UNIVERSITY OF MOBILE

SEMESTER, YEAR: FALL 2017
COLLEGE: COLLEGE OF HEALTH AND SPORTS SCIENCE
DEPARTMENT: KINESIOLOGY
FACULTY: Leigh-Ann Bamberg MS, RDN, LD
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lbamberg@umobile.edu

COURSE: KIN 220 Sports Nutrition
CREDIT: 3 SEMESTER HOURS

DEFINITION OF CREDIT HOUR:
One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework.

PREREQUISITE:
None

COURSE DESCRIPTION:
Provides knowledge of various nutritional components as well as the body’s requirements for and specialized diets for weight gain or loss, and to complement the athlete’s participation in various sports.

OBJECTIVES:
This course will:
1. Identify the symptoms and clinical signs of common eating disorders and the psychological and sociocultural factors associated with these disorders.
2. Explain personal health habits and their role in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle.
3. Explain the USDA’s My Pyramid and explain how this can be used in performing a basic dietary analysis and creating a dietary plan for a patient.
4. Identify and describe primary national organization responsible for public and professional information.
5. Identify common illnesses and injuries that are attributed to poor nutrition.
6. Explain energy and nutritional demands of specific activities and the nutritional demands placed on the patient.
7. Explain the principles of nutrition as they relate to the dietary and nutritional needs of the patient.
8. Explain the physiological processes and time factors involved in the digestion, absorption, and assimilation of food, fluids, and nutritional supplements. Further, relate these processes and time factors to the design and planning of pre-activity and post-activity meals, menu content, scheduling, and the effect of other non-exercise stresses before activity.
9. Explain the principles, advantages, and disadvantages of ergogenic aids and dietary supplements used in an effort to improve physical performance.
10. Explain disordered eating and eating disorders.
11. Identify implications of FDA regulation of nutritional products.
12. Identify and interpret pertinent scientific nutritional comments or position papers.
13. Explain principles of weight control for safe weight loss and weight gain, and explain common misconceptions regarding the use of food, fluids, and nutritional supplements in weight control.
15. Explain effects of macronutrients on performance, health, and disease.
16. Identify signs, symptoms, and physiological effects of mineral deficiency and identify foods high in specific mineral content.
17. Identify and explain fold label Daily Value recommendations and common food sources of essential vitamins and minerals in using current USDA Dietary Guidelines.
18. Identify the principles and methods of body composition assessment to assess a patient’s health status and to monitor progress in a weight loss or gain program for patients of all ages and in a variety of settings.
19. Explain the relationship between basal metabolic rate, caloric intake, and energy expenditure in the use of the Food Guide Pyramid.
20. Identify the nutritional benefits and costs of popular dietary regimen for weight gain, weight loss, and performance enhancement.
21. Calculate energy expenditure, caloric intake, and BMR.
22. Provide educational information about basic nutritional concepts, facts, needs, and food labels for settings associated with physically active individuals of a wide range of ages and needs.
23. Demonstrate the ability to counsel a patient in proper nutrition. This may include providing basic nutritional information and/or exercise and nutrition program for weight gain or weight loss. The student will demonstrate the ability to take measurements and figure calculations for a weight control plan. Armed with basic nutritional data, the student will demonstrate the ability to develop and implement a preparticipation meal and an appropriate exercise and nutritional plan for an active individual. The student will develop an active listening relationship to effectively communicate with the patient and, as appropriate, refer the patient to other medical professionals as needed.
24. Demonstrate the ability to recognize disordered eating and eating disorders, establish a professional helping relationship with the patient, interact through support and education, and encourage vocal discussion and other support through referral to the appropriate medical professionals.
25. Identify nutritional considerations in rehabilitation, including nutrients involved in healing and nutritional risk factors (e.g., reduced activity with the same dietary regimen and others).
TEXTBOOK(S) AND OTHER MATERIALS:

** Access to umportal.umobile.edu
** Access to ramsmail

Sports Nutrition for Health Professionals by Natalie Digate Muth

REQUIRED ACTIVITIES:
1). Complete Syllabi review in Week 1.
2). Complete weekly forums. The assignments open every Monday at 8 am with the POST required on Thursday and REPLY due on Sunday night 11:55 PM. There is no excuse for not submitting an assignment.
3) Complete additional assignments weekly to meet course objectives.
4). Locate and summarize articles concerning topics related to vegetarianism, Krebs cycle, exercise requirements, carbohydrates, fats, proteins, water requirements, ephedrine and performance enhancing drugs, vitamins, and antioxidants.
5). Complete assignments on MY pyramid, hydration flyer for sports team, eating disorders referral plan, and analyzing one’s diet.
6). Write an action plan on how to counsel an athlete with an eating disorder and what steps you would need to take to get them help.
7). Locate and summarize an article about weight loss and weight gain plans for an athlete.
8). Locate and summarize an article about a performance-enhancing supplement that is currently on the market.
9). Develop an information flyer for a sports team to encourage proper hydration and the do’s and don’ts of staying properly hydrated. Flyer should be typed and laminated.
10). Develop an information flyer for a sports team based on the My Pyramid to encourage good eating practices and some do’s and don’ts to eating healthy.
11). Complete worksheets regarding skinfold measurements, circumference, BMR, and equation based calculations as well as calorie and energy expenditure.
12). Develop a nutritional plan that encourages optimal levels of water, mineral, vitamin, carb, fat, and protein for an athlete. Instructor will give details about athlete at a later date. This will be the final project.
13). Take all quizzes and exams

***EVERYONE MUST HAVE ACCESS TO HIS OR HER RAMMAIL ACCOUNT FOR THIS COURSE!!
EVALUATION/GRADING SCALE:

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<th>Percentage</th>
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<tr>
<td>90-100%</td>
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<td>70-79%</td>
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<td>59% or less</td>
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ATTENDANCE POLICY:
This is an ONLINE course. You are expected to complete assignments prior to or on the due date. Once assignments are passed the due date, they will not be extended; therefore, you receive a ZERO for that assignment. It is very important to check into the class daily!

DROP DATE:
The last day to drop the course without the penalty of an “F” is November 7, 2017

ADA STATEMENT:
It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Student Support Services Coordinator, Mrs. Julia Lucy (442-2284), coordinates services for students with disabilities and is an accommodation resource for faculty and administration.

ONLINE COURSE SITE:
A course site for this section can be found in MyUM on the Academic tab, either under My Courses or in Canvas. Faculty members may assign online tests that require identification verification measures. These measures may require additional fees. In order to comply with the Higher Education Act, which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.

TUTORING AND WRITING ASSISTANCE:
Tutoring in a variety of areas and writing assistance are available free of charge to UM students through UM’s Student Success (located behind Weaver Hall). Utilize the link below to schedule an appointment with a tutor online or call Student Success at 251-442-2377. Walk-Ins will be served if tutors are available. https://umportal.umobile.edu/ICS/Campus_Life/Tutoring/ (Go to MyUM>Student Success.) Tutor.com (online tutoring service) is available to students enrolled in online sections within the online course sites.
FINAL EXAM SCHEDULING:
Students are expected to take the final exam on the schedule exam date. Students enrolled in face-to-face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam will not be given early.

CLASS TIMES:
This course is strictly online. Assignments are due every Sunday evening at 11:55 pm.