The University of Vermont
Department of Nutrition and Food Sciences
NFS 163 – Sports Nutrition
Tues/Thurs 4:25-5:40 pm

Instructor: Jamie Sheahan, MS, RD jsheahan@uvm.edu
TA: Maddie Kinzly maddiek@edgevt.com

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 mal, 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 and 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. 2nd
Ergogenic Aid Project Presentations – Thursday, Oct. 25th
Adopt-an-Athlete Project Presentations – Tuesday, Nov. 13th & Thursday, Nov. 15th
Final Exam – Thursday, Dec. 13th

Evaluation:

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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. You are permitted ONE absence during the semester that will not count against your participation grade. 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 class.
- 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 to their instructors. This should be submitted by the end of the second full week of classes.

Ergogenic Aid Project: Students will form groups of 4-6 and select an ergogenic aid to research and present on. Groups will sign up for their chosen ergogenic aid in advance. Each group is required to create a tri-fold display that includes the information below. Groups will also submit one multiple choice exam question.

- What is it?
- Health/performance claims
- Proposed mechanism
- Recommended dosage
- Cost
- Effectiveness
- Safety concerns
-Legal/ethical concerns
-Take away

Adopt-An-Athlete Project:
Groups will be required to interview a high-level athlete (e.g., UVM varsity-level athlete) who can complete a three-day food and exercise log and be available for interview about their nutritional and exercise habits. All groups must get approval from the instructor on your athlete selection.

There are three components of this assignment to be completed throughout the semester:

1. 3-day diet analysis: You are responsible for having your athlete complete a 3-day food log that allows the group to perform a dietary analysis. It is up to your group which analysis tool you would like to use. Keep in mind you will be expected to explain how you analyzed subject’s diet and why you chose that particular method.

2. Interview and Recommendations: Develop a list of questions to go over with your athlete to help guide your recommendations. This can include any pertinent information you feel will be necessary for you to develop an individualized plan for your athlete. Based on this interview, each group will create recommendations specific to your athlete including a minimum three-day meal plan and/or fueling plan.

3. Presentation: Each group will present a summary of your project to the class. Presentations are expected to last approximately 10 minutes and cover the process of collecting information (do not reveal identify of your athlete unless permitted to do so), dietary analysis, evaluation of needs, interview results and recommendations. You may sign up for presentation times in advance.