

KINE 4321 SPORTS NUTRITION

Department of Health & Kinesiology
The University of Texas at Tyler
Course Syllabus

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**Instructor:** Scott Spier, Ph.D.

**Office:** Herrington Patriot Center (HPC) 2186 (Inside the Exercise Physiology Lab)

**Office hours:** TR 12 - 1:30; Also by appointment or via Zoom (call or email to schedule)

**Email:** [sspier@uttyler.edu](mailto:sspier@uttyler.edu) (do NOT include “patriots” in email address; it won’t be delivered to me)

**Phone:** 903-566-7427

**Website:** All course materials and announcements will be provided in **Canvas**

**Meets:** Online on Canvas (online assignments required) - Summer 1 session  
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COURSE PREREQUISITES

KINE 3311 (Physiology of Exercise) and either ALHS 1315 (Introduction to Nutrition) or 3315 (Nutrition through the Life Cycle). It is also assumed that every student has completed undergraduate anatomy & physiology.

MATERIALS

Textbook: The *recommended* textbook is **Sport Nutrition (3rd edition, Human Kinetics) by Asker Jeukendrup and Michael Gleeson**. You can probably still find the 2nd edition online for about half the price. The textbook is available for purchase in *hard copy*, *e-book*, or *rental* options.

Other readings: Readings from review articles and/or original research articles may be assigned in each module. Some of these assigned readings will provide background for the lectures while others will serve to further our discussion of the particular topic of study for that module.

Technical requirements: Minimum technological requirements that must be met in order to complete this course can be found in the **UT Tyler Student Resources** link in the **GETTING STARTED** module in Canvas. If you have technical problems, please refer those to Campus Computing Services.

COURSE STRUCTURE

This class meets online on **Canvas**. You will find that this class is very similar to a traditional on-campus class in that it will consist of recorded lectures, readings, review of research literature, discussions, written assignments, quizzes, and/or exams. In contrast to a traditional on-campus class, assignments in this course can be completed *asynchronously*. In other words, there will be no scheduled meeting times in this class. You may access course content and complete assignments at your convenience, though you still must meet assignment and testing deadlines.

The content of this course is organized into modules and will be accessed in the **Modules** tab in Canvas. Within each *module*, you will find learning objectives, assigned readings, recorded lectures and/or videos associated with the reading assignments, discussion topics, and/or a quiz over the assigned content. The first module, **Getting Started**, will explain the different Canvas functions you will use in this class.

**Students are required to take an active role in the learning process. This includes reading assigned articles, taking notes, studying to prepare for quizzes/exams (note that individuals only retain about 20% of material without studying), asking questions when material is confusing, finding and reading additional credible resources and peer-reviewed literature, using extra materials posted on Canvas, and seeking help from the professor and/or other students when studying.*

COURSE OBJECTIVES

The purpose of this course is for students to learn the principles of developing optimal diets for athletes using the practical foods available in the Western diet. This course will identify the nutritional needs of athletes whose skills range from recreational to elite status, while recognizing the role that diet plays in achieving optimal physiological training adaptations. Emphasis will be placed upon understanding of how macronutrients, micronutrients, and water are digested, absorbed, and metabolized by the body. Evaluation of supplements and weight loss/weight gain strategies in athletic populations will also receive intensive study.

This course provides the student with a comprehensive understanding of nutrition as it relates to optimal training and performance of sports activities. Within the course structure, you, as the student, will learn (a) basic concepts of sports nutrition, (b) the optimum intake of macronutrients and micronutrients for optimal sports performance, and (c) the efficacy of nutritional supplementation.

SPECIFIC LEARNING OUTCOMES

Students who successfully complete this course will be able to:

1. Describe basic aspects of general nutrition, exercise physiology, and psycho-social factors that relate to sports nutrition;
2. Describe and be able to apply knowledge of nutrition to performance of acute bouts of strength-activities, including pre-performance and recovery;
3. Describe and be able to apply knowledge of nutrition as it relates to strength training, including consideration of caloric needs, fuel nutrients, and non-fuel nutrients;
4. Describe and be able to apply knowledge of nutrition to performance of acute bouts of endurance activities, including pre-performance and recovery;
5. Describe and be able to apply knowledge of nutrition to performance of endurance training, including consideration of caloric needs, fuel nutrients, and non-fuel nutrients;
6. Describe and be able to apply knowledge of nutrition to performance of acute bouts of high-power activities, including pre-performance and recovery;
7. Describe and be able to apply knowledge of nutrition as it relates to training for high-power activities, including consideration of caloric needs, fuel nutrients, and non-fuel nutrients;
8. Plan meal contents, meal schedules, and fluid intake in relation to training and performance;
9. List and describe putative ergogenic nutritional supplements commonly used by athletes;
10. Describe and be able to apply principles for evaluating efficacy of putative ergogenic nutritional supplements;
11. Describe the need for and design limitations of research related to prevalence of use, efficacy, side-effects, and long-term effects of putative nutritional supplements and ergogenic dietary maneuvers;
12. Have a solid foundation for future study of sports nutrition.

*More specific learning outcomes will be provided in each learning module.

This course addresses these objectives through the following:

1. study of basic facts, concepts and theories of sports nutrition;
2. critically reading and discussing research related to sports nutrition;
3. discussing, in writing, questions and viewpoints related to sports nutrition, analyzing and supporting viewpoints based on research evidence;
4. applying theoretical concepts in sports nutrition.

COURSE REQUIREMENTS AND EVALUATION

Your final grade will be determined by your performance on exams, quizzes, and optional homework assignments (see below for details). There are a total of 309 points possible in the course. Your grade will be based on 300 points. Grading will be based on a modified 10-point scale.

Exams (4 @ 50 points each)	200 points	89.5 – 100%	A (excellent)
Quizzes (10 @ 5 points each)	50 points	79.5 – 89.49	B (above average)
Assignments	50 points	69.5 – 79.49	C (average)
<i>Cumulative Final Exam (optional)</i>		59.5 – 69.49	D (below average; fail)
		< 59.5%	F (well below average; fail)

Exams: There will be 4 midterm exams and an optional cumulative final exam. I will drop the lowest exam score at the end of the semester. If you are happy with your 4 midterm exam scores, the final exam is optional. All exams will consist of multiple-choice, true-false, short answer, and/or short essay questions over material from lectures, discussions, and assigned readings. Online exams will be delivered via Canvas using ProctorU (instructions provided in Canvas). Midterms exams are tentatively scheduled for **June 8 (Unit 1), June 16 (Unit 2), June 24 (Unit 3), July 1 (Unit 4), and July 2 (Final)**.

Quizzes: Each general topic will contain a Check for Understanding quiz. These quizzes are not proctored and there are unlimited attempts, with only the highest score counting. Students may use notes to complete these. Students are encouraged to take these until a perfect score is achieved. All quizzes are due by the start of the midterm exam for the unit in which it is assigned (i.e., all Unit 1 quizzes/EC due by the start of the Unit 1 midterm exam).

Assignments: Some modules will require you to complete an assignment and/or participate in a discussion of a topic related to that particular module or a group of modules. These assignments allow you to demonstrate your comprehension of the course material and your ability to express that comprehension through written and/or oral communication. Any assignment that you hand in is expected to be original and your own work.

LIST OF COURSE TOPICS

- Unit 1: Nutrients and Energy / Unit 1 Exam
- Unit 2: Macronutrients / Unit 2 Exam
- Unit 3: Water and Micronutrients / Unit 3 Exam
- Unit 4: Nutrition and Training / Unit 4 Exam

**Specific lessons and due dates for assignments will be provided in Canvas*

POLICY ON ACADEMIC DISHONESTY

At the University of Texas at Tyler, students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom, or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that students maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion.

This class will be conducted in full compliance with the UT Tyler “no tolerance” policies concerning documented cases of plagiarism and/or academic dishonesty. Any act of cheating or plagiarized work submitted will result in a grade of zero for that assignment and further disciplinary action may be taken. Extreme cases or repeated violations may result in an F in the course and/or exclusion from the university. Please make use of the [UT Tyler Writing Center](#) if you have concerns about plagiarism.

COURSE EXPECTATIONS

Attendance: Although class attendance is not mandatory, students are strongly encouraged to attend every lecture. Missing class will likely have a negative impact on learning and performance in the class. Students are responsible for any missed information or announcements given in class.

Professionalism: Students are expected to display a professional attitude in all aspects of the course, including online discussions, communication with the instructor and classmates, being attentive during lectures, and being respectful to the instructor and classmates. Please do not participate in any activity that may be a distraction to others.

Quality of Work: ALL assignments will be graded with rigor appropriate for upper-level undergraduate course work. All written assignments should incorporate correct grammar, spelling, and a logical flow of ideas. I have little tolerance for bad grammar and spelling mistakes. Please use the Spelling & Grammar tool in your word processing software.

Late Work: Assignment instructions and due dates will be clearly posted and students will be given adequate time to complete work. No assignments will be accepted past their deadlines.

Makeup Policy: Students will not be allowed to make up missed assignments or exams. The dates for these assignments will be known far in advance and students must plan accordingly. For a missed exam, the student will substitute the final exam in place of the missed exam.

COMMUNICATION

Instructors are required to use students' Patriot account email addresses for email correspondence. Therefore, any email messages originating from me will be sent to your Patriots account. You can send me email from either your Patriots account or through Canvas. Any email you send should have your first and last name, your course and section number (e.g., KINE 3311.001), and proper punctuation. Failure to do so may delay the response time. I will try to respond to appropriately addressed emails within 1-2 business days.

TECHNICAL SUPPORT

For technical problems with Canvas, contact **UT Tyler 24/7 Canvas Support**, which can be accessed by clicking **Help** at the bottom of the Global Navigation menu on the far left side of the browser window.

For login/password problems or support for other technical issues, contact Campus Computing Services in the Business Building (BUS 101) at 903-565-5555 or itsupport@uttyler.edu.

COPYRIGHT

All handouts used in this course, including those delivered via Canvas, are copyrighted. The term handouts refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, assignment sheets, recorded lectures, outlines, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, students do not have the right to copy or distribute the materials, unless I expressly grant permission.

IMPORTANT SEMESTER DATES

ACADEMIC CALENDAR 2020-2021							
Summer Semester 2021 – Summer I							
MAY							
MAY 2021				28 Payment Deadline, 5:00PM CST 31 Memorial Day holiday, all offices closed, no classes held			
S	M	T	W	T	F	S	
						1	
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9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						
JUNE							
JUNE 2021				1 Classes Begin First Day to File for Spring 2022 Graduation Deadline to resolve outstanding items for Spring 2021 graduation 4 Census Date 15 Final Filing Deadline for Summer 2021 Graduation 22 Last day to withdraw from one or more courses 29 Final grade rosters open			
S	M	T	W	T	F	S	
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6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				
JULY							
JULY 2021				2-3 Final exams 3 End of Summer I Session 4 Independence Day Holiday, all offices closed, no classes held 6 Final grades due in Faculty Center by 12:00PM CST			
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
Summer Semester 2021 – Summer II							
JULY							
JULY 2021				2 Payment Deadline, 5:00PM CST 4 Independence Day Holiday, all offices closed, no classes held 5 Classes begin Last day to schedule thesis or dissertation defense for Summer 2021 Graduation 8 Census Date 19 Last day to submit completed thesis or dissertation to The Graduate School for Summer 2021 Graduation 28 Last day to withdraw from one or more courses			
S	M	T	W	T	F	S	
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4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
AUGUST							
AUGUST 2021				3 Final grade rosters open 6-7 Final exams 7 End of Summer II Session 10 Final grades due in Faculty Center by 12:00PM CST			
S	M	T	W	T	F	S	
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8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

UNIVERSITY POLICIES

(From the *Handbook of Operating Procedures* and the UT Tyler Website)

UT TYLER HONOR CODE

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

STUDENT RIGHTS AND RESPONSIBILITIES

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

CAMPUS CARRY

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

UT TYLER A TOBACCO-FREE UNIVERSITY

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

GRADE REPLACEMENT/FORGIVENESS

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

STATE-MANDATED COURSE DROP POLICY

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

DISABILITY SERVICES

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

SOCIAL SECURITY AND FERPA STATEMENT

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

EMERGENCY EXITS AND EVACUATION

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

STUDENT STANDARDS OF ACADEMIC CONDUCT

Disciplinary proceedings may be initiated against any student who engages in scholarly dishonesty, including but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or part to another person, taking an examination for another person, any act designed to give an unfair advantage to a student or the attempt to commit such acts.

- i. "Cheating" includes, but is not limited to:
 - a. Copying from another student's test paper;
 - b. using, during a test, materials not authorized by the person giving the test;
 - c. Failure to comply with instructions given by the person administering the test;
 - d. Possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have specifically been prohibited by the person administering the test;
 - e. Using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
 - f. Discussing the contents of an examination with another student who will take the examination;
 - g. Divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
 - h. Substituting for another person, or permitting another person to substitute for oneself to take a course, test, or any course-related assignment;
 - i. Paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, homework solution, or computer program;
 - j. Falsifying research data, laboratory reports, and/or other academic work offered for credit;
 - k. Taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonable should know that an unfair academic advantage would be gained by such conduct; and
 - l. Misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- ii. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.
- iii. "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on academic dishonesty.
- iv. All written work that is submitted will be subject to review by plagiarism software.

UT TYLER RESOURCES FOR STUDENTS

- [UT Tyler Writing Center](mailto:writingcenter@uttyler.edu) (903.565.5995), writingcenter@uttyler.edu
- [UT Tyler Tutoring Center](mailto:tutoring@uttyler.edu) (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](tel:903.566.7254) (903.566.7254)