

KINE3030 Foundations of Sport Nutrition & Metabolism
Online - Canvas

INSTRUCTOR:

Dr. McFarlin, Associate Professor
Office Hours by Appointment (113 PEB)
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Prerequisites (recommended):

Basic Biology, Biochemistry, or Equivalent

Text:

Sport Nutrition for the Health Professional; ISBN: 978-0-8036-2955-4; 2015 Edition

Course Description:

To merge the basic principles and latest evidence-based knowledge and scientific understanding of sports nutrition with real-world practical applications and examples.

Course Objectives:

This course is a fully online format (blends online with traditional lectures). The online material for this course will be available on Canvas. Upon successful completion of this course, students will:

1. Identify and describe basic macronutrients and their respective sources (i.e. carbohydrate, protein, and fat)
2. Identify and describe the role of vitamins, minerals, electrolytes, and water to sport performance
3. Demonstrate how to optimize one's nutrition to maximize sport performance
4. Demonstrate knowledge regarding how to evaluate and modify one's dietary habits to improve sport performance
- 5.

Course Expectations:

1. **Keeping up with course materials:** As a student in this online course on Canvas it is your responsible to keep up and complete your work in a timely manner. The course modules time release on specific dates (see list on page 5) and after specific quiz accomplishments (i.e. at least 60% on the previous quiz). If you fall behind you should make every effort to catch back up ASAP.
2. If you have special learning needs, please inform the instructor immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact the instructor **immediately**.
4. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Technical Support

Student Helpdesk:

UIT Helpdesk
Sage Hall 130
940-565-2324
helpdesk@unt.edu

Technical Skill Requirements

Add information on any technical skills that students will need in order to be successful in the course. For example, downloading and uploading files, sending and receiving emails, or using Canvas. Some specialized courses may require students to have skills in specific software (for example, SPSS, or SQL). Be sure to list as much information here as possible so that students will know if there are skills they need to brush up on before the course begins.

Netiquette

Because of how important communication is in the online environment, I will expect each of you to log in to the course at least 3 evenly spaced times a week. Please check the Announcements area first, since that is where I will put important information. Communication online is different than that of face to face classes. Try to use good "netiquette" when communicating with your classmates. Remember that your fellow students can't see your facial expression, hear you giggling, or notice your gestures. All of these elements add to our face to face communication every day without us really noticing it. So, please keep this in mind when you are commenting on others ideas, giving constructive criticism on a writing project, or just interacting with the class in general. I expect that everyone will treat the others in this class with the same respect that they would wish to be treated! However, I also have confidence from the start that this will happen. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state you live in. You may find that you actually have a classmate that you can meet at the local coffee shop and continue a conversation with.

To learn more about online etiquette, visit the following Web site:

<http://www.albion.com/netiquette/corerules.html>

ADA Statement:

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the UNT Office of Disability Accommodation (<http://disability.unt.edu/about>) for more details.

Academic Dishonesty Policy (copying, plagiarism, cheating) per UNT Policy 18.1.6:

Students are expected to conduct themselves in a manner consistent with the University's status as an institution of higher education. In the class setting, students shall follow their instructors' directions and observe all academic standards and requirements published in course syllabi and other course materials. A student is responsible for responding to an academic dishonesty report issued by an instructor or other University authority. If a student fails to respond after proper attempt at notification, the University may take appropriate academic actions in the absence of the student.

Any student found to be in violation of the academic dishonesty policy will be given a grade of zero for the assignment in question and reported to the UNT administration through the reporting mechanism approved in UNT policy 18.1.6 (Office of Academic Integrity).

Important Notice for F-1 Students taking Distance Education Courses

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at <http://ecfr.gpoaccess.gov>. The specific portion concerning distance education courses is located at "Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)" and can be found buried within this document: <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&PART=214&SECTION=2&TYPE=TEXT>

For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following: (1) Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course. (2) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

Evaluation:

Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below.

Component	Points	% of Final Grade
Learning Module Quizzes (11 @ 15 pts each)	165	22%
Discussions (2 @ 20 pts each)	40	6%
Research Article Review	40	6%
Nutritional Video Presentation	80	12%
Exam 1	180	27%
Exam 2	180	27%
Total	685	

Grading Scale

- A:** >90% of total points
- B:** 80-89% of total points
- C:** 70-79% of total points
- D:** 60-69% of total points
- F:** <60% of total points

Note: Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the UNT catalog to review conditions under which an incomplete may be granted.

Learning Modules:

Similar to a traditional classroom setting, you will need to watch lectures. The lectures are in voice narrated PowerPoint format, which has been converted to run on a standard web browser (i.e. Edge, FireFox, Chrome, Safari, etc.). You may watch the lecture as many times as you like. A printable "storyboard" version of the lecture is also available for download in PDF format in the same folder where you will find the online lecture. There will be nine learning modules completed during this class.

Discussions:

For the purposes of the topics in this class, it is useful to have regular class discussions on Canvas. On the date assigned on the syllabus, the TA will post a topic to start the discussion. Students in the course are

expected to post responses to the original TA's post or posts of other students in the class. During the discussion process, you should treat your peers, the TA, and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Discussions will be available beginning at 6:00 am and expire at 11:59 pm on the dates shown below. In order to receive full credit, you need to make at least three posts in each discussion. **If you miss a discussion, NO make-up will be offered. Refer to course schedule on page 5 for due date.**

Unit Quizzes:

After you have watched the Online Learning Module for a given topic, you are required to take a graded quiz to test your level of knowledge. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the "highest" of your attempts. Please note that each time you attempt the quiz you will be given a random set of question from the quiz question bank and you will not be provided the answer to the questions that you miss. Once you "unlock" a learning module and its associated quiz, these will remain open for the remainder of the semester. During the semester, you will take a total of 11 quizzes worth 15 points each. **Refer to course schedule on page 5 for due date.**

Note: In order to "unlock" new learning modules, you have to get at least 60% of the questions correct on the previous learning module (at least 9 out of 15 points). For example, in order to unlock learning module 2, you have to get 60% correct on learning module 1. In order to unlock learning module 1, you will have to get 100% correct on the syllabus quiz.

Research Article Review:

Select a minimum of 2 related, nutrition-focused articles that cover a similar topic. You will need to then prepare a 1-page (single-spaced, 12-point Arial font, 1" margins) synopsis of the key knowledge obtained from reading the study. You will need to post your topic in the **Article Review Discussion** on Canvas prior to submitting your final document. You will submit your final article review via a link in Canvas. Your paper will be checked for plagiarism and originality via Turn-it-in. **If your submission is >20% match to other works, you will be assigned a grade of zero. Refer to course schedule on page 5 for due date.**

Nutritional Presentation:

You will be given the option to select a nutritional case study and/or on a sport nutrition concept that is of interest to you. You will develop a 10-min presentation of the key aspects of the concept that you choose and record this presentation on YouTube. Complete recording directions can be found on Canvas. It is important that you set the YouTube video you create to private so that they are not released in the public domain. This project is meant to develop your oral communication skills in the area of sport nutrition so your grade will be determined based on your articulation of the concept. **Refer to course schedule on page 5 for due date.**

Canvas Exams:

During this class you will complete two non-cumulative exams. Exam 1 will cover the topics 1-5 and Exam 2 will cover topics 6-10. The exam will be completed on Canvas. The format will be similar in style to the quiz questions. The final exam will consist of 72 questions worth 2.5 points each. You will be allowed 2 attempts to take each exam. Your grade will be reported as the "highest" of your two attempts. **If you fail to complete either exam by the due date you will be given a grade of 0, NO make-up will be offered.**

How do I get answers to my Questions?

Dr. McFarlin's goal to help you achieve success in this class and master the complex information that we will be discussing. If you are concerned about your performance in this course, it is your responsibility to contact Dr. McFarlin immediately and express your concerns.

Tentative Order of Topics:

Learning Module Topic	Start Date	Due Date
Syllabus	8/27/18	10/4/18
1. Carbohydrate	8/27/18	10/5/18
2. Protein	9/3/18	10/5/18
3. Fat	9/10/18	10/5/18
4. Dietary Recommendations, Federal Nutrition Policy, Dietary Assessment	9/17/18	10/5/18
5. Nutritional Strategies for Optimal Athletic Performance	9/24/18	10/5/18
Exam I & Discussion 1	10/1/18	10/5/18
6. Exercise, Thermoregulation, and Fluid Balance	10/8/18	12/6/18
7. Nutritional Strategies for Competitive Endurance, Strength, and Power Athletes	10/15/18	12/6/18
8. Nutritional Supplements & Ergogenic Aids	10/22/18	12/6/18
9. Weight Management and Energy Balance	10/29/18	12/6/18
10. Eating and Exercise Disorders	11/5/18	12/6/18
Finish and Submit Article Review	11/12/18	12/6/18
Work on Video Presentation	11/19/18	----
Finish and Submit Video Presentation	11/26/19	12/6/18
Exam II & Discussion 2	12/3/18	12/7/18

Note1: The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.

Note2: All assignments are due by 11:59 PM Central Time on the dates listed above unless otherwise indicated on the Canvas Syllabus.