KINE 3030: Foundations of Sport Nutrition & Metabolism
Department of Kinesiology, Health Promotion, and Recreation
University of North Texas, Summer 5W1 Semester – 2022

Instructor Information
Ryan L. Olson, Ph.D.
Assistant Professor
Department of Kinesiology, Health Promotion, and Recreation
Office Location: Physical Education Building (PEB), room 205J
Office Phone: 940-565-2545
Office Hours: By appointment only
Email: Ryan.Olson@unt.edu
Class location: Canvas Online

Undergraduate Text (optional)


Course Description
This course is designed 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 offered in a fully online format, which is very different than a traditional class. You will be expected to watch lectures and complete graded assignments in an online environment. Upon successful completion of this course, students will be able to:

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

Course Expectations
1. You are expected to keep up with course assignments and due dates. While this course offers you the flexibility to complete your assignments when you choose,
this type of structure requires self-discipline and motivation to ensure that you do not miss important deadlines. The modules in this course are released on specific dates (see course schedule) and after quiz requirements (at least 60% on the previous module quiz) are met. If you feel like you are falling behind in this course, you need to make every effort to catch up as quickly as possible.

2. If you have special learning needs, please inform me immediately.

3. If at any point during the semester you are unhappy with your performance in this class, please contact me immediately.

4. **Academic dishonesty** will not be tolerated (e.g., copying, plagiarism, cheating) and will result in a failing grade for the semester.

**Course Delivery**
The Canvas platform will be used to enhance the delivery of course materials and content. Students must check the Canvas site regularly for course updates and become familiar with their Canvas account. Canvas will provide students with important announcements, lecture notes and quizzes, assignment information, and other important materials necessary for successful completion of this course.

**Technical Support**
For any technical issues that you may encounter during the duration of this class, please contact the UNT Student Helpdesk at:

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

**Technical Skill Requirements**
Students will be required to understand how to download and upload files, send and receive emails, and navigate the Canvas online learning platform.

**Communication, Interaction, and Netiquette Expectations**
Due to the importance of communication in an online environment, I will expect each of you to log in to the Canvas course site at least 3 evenly spaced out times during the week. Please check the Announcements area first, since this is where I will put the most important information. Communication online is different than that of face-to-face classes. Try to use good "netiquette" when communicating with your classmates, TAs, and instructors. Remember, through online communication we can't see your facial expression, hear you giggling, or notice your gestures. All of these elements of non-verbal communication occur daily through our face-to-face interactions, yet we rarely notice it until it is taken away. So, please keep this in mind when you are commenting on others’ ideas/posts, giving constructive criticism on a writing project, or interacting with the class in general. In addition, students are expected to carefully and thoughtfully
write professional emails. For example, make it a point to use a meaningful and specific subject line (e.g., KINE 3030: LM1 Quiz), a greeting (e.g., Hello Dr. Olson), and a signature with your name at the end (e.g., Best regards, John Doe). Writing professional emails is an important skill for all students so please avoid using abbreviations, all lower/upper case lettering, and please proofread emails before sending.

I expect that everyone will treat others in this class with the same respect that they would wish to be treated with! Fortunately, I do have confidence that this will happen from the start. 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, please visit the following Web site: [http://www.albion.com/netiquette/corerules.html](http://www.albion.com/netiquette/corerules.html)

**Americans with Disabilities Compliance (Policy 04.015)**
The University of North Texas makes reasonable academic accommodation for students with disabilities. When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Students seeking reasonable accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable 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 reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at [http://www.unt.edu/oda](http://www.unt.edu/oda) or contact them by phone at 940-565-4323. The ADA policy can be reviewed online at [https://policy.unt.edu/policy/04-015](https://policy.unt.edu/policy/04-015).

**Ethical Standards and Academic Dishonesty (Policy 06.003)**
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 attempts at notification, the University may take appropriate academic actions in the absence of the student.

UNT policy will be followed in cases of academic dishonesty (e.g., cheating, plagiarizing, copying, etc.). Students caught cheating during an exam/quiz or plagiarizing a written assignment will be charged under the University’s Code of Student Conduct. Among other punishments, students found guilty run the risk of having their score changed to a zero, receiving a grade of F for the course, and/or dismissal from the University. Students should be familiar with the Student Standards of Academic Integrity. Please review the student rights and responsibilities information online at https://policy.unt.edu/policy/06-003.

**Family Educational Rights and Privacy Act (FERPA) Information (Policy 07.018)**

Students have the right to expect their grades will be kept confidential. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in you being identified by other students or faculty members. The FERPA policy can be reviewed online at https://policy.unt.edu/policy/07-018.

**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

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 online 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 online 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
online 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 (ISSS) Office. The 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 by phone (940-565-2195) or email (internationaladvising@unt.edu) to get clarification before the one-week deadline.

**Course 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:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>PERCENT (%)</th>
<th>POINTS</th>
<th>YOUR POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Module Quizzes (10 @ 15 pts)</td>
<td>30</td>
<td>150</td>
<td></td>
</tr>
<tr>
<td>Graded Discussions (2 @ 25 pts)</td>
<td>10</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Research Article Summary</td>
<td>10</td>
<td>50</td>
<td></td>
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<tr>
<td>Nutritional Analysis Assignment</td>
<td>10</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Exams (2 @ 180 pts)</td>
<td>40</td>
<td>200</td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>100</strong></td>
<td><strong>500</strong></td>
<td></td>
</tr>
</tbody>
</table>
**Grading Scale**
A: 89.5-100% (448-500+ points)
B: 79.5-89.4% (398-447 points)
C: 69.5-79.4% (348-397 points)
D: 59.5-69.4% (298-347 points)
F: 0-59.4% (0-297 points)

*Note.* Students will not be allowed to take an Incomplete in this course due to poor planning on their part. However, 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 or Office of the Registrar (https://registrar.unt.edu/grades/incompletes) to review conditions under which an Incomplete may be granted.

**Assignments and Grading**

**Nutritional Analysis Assignment**
This assignment is designed to: 1) help you understand your own dietary habits and 2) apply a technique nutritionists and dieticians rely on for measuring food intake. First, you will record your typical eating habits for seven consecutive days. Then, you will be asked to reflect on the strengths and weaknesses of those eating habits. You will then submit your assignment to the Nutritional Analysis Assignment submission link found on Canvas. You will not be graded on the quality of your diet. Instead, you will be graded on your ability to apply the information from the course to a real-life situation. You will be assessed on the thoroughness of your dietary record and application to nutritional guidelines. Full assignment details can be found on the Nutritional Analysis Assignment module in Canvas. **If you fail to submit your assignment via Canvas by the due date, you will receive a grade of zero for the assignment. Late assignments will not be accepted for any reason.**

**Research Article Summary**
This assignment is designed to help you: 1) learn how to search for and identify credible sources of evidence-based research and 2) critically evaluate and summarize nutrition research topics. You will first search for and select one research article focusing on a nutrition topic of your choice (e.g., supplements and sport performance, dietary and metabolic assessment in athletes, etc.). Searches will be conducted using PubMed (or the UNT library. **Please note that the use of lay references consisting of but not limited to Google Searches, Magazines, Blog Posts, Wikipedia, etc. will not be counted as research articles. If you decide to use these as “sources” you will receive an automatic grade of zero for this assignment.** You will then prepare a 2-page Microsoft Word document that will be submitted to the Research Article Summary submission link found on Canvas. The first page of the assignment will include the APA citation for the article you selected followed by an approximately 250-300 word (double-spaced, 12-point Arial font, 1” margins) synopsis of the key knowledge obtained from reading the selected article. The second page will include a score for the article based
on the Paper to Podium Matrix (PPM). The PPM scoring guide can be found on the Research Article Summary module in Canvas. You should provide a total sum score and the score for each of the categories listed in Figure 1 (9 total categories). Upon submitting your assignment, it will be checked for plagiarism and originality via Turn-it-in. **If your submission comes back as a >20% match to previous publications, you will be assigned a grade of zero.** Full credit will be given if all requirements are met while points will be deducted for missing requirements. While word counts that are slightly below the 250-300 word limit may receive full credit (as long as all other components are addressed), submissions of approximately 150 words would receive 50% credit and submissions of approximately 50 words would receive 20% credit. Additionally, points will be deducted on submissions exceeding the 2-page limit (page 1: APA reference and synopsis; page 2: assigned score from the PPM). **If you fail to submit your assignment via Canvas by the due date, you will receive a grade of zero for the assignment.** Late assignments will not be accepted for any reason.

**Graded Discussions**

For the purposes of understanding the topics covered in this class, it is useful to have regular class discussions on Canvas. The instructor or a designated teaching assistant (TA) will post a discussion topic on the date indicated in the syllabus. Students in the class are expected to post responses to the original post or posts of other students in the class. During the discussion process, you should treat your peers, TA, and instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Each discussion forum requires a total of 3 posts. One post will be comprised of your well thought out response to the article/discussion topic. In general, an adequate response should take around 150 words. This primary response is worth 15 points. You should also have two responses to your classmate’s posts, each consisting of 50-75 words. These posts are each worth 5 points (10 total). Full credit of 25 points will be given to those meeting these criteria and not violating the rules of netiquette (see above). Partial credit will not be given to posts not meeting these criteria and standards. **Two Graded Discussions will be available beginning at 6:00AM and expire at 11:59PM on the due dates shown below. If you miss a discussion, NO make-up discussion will be offered.**

**Learning Module (LM)**

Students will complete a total of 10 LMs (+1 syllabus module) during the course of the semester. Each LM will consist of two main components: 1) a recorded lecture and 2) a graded quiz. You will have until **11:59PM on the due date listed below to complete and finalize all LM components (i.e., lecture and quiz).** Please make note of the release and availability dates listed on the tentative course schedule.

**LM Lectures**

The LM lectures are provided to students in a voice narrated PowerPoint format, which has been converted to run on a standard web browser (e.g., Edge, FireFox, Chrome, Safari, etc.). You may watch the LM lectures as many times as you like. **Viewing LM**
lectures is required to “unlock” LM quizzes. A printable “storyboard” version of the lecture is also available for download in PDF format in the same module location as the online lecture. If you experience difficulties accessing the LM lectures, please make sure that you have received the required 100% on the syllabus quiz and the required 60% on any prior LM quizzes. Additionally, confirm that the release date listed in the syllabus has passed, as LM lectures will not be posted until the date listed in the syllabus. If you have completed these requirements and you are still unable to access the lecture, please post a question in the General Discussion Forum for assistance. If you have access to the lecture but are having difficulties getting the lecture to play correctly, please contact the UIT helpdesk at 940-565-2324.

LM Quizzes
After you have watched the LM lecture for a given topic, you are required to take a LM quiz on Canvas (15 points total) to test your level of knowledge and understanding. You will complete a total of 10 quizzes worth 15 points each. You will be allowed an unlimited number of attempts to take each quiz and your grade will be reported as the “highest” of your attempts. Each time you attempt the quiz you will be given a new random set of questions from the quiz question bank and you will not be provided the answers to the questions that you miss. Thus, you may have to take the quiz several times in order to “unlock” the next module and/or achieve your desired score. In order to “unlock” new LMs, you have to get at least 60% (9 out of 15 points) of the questions correct on the previous LM. For example, in order to unlock LM 2, you have to get 3 out of 5 questions (3 points per question) correct on LM 1. In order to unlock LM 1, you will have to get 100% (7 out of 7 questions) correct on the syllabus quiz. Once you “unlock” a LM and its associated quiz, these will remain open for the remainder of the semester. In leaving the quizzes available all semester, you should be able to use these as a study tool to prepare for the final exam.

Exams
Two non-cumulative exams will be administered via Canvas during this class. Exam 1 will cover LMs 1-5 and Exam 2 will cover LMs 6-10. Each exam is similar in format to the module quizzes and will consist of 50 questions worth 2 points per question (100 points per exam; 200 total points). The format and questions will be similar in style to the LM quizzes. However, for both exams you will only be allowed 2 attempts versus the unlimited number of attempts that are allowed during quizzes. Your grade will be reported as the “highest” of your two attempts. If you fail to complete the exams by the respective due dates and times, NO make-up exams will be offered.

How do I get answers to my questions?
I am here to help you achieve success in this class. Unfortunately, it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning course materials, please post these in the General Questions Forum on Canvas. This will allow all students in the
course to view student replies and my responses. If you have grading related questions, you are welcome to e-mail me directly via Canvas e-mail.

**Academic Support & Student Services**  
**Student Support Services**

**Mental Health**  
UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- **Student Health and Wellness Center** ([https://studentaffairs.unt.edu/student-health-and-wellness-center](https://studentaffairs.unt.edu/student-health-and-wellness-center))
- **Counseling and Testing Services** ([https://studentaffairs.unt.edu/counseling-and-testing-services](https://studentaffairs.unt.edu/counseling-and-testing-services))
- **UNT Care Team** ([https://studentaffairs.unt.edu/care](https://studentaffairs.unt.edu/care))
- **UNT Psychiatric Services** ([https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry))
- **Individual Counseling** ([https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling))

**Chosen Names**  
A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

- **UNT Records**
- **UNT ID Card**
- **UNT Email Address**
- **Legal Name**

*UNT euIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.*

**Pronouns**  
Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don’t assume someone’s name, we should also ask and not assume someone’s pronouns.

You can add your pronouns to your Canvas account so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- What are pronouns and why are they important?
- How do I use pronouns?
- How do I share my pronouns?
- How do I ask for another person’s pronouns?
- How do I correct myself or others when the wrong pronoun is used?

Additional Student Support Services
- Registrar (https://registrar.unt.edu/registration)
- Financial Aid (https://financialaid.unt.edu/)
- Student Legal Services (https://studentaffairs.unt.edu/student-legal-services)
- Career Center (https://studentaffairs.unt.edu/career-center)
- Multicultural Center (https://edo.unt.edu/multicultural-center)
- Counseling and Testing Services (https://studentaffairs.unt.edu/counseling-and-testing-services)
- Pride Alliance (https://edo.unt.edu/pridealliance)
- UNT Food Pantry (https://deanofstudents.unt.edu/resources/food-pantry)

Academic Support Services
- Academic Resource Center (https://clear.unt.edu/canvas/student-resources)
- Academic Success Center (https://success.unt.edu/asc)
- UNT Libraries (https://library.unt.edu/)
- Writing Lab (http://writingcenter.unt.edu/)
# Tentative Class Outline and Schedule

<table>
<thead>
<tr>
<th>OPEN DATE</th>
<th>TOPIC/ASSIGNMENT</th>
<th>DUE DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6/22</td>
<td>Online Orientation &amp; Syllabus Quiz</td>
<td>6/20/22</td>
</tr>
<tr>
<td>6/6/22</td>
<td>LM1: Carbohydrate</td>
<td>6/20/22</td>
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<tr>
<td>6/6/22</td>
<td>LM2: Protein</td>
<td>6/20/22</td>
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<tr>
<td>6/6/22</td>
<td>LM3: Fat</td>
<td>6/20/22</td>
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<tr>
<td>6/6/22</td>
<td>LM4: Dietary Recommendations, Federal Nutrition Policy, and Dietary Assessment</td>
<td>6/20/22</td>
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<tr>
<td>6/6/22</td>
<td>LM5: Nutritional Strategies for Optimal Athletic Performance</td>
<td>6/20/22</td>
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<tr>
<td>6/21/22</td>
<td>LM6: Exercise, Thermoregulation, and Fluid Balance</td>
<td>7/6/22</td>
</tr>
<tr>
<td>6/21/22</td>
<td>LM7: Nutritional Strategies for Competitive Endurance, Strength, and Power Athletes</td>
<td>7/6/22</td>
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<tr>
<td>6/21/22</td>
<td>LM8: Nutritional Supplements and Ergogenic Aids</td>
<td>7/6/22</td>
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<tr>
<td>6/21/22</td>
<td>LM10: Eating and Exercise Disorders</td>
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<td>6/6/22</td>
<td>Graded Discussion 1</td>
<td>6/13/22</td>
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<tr>
<td>6/21/22</td>
<td>Graded Discussion 2</td>
<td>6/28/22</td>
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<td>6/6/22</td>
<td>Nutritional Analysis Assignment</td>
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<td>6/21/22</td>
<td>Research Article Summary</td>
<td>7/6/22</td>
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<tr>
<td>6/6/22</td>
<td>Exam 1</td>
<td>6/20/22</td>
</tr>
<tr>
<td>6/21/22</td>
<td>Exam 2</td>
<td>7/8/22</td>
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</tbody>
</table>

*** This schedule is tentative and will more than likely change throughout the semester. It is your responsibility to adhere to any changes. ***