KINE 3030
Foundations of Sport Nutrition
Spring 3wk1 2021

KINE 3030.001 Quick Links

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Instructor Contact

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Office Hours: By virtual appointment (Zoom)
Email: chris.bailey2@unt.edu

Communication Expectations: Email or Canvas message is the preferred method of communication for this course. 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. Please view CLEAR’s Online Communication Tips (https://clear.unt.edu/online-communication-tips) for help and tips when communicating online. A typical response time on weekdays is 24 hours or less, but please do not expect the same response time over the weekends. Emails and Canvas messages sent over the weekend will usually not receive a response until the following Monday. I will not respond to emails asking for extra credit or grading leniency at the end of the semester. Grades will be posted in the Canvas gradebook within 24 hours of the assignment due date (with the exception of the program design project, which will likely take 1 week), so you should be tracking your progress throughout the semester. Waiting until the end of the semester is far too late.

Class meeting dates: This course is fully online and asynchronous from 12/14-12/24 & from 1/1-1/8. As such, you will be able to access the material at times of your choosing and there are no traditional meeting times. It is your responsibility to keep up with the schedule posted on Canvas and at the end of this syllabus.

Prerequisite(s): none, but basic Biology, Biochemistry, or equivalent is recommended.


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 responsible 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)

**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.
Course Policies

Attendance and Class Participation Policy
It is expected that students will be active participants and prepared for each lecture module of this remote delivery course. This means that you have already read the accompanying textbook chapter prior to viewing the module material. This online course uses a mixture of teaching methods such as, presentation with screen capture lecture, interactive lecture, and various forms of labs, discussions, group assignments. Make up assignments are given only in extreme cases and missing assignments will have adverse effects on your overall grade. Active participation in this class is expected. There will be many activities and discussions over the course of this semester and your participation is required. All class activities are designed to reinforce, and support topics and concepts and a lack of participation will likely be a detriment to your overall grade.

COVID-19 Impact on Attendance
While attendance/participation is expected as outlined above, it is important for all of us to be mindful of the health and safety of everyone in our community, especially given concerns about COVID-19. Please contact me if you are unable to participate because you are ill, or due to a related issue regarding COVID-19. It is important that you communicate with me prior to being absent so I may make a decision about accommodating your request to be excused from class.

If you are experiencing any symptoms of COVID-19 (https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Hotline at 844-366-5892 or COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure. While participation is an important part of succeeding in this class, your own health, and those of others in the community, is more important.

Class Materials for Remote Instruction
The UNT fall schedule requires all courses to have fully remote instruction beginning November 28th. Full remote instruction is required for this course due to the class size, meeting space size, and inability to realistically practice social distancing. Information on how to be successful in a remote learning environment can be found at https://online.unt.edu/learn.

Statement on Face Covering
Face coverings are required in all UNT facilities. This course is delivered remotely, so a mask may or may not be required depending on where you view the material. If you are on campus, you will be required to wear a mask. If you are unable to wear a face covering due to a disability, please contact the Office of Disability Access to request an accommodation. UNT face covering requirements are subject to change due to community health guidelines. Any changes will be communicated via the instructor.

Late Work
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. It is your responsibility to provide official documentation of any absence that is to be excused within 1 week of the missed class or
assignment for illnesses and other emergencies. Routine medical visits should not be scheduled during class time.

Examination Policy

Exams are delivered online in Canvas, but that does not mean they are open book. You should not be using notes or any other aid during exams. Exams have strict time limits to discourage any cheating and remove the ability to look up of answers. You will receive a grade of 0 if you miss an exam. Please refer to the late work policy above if you feel you have an excusable absence. If you lose internet connection or have a technical issue during an exam, you should contact the UNT Student Helpdesk as soon as you can. You should also contact me but have the documented Student Helpdesk ticket so that I know it is a legitimate claim. Make-up exams will only be given for excused absences.

Assignment Policy

Due dates for each assignment are visible in Canvas and appear in the schedule attached to this syllabus. These dates are tentative and subject to change. You should see weekly reminders of upcoming due assignments when you view the course home page, but it is your responsibility to plan ahead. All assignments for this course will be completed in Canvas and only one will require an upload. You must upload your program design assignment in the appropriate Canvas module. Only MS Excel files will be accepted. If you need help with access to MS Excel, please refer to the Minimum Technology Requirements and Technical Assistance sections above.

The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and contact the UNT Student Help Desk: helpdesk@unt.edu or 940.565.2324 and obtain a ticket number. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

Instructor Responsibilities and Feedback

It is my responsibility to help you grow, learn, and progress through the course material. Even though this is an asynchronous delivery course, I will be available all along the way. You are not teaching yourself. Assignments, quizzes, exams, and projects should have clear instructions and expectations, but you should reach out to me if you have any questions or issues. As mentioned earlier you can expect a response to emails within 24 hours on weekdays, but emails sent over the weekend likely won’t get a response until the following Monday. I recognize that you work hard on your assignments and would like rapid feedback. I think you deserve this, so I make it a priority to have grades and feedback available within 24 hours of due dates. The one exception to this is your Program Design Project, which will likely take a week.

Syllabus Change Policy

While a change is unlikely, the instructor does reserve the right to alter the syllabus. Any changes will be communicated to students and an updated version will be provided.

Technical Support: Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or
other technology issues.

**UIT Help Desk:** [UIT Student Help Desk site](http://www.unt.edu/helpdesk/index.htm)
**Email:** helpdesk@unt.edu
**Phone:** 940-565-2324
**In Person:** Sage Hall, Room 130
**Walk-In Availability:** 8am-9pm
**Telephone Availability:**
- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm
**Laptop Checkout:** 8am-7pm

For additional support, visit [Canvas Technical Help](https://community.canvaslms.com/docs/DOC-10554-4212710328)

**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](http://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 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](http://www.ecfr.gov/). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(i)(G).

The paragraph reads:

(G) 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.

**Student Verification**

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.

See [UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses](https://policy.unt.edu/policy/07-002).

**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 (less than 1 week, but 1 day is preferred in this short semester) 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>

<table>
<thead>
<tr>
<th>Letter</th>
<th>%</th>
<th>Work Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>89.5-100</td>
<td>Superior</td>
</tr>
<tr>
<td>B</td>
<td>79.5-89.4</td>
<td>Above Average</td>
</tr>
<tr>
<td>C</td>
<td>69.5-79.4</td>
<td>Average</td>
</tr>
<tr>
<td>D</td>
<td>59.5-69.4</td>
<td>Below Average</td>
</tr>
<tr>
<td>F</td>
<td>&lt;59.5</td>
<td>Well Below Average</td>
</tr>
</tbody>
</table>

KINE 3030 Foundations of Sport Nutrition
**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>12/14/20</td>
<td>12/16/20</td>
</tr>
<tr>
<td>1. CARBOHYDRATE</td>
<td>12/14/20</td>
<td>1/2/21</td>
</tr>
<tr>
<td>2. PROTEIN</td>
<td>12/14/20</td>
<td>1/2/21</td>
</tr>
<tr>
<td>3. FAT</td>
<td>12/14/20</td>
<td>1/2/21</td>
</tr>
<tr>
<td>4. DIETARY RECOMMENDATIONS, FEDERAL NUTRITION POLICY, DIETARY ASSESSMENT</td>
<td>12/14/20</td>
<td>1/2/21</td>
</tr>
<tr>
<td>5. NUTRITIONAL STRATEGIES FOR OPTIMAL ATHLETIC PERFORMANCE</td>
<td>12/14/20</td>
<td>1/2/21</td>
</tr>
<tr>
<td><strong>EXAM I &amp; DISCUSSION I</strong></td>
<td><strong>12/21/20</strong></td>
<td><strong>1/2/21</strong></td>
</tr>
<tr>
<td>6. EXERCISE, THERMOREGULATION, &amp; FLUID BALANCE</td>
<td>1/2/21</td>
<td>1/8/21</td>
</tr>
<tr>
<td>7. NUTRITIONAL STRATEGIES FOR COMPETITIVE ENDURANCE, STRENGTH, AND POWER ATHLETES</td>
<td>1/2/21</td>
<td>1/8/21</td>
</tr>
<tr>
<td>8. NUTRITIONAL SUPPLEMENTS &amp; ERGOGENIC AIDS</td>
<td>1/2/21</td>
<td>1/8/21</td>
</tr>
<tr>
<td>9. WEIGHT MANAGEMENT AND ENERGY BALANCE</td>
<td>1/2/21</td>
<td>1/8/21</td>
</tr>
<tr>
<td>10. EATING AND EXERCISE DISORDERS</td>
<td>1/2/21</td>
<td>1/8/21</td>
</tr>
<tr>
<td><strong>EXAM II &amp; DISCUSSION II</strong></td>
<td><strong>1/6/21</strong></td>
<td><strong>1/8/21</strong></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.