Instructor: Jamie Sheahan, MS, RD jsheahan@uvm.edu

Office Hours: By appointment only
Carrigan Wing 255

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 during exercise.
5. Understand the importance of proper body composition for health and performance.
6. Evaluate the quality of an athlete’s diet and make recommendations for them to meet the nutritional demands of their sport.

Required Text:
*Nutrition for Sport and Exercise 3rd Edition* by Marie Dunford and J. Andrew Doyle

iClickers required for attendance

Important Dates:
Midterm Exam – Tuesday, Oct. 3rd
Ergogenic Aid Project Presentations – Thursday, Oct. 26th
Adopt-an-Athlete Project Presentations – Tuesday, Nov. 14th & Thursday, Nov. 16th
Final Exam – Tuesday, Dec. 12th

Evaluation:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Participation</td>
<td>50</td>
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<tr>
<td>Exams</td>
<td>400</td>
</tr>
<tr>
<td>Ergogenic Aid Project</td>
<td>75</td>
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<tr>
<td>Adopt-an-Athlete Project</td>
<td>100</td>
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Participation:
You will earn points throughout the semester by using your registered iClicker. It is your responsibility to remember to bring your iClicker and ensure it is working properly. Using an iClicker that is registered to another student is considered cheating and a violation of UVM’s academic integrity policy.

Grading:

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

Classroom Expectations:
- Students are expected to arrive on time and stay for the duration of class. Please refrain from side conversations and raise hands for any questions.
- Cell phones should remain off and out of sight during the duration of class. If you are using your phone I will gladly take it off your hands and send embarrassing texts or post to your social media. #youvebeenwarned
- If students are unable to attend class they are responsible for finding out what they missed from a classmate.
- Athletes must provide competition schedules at the beginning of the semester or absences will not be excused.
- Students should submit their documented religious holiday schedule in writing by the end of the second full week of classes.

Exam Policy:
All exams will be administered in class. No cell phones or other devices may be used during exams. If you are seen using any devices during an exam, your exam will be taken and you will receive a zero. Exam grades will be posted on the NFS 163 Blackboard site and Scantron sheets will be returned to you the following class. If you wish to dispute or question your grade, you must do so within one week of receiving your grade.

Academic Support Programs:
In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact Student Accessibility Services-SAS (previously
ACCESS). SAS works with students and faculty to create reasonable and appropriate accommodations via an accommodation letter to professors with suggested accommodations as early as possible each semester. Contact SAS: A170 Living/Learning Center; 802-656-7753; access@uvm.edu; or www.uvm.edu/access. If you require special accommodations for exams please give me your ACCESS letter as soon as possible.

**Academic Integrity:**
UVM’s Code of Academic Integrity addresses plagiarism, fabrication, collusion, and cheating.
[www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf](http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf)