

Foundations of Sport Nutrition & Metabolism
KINE 3030.802 Spring 3W1 2023 (Winter) ONLINE COURSE

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Office hours will be available via Zoom only, please email me at least 24h in advance to set up an appointment.

Welcome to UNT!!


As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT's full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

Textbook (optional):

Muth, N.D. & Zive, M.M. (2020) Sports Nutrition for Health Professionals (2nd ed). Philadelphia, PA: F.A. Davis Company. ISBN-13: 9780803676121 (print version)
(or any other sports nutrition-related textbook)

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.

 **Dr. Deemer's Mean Green Guidelines**

- Final grades will be rounded up based on the nearest 0.51 percentage points (e.g., 79.51% = B; 79.49% = C). **This is non-negotiable.**
- Late work will not be accepted unless extenuating circumstances exist. If something arises, please contact me *IN ADVANCE* of the due date and we can arrange something.
- I may offer extra credit during the semester to the WHOLE class; I WILL NOT offer extra credit opportunities to an individual person, this would not be fair to your classmates, so please don't ask.
- Remember, YOU EARN your grade, I don't give you a grade. Do the work, interact with me and your classmates, and you should be successful in this class. I am always an email or Zoom call away and happy to help you succeed in this class.

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. **Keeping up with course materials:** It is imperative that you stay on task and prepare for each class period in a timely manner. The course lectures are set to time release on specific dates, and you will be responsible for having viewed the lecture and completing the associated quizzes prior to the due date. This course is set up in 2 parts: [1] Modules 1-5 will be due by January 3 (Exam 1 by January 4) and Modules 6-10 will be due by January 12 (Exam 2 by January 13). You will be able to self-pace through this course, but **these due dates are non-negotiable.**
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.

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.

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	% Final Grade
Learning Module Quizzes	20%
Nutritional Planning Assignment	20%
Research Article Summary	20%
Exam 1 (Modules 1-5)	20%
Exam 2 (Modules 6-10)	20%
Total	100%

Grading Scale

FINAL GRADE	PERCENTAGE
A	89.51% – 100%
B	79.51% – 89.50%
C	69.51% – 79.50%
D	59.51% – 69.50%
F	< 59.51%

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:

There are 10 learning modules in this course + syllabus module. Each learning module consists of two main components: [1] a recorded lecture and [2] a graded quiz. You will have until 11:59PM on the date listed on the calendar to complete the learning modules and quizzes.

Learning Module Lectures

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. 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. **You must watch the lecture in order to “open” the quiz associated with that module. The next learning module will not open until you have received a 60% or greater on the previous learning module quiz.** If you have access to the lecture but are having difficulties getting the lecture to play correctly, please contact the UNT IT helpdesk at 940-565-2324 or helpdesk@unt.edu.

Learning Module (LM) Quizzes:

After you have watched the LM lecture for a given topic, you are required to take a quiz on Canvas to test your level of knowledge and understanding. In total, you will take 11 quizzes (1 syllabus quiz + 10 LM 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 learning modules, you have to get at least 60% (9 out of 15 points) of the questions correct on the previous LM. 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 your exams. **LMs 1-5 MUST BE completed by January 3 and LMs 6-10 MUST BE completed by January 12 in order for their respective exams to be open and completed on time.**

Exams:

Two non-cumulative exams will be administered via Canvas during this class. Exam 1 will cover learning modules 1-5 and Exam 2 will cover learning modules 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). The format and questions will be similar in style to the 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. This is non-negotiable.**

Nutrition Planning Assignment (DUE by JANUARY 4 11:59PM)

Based on the information you have learned in the first half of this course, you will be asked to assess your own (or a family member or a friend’s) caloric needs (e.g., metabolism) and plan a week’s worth of meals. You will be asked to develop a 1-week meal plan that takes into account physical activity habits, nutritional needs, and is based on the recommended dietary guidelines. You will be graded on your ability to apply the information from the course to a real-life situation and assessed on the thoroughness of your meal plan and application to nutritional guidelines. **If you fail to complete the assignment by the due date you will be given a grade of zero (0), NO make-up opportunity will be offered.**

Research Article Summary (DUE by JANUARY 13 11:59PM)

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 Google Scholar. **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 (0) for this assignment.**

You will then prepare a 2-page document that will be submitted into an assignment link found on Canvas as a Microsoft Word document. This document should include (1) the reference for the research paper you are evaluating, (2) a brief summary of the research findings, (3) a score for the article based on the Paper to Podium Matrix found in the Sports Science Exchange article (see Canvas) (4) a discussion on whether you think the findings from this research paper have potential to translate to applied work with athletes. 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 (0).** Full credit will be given if all requirements are met while points will be deducted for missing requirements.

You will receive a zero if any of the following things are included in your submission:

1. Including non-research articles (e.g., Google searches, blogs, websites, magazine articles, books, etc.)
2. Not citing articles as "journal articles" in APA 6th format.
3. Copying text from one of your references (this will be noted on the Turn-it-in report)
4. Matching content >20% to other works (excluding the APA references)

If you fail to submit your assignment via Canvas by the due date you will receive a grade of zero (0) for the assignment. Late assignments will not be accepted for any reason. This is non-negotiable.

Tentative Course Outline & Schedule

OPEN DATE	TOPIC/ASSIGNMENT	DUE DATE
12/19/2022	Online Orientation & Syllabus Quiz	12/19/2022
12/19/2022	Module 1: Carbohydrate	1/3/2023
12/19/2022	Module 2: Protein	1/3/2023
12/19/2022	Module 3: Fat	1/3/2023
12/19/2022	Module 4: Dietary Recommendations, Guidelines, & Dietary Assessment	1/3/2023
12/19/2022	Module 5: Nutritional Strategies for Optimal Athletic Performance	1/3/2023
12/19/2022	Nutrition Analysis Assignment	1/4/2023
12/19/2022	Exam 1 (Modules 1 – 5)	1/4/2023
Winter Break (December 26 – December 30) NO ASSIGNMENTS ...HAPPY HOLIDAYS!		
12/19/2022	Module 6: Exercise, Thermoregulation, and Fluid Balance	1/12/2022
12/19/2022	Module 7: Nutritional Strategies for Athletes	1/12/2022
12/19/2022	Module 8: Nutritional Supplements & Ergogenic Aids	1/12/2022
12/19/2022	Module 9: Weight Management & Energy Balance	1/12/2022
12/19/2022	Module 10: Eating and Exercise Disorders	1/12/2022
12/19/2022	Research Article Review	1/13/2022
12/19/2022	Exam 2 (Modules 6 – 10)	1/13/2022

ALL QUIZZES, ASSIGNMENTS, & EXAMS MUST BE SUBMITTED BY 11:59PM ON THE DATE LISTED ABOVE. NO EXCEPTIONS.

Note: 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.

Technical Support

Student Helpdesk: UNT IT Helpdesk (940) 565-2324 or email helpdesk@unt.edu

Minimum Technology Requirements

Minimum technology requirements include:

- Computer
- Reliable internet access
- Speakers
- Microphone
- Plug-ins
- **Microsoft Office Suite**
 - **All assignments will be submitted as a Microsoft Word documents.** Microsoft Office 365 is provided free to you from the university and instructions for installation can be found here: <https://it.unt.edu/installoffice365>. **Assignments submitted/uploaded as a document other than Word will not be graded and receive a grade of zero (0).** Please let me know if you have questions about this policy.
- Canvas Technical Requirements (<https://clear.unt.edu/supported-technologies/canvas/requirements>)

Computer Skills & Digital Literacy

Course-specific technical skills learners must have to succeed in the course include:

- Using Canvas
- Using email with attachments
- Downloading and installing software
- Using spreadsheet programs
- Using presentation and graphics programs

Technical Assistance

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.

UNT IT Help Desk: UNT IT Student Help Desk site (<http://www.unt.edu/helpdesk/index.htm>)

Email: helpdesk@unt.edu

Phone: 940-565-2324

Telephone Availability:

- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm

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

UNT Policies

Academic Integrity Policy

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.

ADA Policy

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 (<https://disability.unt.edu/>).

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

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.

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT's Code of Student Conduct (<https://deanofstudents.unt.edu/conduct>) to learn more.

Access to Information - Eagle Connect

Students' access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail Eagle Connect (<https://it.unt.edu/eagleconnect>).

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students

complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the SPOT website (<http://spot.unt.edu/>) or email spot@unt.edu.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit 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. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648.

Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.

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>).

Use of Student Work

A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student's permission unless all of the following criteria are met:

- The work is used only once.
- The work is not used in its entirety.
- Use of the work does not affect any potential profits from the work.
- The student is not identified.
- The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student's written permission.

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>)
- Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- UNT Care Team (<https://studentaffairs.unt.edu/care>)
- UNT Psychiatric Services (<https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry>)
- 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 eulDs 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/>)