

**NFS 163: Sports Nutrition**  
**Tuesday/Thursday, 4:25 pm – 5:40 pm**  
**Votey 105**

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**Office Hours:**

Office hours are by appointment only. Please contact your teaching assistant first with any course-related questions.

**Course Materials:**

Students are required to purchase an iClicker and register it through Blackboard. iClickers are required at every lecture so students can check-in to class and earn points for participation and attendance.

Required Text: *Nutrition for Sport and Exercise 4<sup>th</sup> Edition* by Marie Dunford and J. Andrew Doyle

**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.

## **Classroom Code of Conduct:**

Faculty and students will at all times conduct themselves in a manner that serves to maintain, promote, and enhance the high quality academic environment of the University of Vermont. To this end, it is expected that all members of the learning community will adhere to the following guidelines:

1. Faculty and students will attend all regularly scheduled classes, except for those occasions warranting an excused absence under the University Attendance Policy (e.g., religious, athletic, and medical).
2. Students and faculty will arrive prepared for class and on time, and they will remain in class until the class is dismissed.
3. Faculty and students will treat all members of the learning community with respect. Toward this end, they will promote academic discourse and the free exchange of ideas by listening with civil attention to comments made by all individuals.
4. Students and faculty will maintain an appropriate academic climate by refraining from all actions that disrupt the learning environment (e.g., making noise, ostentatiously not paying attention, and leaving and reentering the classroom inappropriately).

## **Grading and Assignment Overview**

Students will be graded on attendance and participation, Blackboard quizzes, projects and in-class exams. Final grades will be determined based on the following:

**Attendance and participation: 5%**

**Quizzes 20%**

**Projects: 25%**

**Exams: 25%**

**Final Exam: 25%**

## **Attendance and Participation**

Students are expected to attend all regularly scheduled classes. If a student has a religious, athletic or medical conflict, the student must acquire Dean's office approval to miss class.

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. Every student is given one extra iClicker point to make up for an absence or forgotten iClicker. Using an iClicker that is registered to another student is considered cheating and a violation of UVM's academic integrity policy.

## Quizzes

Weekly quizzes measure comprehension of class topics and aid students in preparing for exams. Weekly quizzes are released on Blackboard Thursday evenings after class, and are due via Blackboard Tuesday afternoons by 4:00 pm. Quizzes are open book / open notes. Some quiz questions may reappear on exams.

## Projects

Projects allow students to engage in active learning and develop knowledge about specialized topics unique to their sport or area of interest.

## In-Class Exams

There are two 75-minute exams administered during class throughout the semester. The dates for in-class exams are set, and there are no make-up exams. The exams are not cumulative; they will cover only the material presented since the last exam. Materials from class lecture as well as any additional assigned reading are covered on exams.

## Final Exam

The cumulative final exam is administered on the last day of class. Although the final is cumulative, only topics covered in the review session will be included on the final exam.

## 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: $< 60.0\%$		

## Course Schedule

DATE	TOPICS	READING	SKILLS AND DRILLS
T, August 27	Introduction: Sports Nutrition		
TH, August 29	The Science of Sports Nutrition	Chapter 1	
T, September 3	Measuring Energy	Chapter 2	Quiz #1
TH, September 5	Energy Systems	Chapter 3	
T, September 10	Catch up and Review		Quiz #2

TH, September 12			<b>Exam 1</b>
T, September 17	Carbohydrates	Chapter 4	
TH, September 19	Carbohydrates	Chapter 4	
T, September 24	Protein	Chapter 5	Quiz #2
TH, September 26	Protein	Chapter 5	
T, October 1	Fats	Chapter 6	Quiz #3
TH, October 3	Fats	Chapter 6	
T, October 8	Catch up and Review		Quiz #4
TH, October 10			<b>Exam 2</b>
T, October 15	Water and Electrolytes	Chapter 7	
TH, October 17	Vitamins	Chapter 8	
T, October 22	Ergogenic Aid Poster Session		Ergogenic Aid Project Quiz #5
TH, October 24	Minerals	Chapter 9	
T, October 29	Diet Planning	Chapter 10	Quiz #6
TH, October 31	Diet Planning	Chapter 10	
T, November 5	Weight and Body Composition	Chapter 11	Quiz #7
TH, November 7	In-Class Group Work		
T, November 12	Disordered Eating	Chapter 12	
TH, November 14	Guest Speaker		
T, November 19	Lifelong Fitness and Health	Chapter 13	Quiz #8
TH, November 21			Adopt-an-Athlete Project
Thanksgiving Break			
T, December 3	Final Review Session		
TH, December 5			<b>Final Exam</b>

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