KINE 3030
Foundations of Sport Nutrition
Summer 5wk2 2020

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Professor: Chris Bailey, PhD, CSCS*D, RSCC  
chris.bailey2@UNT.edu  
(940) 565-3417 (office)  
PEB 210E

Office Hours: by appointment

Class meeting dates: This course is fully online and asynchronous from 7/6 to 8/7. As such, you will be able to access the material at times of your choosing and there are no traditional meeting times.

Prerequisite(s) (recommended): Basic Biology, Biochemistry, or Equivalent.


Supplementary materials: Supplementary materials may be used in class and will be made available to you via Canvas.

Course Description and Objectives: To merge the basic principles and latest evidence-based knowledge and scientific understanding of sports nutrition with real-world practical applications and examples. This course is a fully online format. 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

Course Expectations

1. Keeping up with course materials: As a student in this online course on Canvas it is your responsibility to keep up and complete your work in a timely manner. This course will be over in 4 weeks (3 weeks of instruction) so it will go by very fast; if you fall behind it will be almost impossible to catch up. 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 do fall a little behind you should make every effort to catch back up ASAP.
2. If you have special learning needs, please inform the instructor immediately and provide the proper documentation from ODA.
3. If at any point during the semester you are unhappy with your performance in this class, please contact the instructor immediately, do not wait until after the last exam; there will be no more regular or extra credits points available at that time.
4. Academic dishonesty will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester and will be referred to the Dean of Students for additional disciplinary actions.

Academic Integrity Standards and Consequences: According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of
academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

**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 and to check your UNT email daily. 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 other’s 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](http://www.albion.com/netiquette/corerules.html)

**Communicating with Your Professor:** It is expected that you have read this syllabus prior to asking your professor questions through email or Canvas message. This is not to discourage your communication, which is absolutely encouraged, but to minimize questions that have already been answered here. Prior to messaging your professor, please check the syllabus for your answer. Additionally, there will be an FAQ discussion board in Canvas, where I will answer frequently asked questions. If the answer is not in either of these places, then move forward with the email/Canvas message. When you email, please include the course title, number, and section so that I am sure of which course you are inquiring about. Finally, if you have a question, your email should have a “?” somewhere in the text. If your message text only has periods or completely lacks punctuation, it is difficult to understand what you are requesting.

**Canvas:** Materials for this course will be available on Canvas (lectures, slides, articles, syllabus, schedule, etc.). All assignments and exams will be completed through Canvas. If you have issues with Canvas, contact your professor immediately. Assignments may have time limits or strict deadlines and undocumented technical difficulties will not be accepted as an excuse for late/incomplete work.

**Technical Support:** Any issues with technology in this course should be sent to the UIT Student help desk as soon as they happen.

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

**Accommodations:** UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA)
to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website at disability.unt.edu.

**Sexual Assault Prevention:** UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565-2648.

**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.

**University of North Texas Compliance**

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.
Assignments, Evaluation, and Late Work Policy

There are multiple types of assignments for this course and descriptions of each are below. Assignments are planned to follow the course readings, lecture, labs, and discussions. They will reinforce and facilitate application of the material learned from the readings and class sessions. All assignments have tentative due dates that coordinate to their topic and it is expected that they will be turned in on time. In rare cases, late assignments may be accepted for a reduced grade, but this is at the discretion of the professor. In extreme cases late assignments may be accepted for full credit, but this is entirely based on circumstances. If you are sick, have a medical or family emergency, etc. it is your responsibility to notify the professor in a timely manner and inquire about making up assignments. The assignments are as follows:

**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 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 quiz (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.

**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.**
Grading: Grading for this course will be based on a point system with a tentative maximum of 565 points. All assignments will be graded in a timely fashion and the Canvas gradebook will be updated often. There are no extra credit opportunities offered. Please do not email me asking for one. Due to the short time frame for this semester, the grade cutoffs will be firm. If your grade will not round to the next value, I will not bump your grade up (for example, 79.5 = B, 79.4 = C). I will not respond to emails about extra credit or leniency in grading at the end of the semester. The grade breakdown is as follows:

<table>
<thead>
<tr>
<th>Item</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Module Quizzes (11 @ 15 pts each)</td>
<td>165</td>
</tr>
<tr>
<td>Discussions (2 @ 20 pts each)</td>
<td>40</td>
</tr>
<tr>
<td>Exam 1</td>
<td>180</td>
</tr>
<tr>
<td>Exam 2</td>
<td>195</td>
</tr>
<tr>
<td>Total</td>
<td>580</td>
</tr>
</tbody>
</table>

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

Class Schedule: The class schedule is tentative and subject to change at any time. It will be available on Canvas and you should check it often.

<table>
<thead>
<tr>
<th>LEARNING MODULE TOPIC</th>
<th>RELEASE DATE</th>
<th>DUE DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SYLLABUS/SYLLABUS QUIZ</td>
<td>7/6/20</td>
<td>7/12/20</td>
</tr>
<tr>
<td>1. CARBOHYDRATE</td>
<td>7/6/20</td>
<td>7/22/20</td>
</tr>
<tr>
<td>2. PROTEIN</td>
<td>7/6/20</td>
<td>7/22/20</td>
</tr>
<tr>
<td>3. FAT</td>
<td>7/6/20</td>
<td>7/22/20</td>
</tr>
<tr>
<td>4. DIETARY RECOMMENDATIONS, FEDERAL NUTRITION POLICY,</td>
<td>7/6/20</td>
<td>7/22/20</td>
</tr>
<tr>
<td>DIETARY ASSESSMENT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. NUTRITIONAL STRATEGIES FOR OPTIMAL ATHLETIC PERFORMANCE</td>
<td>7/6/20</td>
<td>7/22/20</td>
</tr>
<tr>
<td>EXAM I &amp; DISCUSSION I</td>
<td>7/22/20</td>
<td>7/24/20</td>
</tr>
<tr>
<td>6. EXERCISE, THERMOREGULATION, &amp; FLUID BALANCE</td>
<td>7/20/20</td>
<td>8/5/20</td>
</tr>
<tr>
<td>7. NUTRITIONAL STRATEGIES FOR COMPETITIVE ENDURANCE,</td>
<td>7/20/20</td>
<td>8/5/20</td>
</tr>
<tr>
<td>STRENGTH, AND POWER ATHLETES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. NUTRITIONAL SUPPLEMENTS &amp; ERGOGENIC AIDS</td>
<td>7/20/20</td>
<td>8/5/20</td>
</tr>
<tr>
<td>9. WEIGHT MANAGEMENT AND ENERGY BALANCE</td>
<td>7/20/20</td>
<td>8/5/20</td>
</tr>
<tr>
<td>10. EATING AND EXERCISE DISORDERS</td>
<td>7/20/20</td>
<td>8/5/20</td>
</tr>
<tr>
<td>EXAM II &amp; DISCUSSION II</td>
<td>8/5/20</td>
<td>8/7/20</td>
</tr>
</tbody>
</table>

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.