

NFS 2163 Sports Nutrition

Tuesday/Thursday, 4:25 pm – 5:40 pm

Lecturer:

Jamie Sheahan, MS, RD, CSSD

jsheahan@uvm.edu

Teaching Assistant:

Ryan Marder

ryan.marder@uvm.edu

Office Hours:

Office hours are available by appointment only. To request an appointment please email jsheahan@uvm.edu

Pre-requisite:

NFS 1043 Fundamentals of Nutrition

Course Materials:

Textbook: All pertinent information will be provided in lectures and assigned articles. However, for further clarification of basic concepts as well as more in-depth explanations of various topics, you may want access to a sports nutrition textbook. The recommended textbook is *Nutrition for Sport and Exercise 5th Edition* by Marie Dunford and J. Andrew Doyle; however, this is NOT required.

Assigned Readings: Readings from scholarly journals and other articles will be assigned throughout the course. Some of these assigned readings will provide background for the lectures while others will serve to provide information on topics not covered in lectures.

iClicker: Students will need to sign up for iClicker cloud. You DO NOT need to purchase an iClicker cloud subscription. UVM has a site license you can use to sign-up for free.

Required Platforms and Software:

Brightspace: Students will access assignments and readings on Brightspace. Students are responsible for submitting work according to the due dates listed.

Microsoft Teams: Students may be required to access the NFS 2163 Sports Nutrition channel for class lectures and team work. Should extenuating circumstances require that class be remote, students are expected to log in on time and be present until class is dismissed. Cameras should be turned on; however, microphones should be muted unless instructed otherwise.

Technical Support:

Students, please read this technology check list to make sure you are ready for classes. <https://www.uvm.edu/it/kb/student-technology-resources/>

Students should contact the Helpline (802-656-2604) for support with technical issues.

Course Description:

This course expands upon basic nutrition concepts by exploring the unique nutritional needs of athletes. Course topics include energy requirements for resistance and endurance athletes, principles of a balanced diet, timing and composition of pre- and post-activity meals, vitamins and minerals, ergogenic aids, hydration, and unique needs for various athletic groups.

Course Objectives:

Upon completion of this course, students will be able to:

1. Discuss how the frequency, duration and intensity of activity influence the type of fuel used by the body.
2. Understand the effects of excess and/or deficiencies of various nutrients.
3. Evaluate the potential benefits and/or risk of ergogenic aids.
4. Describe the biochemistry of nutrients utilized during exercise.
5. Understand the role of body composition in health and performance.
6. Evaluate the quality of an athlete's diet and make recommendations to meet the nutritional demands of the athlete's sport.

Tips for Success:

Many of you are taking this as an elective course, which means you either have a vested interest in sports nutrition or heard it's a class worth taking because the professor is so amazing. Regardless, I want to assure you that I am going to do everything possible to make this course an informative and fun learning experience. This means designing a course environment that allows you to learn in a variety of ways and collaborate with others. To be successful in this course, I would recommend the following:

1. Come to class. Attendance may only be a small portion of your final grade, but being present at class is critical for you to get the information you need to do well in this course. Class time will also include opportunities to engage with your classmates and work on team assignments. If for some reason you are unable to attend class it is your responsibility to get notes from one of your classmates.

2. Ask questions. Just because this is a big lecture doesn't mean I need to do all of the talking. Please raise your hand and stop me if you want clarification or more information on a topic. I love going off on a good tangent.
3. Take notes during class. Your quizzes are open note which means taking notes will pay off when it comes time to take your weekly quiz. You will have access to the lecture slides, however much of the information that is covered on the quizzes can only be obtained during class.
4. Complete your assigned readings for the upcoming week before class on Tuesday. Just as you would read the corresponding chapter in a textbook before class, these assigned readings will help you understand the material covered during class and enable you to complete your assignments.
5. Embrace teamwork. Completing assignments as a team always poses some challenges, but it also serves as an opportunity to get a different perspective that can enhance your learning.

Course Teamwork:

“Team work makes the dream work.” In the spirit of sports nutrition, students will be completing much of their work throughout the semester as a team. A “draft” will allow students to create teams of four to ten with a designated team captain. Practice time will be provided during class every Thursday to allow you to engage in team discussions, complete collaborative assignments, projects, and even friendly competitions against other teams. Students will select their own teams of four to ten students in the first week of classes then have the opportunity to become “free agents” in week six should they wish to work with another team. In addition to weekly team assignments, two projects will be completed as a team as well.

Grading and Assignment Overview:

Students will be graded on participation, weekly quizzes, individual assignments, projects and regular participation through collaborative team assignments. Final grades will be determined based on the following:

Participation:

Attending and actively participating in class is the most important and easiest way to be successful in this course. Being present physically and mentally will allow you to learn the material necessary to complete your assignments and quizzes, as well as provide an opportunity to contribute to team discussions and assignments. Participation will be determined by engagement in iClicker questions. You may search for NFS 2163 or join using <https://join.iclicker.com/RHMF> It is understandable that over the course of the semester students may be unable to attend class at some point and thus ONE no-questions-asked absence is provided. However, additional absences will only be excused with the proper documentation from your dean or Campus Health Services. Please only email the instructor for an excused absence with the appropriate documentation.

Skills and Drills:

Practice makes perfect! Skills and Drills will consist of a combination of individual and team assignments comprised of written reflections and application exercises. Instructions for assignments will be provided on Brightspace. Team Skills and Drills assignments are expected to be completed together and not divvied up amongst team members. Class time will be provided for some of these assignments to provide an opportunity to work together and have the instructor present to answer questions.

Quizzes:

Weekly quizzes measure comprehension of class topics. Quizzes are released on Brightspace Thursday evenings after class. Quizzes will cover the material discussed in lectures as well as additional assigned readings and viewings for the week. Quizzes are due Tuesday afternoons by 4:00 pm. Only one attempt is allowed for each quiz, however you may complete them in multiple sittings. Quizzes are open book/open note.

Team Projects:

Projects allow students to engage in active learning and develop knowledge about specialized topics unique to their sport or area of interest. Individuals are expected to contribute equally to team projects and team members will evaluate the contribution of their teammates which will be factored into final grades.

Individual Project:

One individual project will allow students to explore a sports nutrition topic of interest to them in greater detail. Students may complete this project at any point over the course of the semester after gaining approval from the instructor.

Grading Distribution:

Participation: 10%

Skills and Drills: 30%

Quizzes 30%

Team Projects: 20%

Individual Project: 10%

Final Grades:

The following will be used to assign final grades for the semester. Grades will not be rounded up.

Grading		
A+: $\geq 98.0\%$	A: 93.0 - 97.9%	A-: 90.0 - 92.9%
B+: 88.0 - 89.9%	B: 83.0 - 87.9%	B-: 80.0 - 82.9%
C+: 78.0 - 79.9%	C: 73.0 - 77.9%	C-: 70.0 - 72.9%
D+: 68.0 - 69.9%	D: 63.0 - 67.9%	D-: 60.0 - 62.9%
F: $< 60.0\%$		

Late Policy and Disputing Grades:

“Expect the unexpected,” pretty well sums up what we’ve had to deal with since 2020. With that in mind, students will get an extension for ONE quiz or individual Skills and Drills assignment during the semester. Please note this does NOT apply to team assignments. This extension is good for 48 hours and, if completed during this window, no points will be deducted from the final score. You must email the instructor to request the use of your extension. If/when this extension is used up, late submission of quizzes and Skills and Drills assignments will receive a five percent grade deduction for every day it is overdue. Assignments and quizzes submitted more than five days after the due date will not be accepted and will receive a zero.

If you wish to dispute a quiz or assignment grade, you must do so within one week of the time grades are posted. To dispute a grade, you need to write a brief explanation of why you believe your answer was correct and email it to the instructor.

Course Schedule:

DATE	TOPICS	ASSIGNMENTS
T, August 29	Introduction	I: Syllabus
TH, August 31	Team Building	T: Team Roster T: Season Outlook
T, September 5	The Science of Sports Nutrition	I: Applying the DGA’s
TH, September 7	The Science of Sports Nutrition	T: Science or Bull \$#%@? Quiz #1
T, September 12	Measuring Energy	I: Tracker Hacker
TH, September 14	Measuring Energy	T: Match Point Math Quiz #2
T, September 19	Energy Systems and Exercise	I: Feel the Burn
TH, September 21	Energy Systems and Exercise	T: System Analytics Quiz #3
T, September 26	Carbohydrates	I: Going Bananas
TH, September 28	Carbohydrates	T: Carb Control Quiz #4
T, October 3	Proteins	I: Protein Pow(d)er
TH, October 5	Proteins	T: Baller Status

		Quiz #5
T, October 10	Fats	I: Coconut Conundrum
TH, October 12	Fats	T: Diet Dilemma
		Quiz #6
T, October 17	Water and Electrolytes	T: Thirst Trap
TH, October 19	Water and Electrolytes	Quiz #7
T, October 24	Vitamins and Minerals	T: Micronutrient Memory
TH, October 26	Vitamins and Minerals	Quiz #8
T, October 31	Diet Planning & Supplements	I: Poppin' Pills
TH, November 2	Ergogenic Aid Poster Session	T: Ergogenic Aid Project
		Quiz #9
T, November 7	Weight and Body Composition	I: Aiming for Ideal
TH, November 9	Weight and Body Composition	T: Getting a Wedge on the Competition
		Quiz #10
T, November 14	Disordered Eating	I: Starving for the Win
TH, November 16	Disordered Eating	T: Diet Debate
		Quiz #11
T, November 28	Team Training	
TH, November 30	#What's Trending	I: Plant Powered
T, December 5	#What's Trending	T: Adopt-an-Athlete Project
		Quiz #12
TH, December 7	NFS Playoffs	

*I = Individual Assignments, T = Team Assignments

**Please note the topics and activities covered during each class are subject to change.

Course Evaluation:

A course evaluation will be administered at the end of the semester. The evaluation is anonymous and used to help improve the course. It is my expectation that you will complete the evaluation when it becomes available.

Research and Citation Help:

For help selecting research topics, finding information, citing sources, and more, ask a librarian. The UVM Libraries are eager to help. You may ask questions by phone, e-mail, chat, or text, or make an appointment for an individual consultation with a librarian.

Howe Library: <https://library.uvm.edu/askhowe>

Dana Medical Library: <https://dana.uvm.edu/help/ask>

Silver Special Collections Library: <https://specialcollections.uvm.edu/help/ask>

Prohibition on Sharing Academic Materials:

Students are prohibited from publicly sharing or selling academic materials that they did not author (for example: class syllabus, outlines or class presentations authored by the professor, practice questions, text from the textbook or other copyrighted class materials, etc.); and students are prohibited from sharing assessments (for example homework or a take-home examination). Violations will be handled under UVM's Intellectual Property policy and Code of Academic Integrity.

Academic Integrity:

UVM has an Academic Integrity policy that should be adhered to during this course. You can find a copy of the policy here:

<http://www.uvm.edu/policies/student/acadintegrity.pdf>.

Religious Holidays:

Students have the right to practice the religion of their choice. Each semester students should submit, in writing to their instructors, by the end of the second full week of class, their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

Student Learning Accommodations:

In keeping with University policy, any student with a documented disability interested in utilizing ADA accommodations should contact Student Accessibility Services (SAS), the office of Disability Services on campus for students. SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations, which are communicated to faculty in an accommodation letter. All students are strongly recommended to discuss with their faculty the accommodations they plan to use in each course. Faculty who receive Letters of Accommodation with [Disability Related Flexible accommodations](#) will need to fill out the Disability Related Flexibility Agreement. Any questions from faculty or students on the agreement should be directed to the SAS specialist who is indicated on the letter.

Academic-Athlete Conflicts:

Student athletes need to notify me of any classes they may miss due to documented athletic conflicts by the end of the second week of the semester. We will then work on a plan to allow the student-athlete to make-up any work they miss because of an athletic conflict.

Student Support Services:

There are many student support services available to UVM students. You may find the following to be helpful throughout the semester and your time at UVM:

UVM Counseling and Psychological Services (CAPS) Office:
<http://www.uvm.edu/~chwb/psych/>

UVM Living Well: <http://www.uvm.edu/~chwb/psych/?Page=outreach.html>

UVM Center for Health and Wellbeing: <http://www.uvm.edu/~chwb/>

Student Accessibility Services:
https://www.uvm.edu/academicsuccess/student_accessibility_services

UVM Tutoring Center: https://www.uvm.edu/academicsuccess/tutoring_center

UVM Writing Center: <http://www.uvm.edu/wid/writingcenter/>

C.A.R.E.: If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at <https://www.uvm.edu/studentaffairs>

Alcohol and Cannabis Statement: As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored
- Affect sleep patterns, which interferes with long-term memory formation

It is my expectation that you will do everything you can to optimize your learning and to fully participate in this course.