and the price per serving are missing
Claimed action:  The claimed actions influencing athletic performance are provided.	<b>10 pts</b> <b>Full Marks</b> Thorough and complete description of the claimed actions of the supplement as they pertain to athletic performance.	<b>5 pts</b> <b>Half Marks</b> Incomplete description of the claimed actions of the supplement as they pertain to athletic performance.	<b>0 pts</b> <b>No Marks</b> Claimed action of supplement as it pertains to athletic performance is not in the presentation.
Interpretation of Claims:  Your interpretation of the claimed actions based on your understanding of physiology and biochemistry (in other words - based on what you know of physiology and biochemistry, do the claimed actions make sense? Why?)	<b>10 pts</b> <b>Full Marks</b> Thorough and complete interpretation of the claims of the supplement based on principles of physiology and biochemistry.	<b>5 pts</b> <b>Half Marks</b> Incomplete description of the supplement claims based on principles of biochemistry and physiology.	<b>0 pts</b> <b>No Marks</b> Description of supplement claims based on principles of biochemistry and physiology is missing from presentation.
Supporting Evidence:  Describe the quality of the research on the	<b>10 pts</b> <b>Full Marks</b> Thorough and complete description of the best	<b>5 pts</b> <b>Half Marks</b> Incomplete description of the quality of	<b>0 pts</b> <b>No Marks</b> Description of available evidence, citations, and

supplement. Provide specific evidence from peer reviewed studies (in other words - show data that demonstrates that the supplement does or does not influence athletic performance)	available evidence describing the efficacy of the supplement as it pertains to athletic performance including appropriate citation and bibliography slide.	available evidence, inappropriate or missing citations, or missing bibliography slide.	bibliography slide are missing.
<p>Recommendation:</p> <p>Determine if you would recommend this supplement to an athlete. Why or why not?</p>	<p><b>10 pts</b> <b>Full Marks</b></p> <p>Recommendation and rationale are provided in presentation.</p>	<p><b>5 pts</b> <b>Half Marks</b></p> <p>Either the recommendation or rationale for the recommendation are missing from the presentation.</p>	<p><b>0 pts</b> <b>No Marks</b></p> <p>Recommendation and/or rationale are not provided in the presentation.</p>

**Sports Nutrition Summary Flyer** – Students will create an educational flyer that could be provided to patients, clients, or athletes throughout their career and that contains a summary of the energy, macronutrient, micronutrient, fluid, timing, and supplement recommendations learned throughout the course. Detailed instructions for creating the flyer are provided in Canvas. The Sports Nutrition Summary Flyer assignment is worth 25 points. A rubric is used for grading and is provided below:

Energy	<p><b>5 pts</b> <b>Full Marks</b></p> <p>Description of how to calculate daily energy intake, daily total energy expenditure, and energy balance are provided as are the components of total energy expenditure and the possible energy balance outcomes.</p>	<p><b>2.5 pts</b> <b>Half Marks</b></p> <p>One to three of the following components are missing or improperly described based on information provided in the course content: Description of how to calculate daily energy intake, daily total energy expenditure, and energy balance; the components of total energy expenditure and the possible energy balance outcomes.</p>	<p><b>0 pts</b> <b>No Marks</b></p> <p>Four or more of the following components are missing or improperly described based on information provided in the course content: Description of how to calculate daily energy intake, daily total energy expenditure, and energy balance; the components of total energy expenditure and the possible energy balance outcomes.</p>
Macronutrient Recommendations	<p><b>5 pts</b> <b>Full Marks</b></p> <p>Descriptions of the role of each macronutrient and the recommended intakes</p>	<p><b>2.5 pts</b> <b>Half marks</b></p> <p>One to three of the following components are missing or improperly described</p>	<p><b>0 pts</b> <b>No Marks</b></p> <p>Four or more of the following components are missing or improperly described</p>

	of each are provided including both relative intake and AMDR recommendations and examples of how to calculate each.	based on information provided in the course content: Descriptions of the role of each macronutrient and the recommended intakes of each are provided including both relative intake and AMDR recommendations and examples of how to calculate each.	based on information provided in the course content: Descriptions of the role of each macronutrient and the recommended intakes of each are provided including both relative intake and AMDR recommendations and examples of how to calculate each.
Micronutrient Recommendations	<b>5 pts</b> <b>Full Marks</b> Descriptions of the role of 5 vitamins and 5 minerals and the recommended intakes of each are provided.	<b>2.5 pts</b> <b>Half marks</b> One to three of the following components are missing or improperly described based on information provided in the course content: Descriptions of the role of 5 vitamins and 5 minerals and the recommended intakes of each are provided.	<b>0 pts</b> <b>No Marks</b> Four or more of the following components are missing or improperly described based on information provided in the course content: One to three of the following components are missing or improperly described based on information provided in the course content:
Fluid Recommendations	<b>5 pts</b> <b>Full Marks</b> Fluid recommendations for an entire day, 2-4 hours prior to exercise, 10-20min prior to exercise, during exercise, and immediately following exercise are provided along with recommendations on the type of beverage to consume at each time frame.	<b>2.5 pts</b> <b>Half marks</b> One to three of the following components are missing or improperly described based on information provided in the course content: Fluid recommendations for an entire day, 2-4 hours prior to exercise, 10-20min prior to exercise, during exercise, and immediately following exercise are provided along with recommendations on the type of beverage to consume at each time frame.	<b>0 pts</b> <b>No Marks</b> Four or more of the following components are missing or improperly described based on information provided in the course content: Fluid recommendations for an entire day, 2-4 hours prior to exercise, 10-20min prior to exercise, during exercise, and immediately following exercise are provided along with recommendations on the type of beverage to consume at each time frame.
Nutrition	<b>5 pts</b> <b>Full Marks</b>	<b>2.5 pts</b> <b>Half marks</b>	<b>0 pts</b> <b>No Marks</b>

Supplements	All of the following are included and align with information provided in course content - General guidelines for incorporating supplements - Description of 5 most pertinent recommended supplements for selected population - Recommended dose of each supplement - Description of how to select safe products.	One to three of the following components are missing or improperly described based on information provided in the course content: - General guidelines for incorporating supplements - Description of 5 most pertinent recommended supplements for selected population - Recommended dose of each supplement - Description of how to select safe products.	Four or more of the following components are missing or improperly described based on information provided in the course content: - General guidelines for incorporating supplements - Description of 5 most pertinent recommended supplements for selected population - Recommended dose of each supplement - Description of how to select safe products.
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**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 6 learning modules. Exam questions are generated by the course instructor and are randomly selected from midterm exam specific question banks from the first 6 modules. 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. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the exam. The exam will be available for one week following Module 6 in the course schedule and is due according to the course schedule provided at the end of the syllabus.

**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 final exam specific question banks from all 12 learning modules. 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 final exam score is higher than the midterm exam scores the final exam score will replace the midterm score when calculating the final grade in the course. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting

the exam. The exam will be available for one week following Module 12 in the course schedule and is due according to the course schedule provided at the end of the syllabus.

**Final Exam Substitute Option** – Students have the option to complete the [CISSN](#) certification exam offered by the International Society of Sports Nutrition as a substitute for the course final exam. Students who select this option are required to become a student member of the ISSN and to pay for the exam out of pocket. The ISSN offers a large discount (70%) on the exam for students in this course and the instructor will provide instructions for obtaining this discount via an announcement early in the course. All students **MUST** complete the APK6167 course final exam regardless of whether they choose to complete the CISSN exam. The substitution option described here only applies if a student receives a higher percentile score on the CISSN exam than the APK6167 course final exam and wishes to use it as a substitute. This option is considered a form of extra credit. All extra credit earned throughout the course collectively can only increase a student's final grade by 2%.

**Module Activities** – Two 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 2 extra credit opportunities:

1. If the grade on the final exam is better than the grade on the midterm exam, the final exam grade will replace a midterm exam grade.
2. If a student chooses to substitute their CISSN exam score for their final exam score, and that score is higher than the midterm exam score, then it will also replace the midterm exam score.

**NOTE:** UF policy limits the ability of extra credit assignments to improve a student's final grade more than 2%. **Therefore, any extra credit listed above will be limited to increasing the student's final grade no more than 2 percentage points. Extra credit is added AFTER all course assignments are complete.** For example, if a student's final grade is calculated at 89% (B+) after all required graded assignments, quizzes, and exams have been completed, but the student has earned extra credit via the opportunities listed above, the highest grade they are eligible to earn via the extra credit is a 91% (A-)

### **Module Completion Recommendations**

The instructor recommends completing each component of a learning module in the following order:

1. Read each assigned chapter from the textbook.
2. Watch the lecture videos located in the module page.
3. Complete the practice quizlet assignment (ungraded assignment).

4. Complete the practice quiz assignment (ungraded assignment).
5. Complete the discussion assignment (graded assignment).
6. Complete the current module's applied assignment.
7. Complete the module quiz.
8. Review your results from the module quiz and attend a virtual office hour if clarification is needed.

### 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. 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](#).

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
C+	76.5-79.49%	2.33
C	72.5-76.49%	2.0
D+	66.5-69.49%	1.33
D	62.5-66.49%	1.0
E	0-59.49%	0

### Addressing Student Concerns

Students should bring any questions or concerns related to the course to the attention of the instructor via email through Canvas or directly at [blaincharrison@ufl.edu](mailto:blaincharrison@ufl.edu). Examples of concerns include, but are not limited to:

- Clarification on quiz or exam questions
- Clarification on instructions for article synopsis, discussion board, nutrition supplement, or sports Nutrition flyer assignments
- Difficulty accessing course materials.
- Clarification on the suitability of a research article to review for the article synopses assignments.

The instructor will respond to all questions or concerns within 24 hours on weekdays and 48 hours on weekends and will recommend a zoom appointment if needed.

# Weekly Course Schedule

## CRITICAL DATES & UF OBSERVED HOLIDAYS

- Complete list available [here](#).

## WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	May 12-16	Module 1 Introduction to Sports Nutrition Nutrient Digestion and Absorption	Module 1 Quiz Module 1 Discussion
2	May 19-23	Module 2 Carbohydrates	Module 2 Quiz Module 2 Discussion Applied Assignment 1
3	May 26-30	Module 3 Fats	Module 3 Quiz Module 3 Discussion Applied Assignment 2 Article Synopsis 1
4	June 2-6	Module 4 Proteins	Module 4 Quiz Applied Assignment 3 Module 4 Discussion
5	June 9-13	Module 5 Vitamins   Minerals	Module 5 Quiz Applied Assignment 4 Module 5 Discussion
6	June 16-20	Module 6 Water	Module 6 Quiz Applied Assignment 5 Module 6 Discussion Article Synopsis 2
7	June 23-27	Midterm Exam	<b>Midterm Exam Due Monday, June 30 by 2:59am EST</b>
8	June 30- July 4	Module 7 Nutrition Ergogenics	Module 7 Quiz Applied Assignment 6 Module 7 Discussion
9	July 7-11	Module 8 Weight Management	Module 8 Quiz Applied Assignment 7 Module 8 Discussion Article Synopsis 3
10	July 14-18	Module 9 Endurance   Ultra-Endurance Athlete Nutrition Considerations	Module 9 Quiz Applied Assignment 8 Module 9 Discussion



11	July 21-25	Module 10 Strength   Power Athlete Nutrition Considerations	Module 10 Quiz Applied Assignment 9 Module 10 Discussion Nutrition Supplement Presentation
12	July 28-Aug 1	Module 11 Team Sport Athlete Nutrition Considerations	Module 11 Quiz Applied Assignment 10 Module 11 Discussion
13	August 4-8	Module 12 Special Considerations in Sports Nutrition Tactical Athlete Nutrition Considerations	Module 12 Quiz Module 4 Discussion Article Synopsis 4 Sports Nutrition Summary Flyer
<b>Comprehensive Final Exam – Due Monday, August 11th at 2:59AM EST</b>			

### 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
- Sixty percent of the final grade comes from graded assignments that allow you to use any learning material to complete them. Take advantage of these assignments to bring up any exam grades in which you are disappointed.
- Perform well on the final exam.

**\*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 like 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 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.