Instructor Name: Dr. Stephanie Silveira Gee, Assistant Professor of Sport and Exercise Psychology
Email: Stephanie.Silveira@unt.edu
Office Phone: 940-565-2373
Office Location: Physical Education Building (PEB) 205G
Office Hours: By appointment, please e-mail me to set up a time.
Communication Expectations: Primary communication should be delivered via e-mail or Canvas messaging. Students can expect response to e-mails within 1 business day, feedback on assignments and grades within 10 business days. Please be sure to review UNT Guidance: Online Communication Tips

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.

Course Description

3 hours. 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 Structure

This course will be delivered online format with Canvas for discussions and Textbook for readings, quizzes, assignments, and exams. The 3-week semester will include quizzes, application assignments, and exams. Students must check the Canvas site regularly for course updates. Canvas will provide a description of course materials to supplement other chapter materials provided via the Textbook. Thus, all students are required to become familiar with their UNT Canvas account.

Textbook (recommended)– Muth, N. D. & Zive, M. M. (2020). *Sports nutrition for health professionals* (2nd ed.). Philadelphia, PA: F.A. Davis Company. *Print Book (ISBN-13: 9780803676121)*

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 Module in a timely manner. 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 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 Technology and Skills

Minimum Technology Requirements
- Computer
- Reliable Internet access
- Speakers
- Microphone
- Plug-ins
- Microsoft Office Suite
- Adobe Acrobat DC for opening and reading PDFs
- Review Canvas Technical Requirements and ensure you meet those standard

Any student who is not able to meet the minimum technology requirements should discuss with the instructor so appropriate resources and adaptations can be identified.

Computer Skills & Digital Literacy
Technical skills learners to succeed in the course include:
- Using Canvas
- Using e-mail with attachments
- Downloading and installing software
- Printing Word documents OR opening and printing pdf files

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.
UIT Help Desk: UIT Student Help Desk site
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

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 times a week. Please check the Announcements area first since that is where I will put important information. Communication online is different than that of face to face classes. Try to use good "netiquette" when communicating with your classmates. Remember that your fellow students can't see your facial expression, hear you giggling, or notice your gestures. All of these elements add to our face to face communication everyday without us really noticing it. So, please keep this in mind when you are commenting

on others ideas, giving constructive criticism on a writing project, or just interacting with the class in general. I expect that everyone will treat the others in this class with the same respect that they would wish to be treated! However, I also have confidence from the start that this will happen. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state you live in. You may find that you actually have a classmate that you can meet at the local coffee shop and continue a conversation with.

<u>Course Delivery</u>
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.

<u>Learning Module (LM)</u>
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.**

<u>LM Lectures</u>
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 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.

<u>LM Quizzes</u>
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. In total, you will take a total of 11 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. Your lowest quiz grade will be dropped (i.e., 10/11 highest quiz scores will count toward your final grade).

<u>Exams</u>
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). 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.**

Nutrition Planning Assignment

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 not 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 meal plan and application to nutritional guidelines.

Research Article Comparison

This assignment is designed to help you: 1) learn how to read credible sources of evidence-based research and 2) critically evaluate and summarize nutrition research topics. Select one category of pre-approved nutrition-focused research journal articles that cover a similar topic (i.e., Creatine Supplementation, Periodized Nutrition/Nutritional Training, Probiotics, Pre-exercise Nutrition and Endurance, Protein and Sport Nutrition, or Vegetarian Nutrition). Each category includes 2 articles that you need to review and compare. 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 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.** Full credit will be given if all requirements are met while points will be deducted for missing requirements.

Additionally, you will receive a zero if any of the following things are included in your submission:
1. Including non-research articles (i.e. Google search, blogs, websites, magazine articles, books, etc.).
2. Not citing articles as "journal articles" in APA format. Use the Purdue Owl for formatting guidelines. PLEASE DO NOT USE THE "CITE YOUR SOURCES AUTOMATICALLY IN APA" TOOL AS THIS IS OFTEN INCORRECT. Instead, please look at the guidelines in the link provided and cite your source accordingly.
3. Copying text from one of your references (this will be noted on the Turn-it-in report).
4. >20% match to other works (excluding the APA references).

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	POINTS
Learning Module Quizzes (11 quizzes @ 15 points each; 10 will count towards final grade)	150 points
Application Assignments (2 assignments @ 50 points each)	100 points
Exams (2 exams @ 180 points each)	360 points
TOTALS	610 points

Grading Scale

A: 549-610 points
B: 488-548 points

C: 427-487 points
D: 366-426 points
F: 0-365 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.

Course Evaluation
Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT and allows students the ability to confidentially provide constructive feedback to their instructor and department to improve the quality of student experiences in the course.

Course Policies
Attendance Policy
This course is delivered asynchronously, online therefore Attendance to class is not necessary. However, daily engagement with Canvas and course materials is suggested to promote success during the 3-week semester.

Instructor Responsibilities and Feedback
As the instructor I am committed to providing students with a safe learning environment and transparent communication regarding course expectations.

Information about this class and updates to the assignments will be posted as announcements on Canvas. Please send emails to Stephanie.silveira@unt.edu as opposed to messages through Canvas. Students are expected to carefully and thoughtfully write professional emails. For example, please use a meaningful and specific subject line (e.g., KINE3030: Exam 1), a greeting (e.g., Hello Dr. Silveira), and a signature with your name at the end (e.g., Best regards, John Doe).
Note. 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 them. An estimated timeline for responses to e-mails and feedback on assignments is provided on P.1 "Communication Expectations."

If you need to speak with me, I will be happy to make an appointment at a time that is convenient for us both. Please be punctual when we have a scheduled meeting or when you would like to meet with me during office hours. For example, showing up 20 minutes after a scheduled meeting/office hour may result in cancellation of the meeting. Additionally, come to meetings/office hours focused and ready to talk about your ideas and concerns.

Late Assignments
Late assignments will NOT be accepted. All quizzes, exams, and assignments are available for a minimum of one week. Please plan accordingly and ensure work is complete prior to the deadline provided on Canvas and the Table in this Syllabus.

Syllabus Change Policy
The instructor reserves the right to amend this syllabus as necessary.

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.

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. The survey will be made available during weeks 13 and 14 to provide students with an opportunity to evaluate how this course is taught. 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/) (http://spot.unt.edu/) or email spot@unt.edu.

Survivor Advocacy
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
Federal Regulation
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/) (http://www.ecfr.gov/). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(i)(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 (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.
Download the UNT System Permission, Waiver and Release Form

Transmission and Recording of Student Images in Electronically-Delivered Courses
1. No permission is needed from a student for his or her image or voice to be transmitted live via videoconference or streaming media, but all students should be informed when courses are to be conducted using either method of delivery.
2. In the event an instructor records student presentations, he or she must obtain permission from the student using a signed release in order to use the recording for future classes in accordance with the Use of Student-Created Work guidelines above.
3. Instructors who video-record their class lectures with the intention of re-using some or all of recordings for future class offerings must notify students on the course syllabus if students' images may appear on video. Instructors are also advised to provide accommodation for students who do not wish to appear in class recordings.

Example: This course employs lecture capture technology to record class sessions. Students may occasionally appear on video. The lecture recordings will be available to you for study purposes and may also be reused in future course offerings.
No notification is needed if only audio and slide capture is used or if the video only records the instructor's image. However, the instructor is encouraged to let students know the recordings will be available to them for study purposes.

Class Recordings & Student Likenesses
Synchronous (live) sessions in this course may be recorded for students enrolled in this class section to refer to throughout the semester. Class recordings are the intellectual property of the university or instructor and are reserved for use only by students in this class and only for educational purposes. Students may not post or otherwise share the recordings outside the class, or outside the Canvas Learning Management System, in any form. Failing to follow this restriction is a violation of the UNT Code of Student Conduct and could lead to disciplinary action.

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

Academic Support Services

- [Academic Resource Center](https://clear.unt.edu/canvas/student-resources) (https://clear.unt.edu/canvas/student-resources)
- [Academic Success Center](https://success.unt.edu/asc) (https://success.unt.edu/asc)
- [UNT Libraries](https://library.unt.edu/) (https://library.unt.edu/)
- [Writing Lab](http://writingcenter.unt.edu/) (http://writingcenter.unt.edu/

KINE 3030 Course Calendar Winter 2023

OPEN DATE	TOPIC/ASSIGNMENT	DUE DATE
12/19/22	Online Orientation & Syllabus Quiz	01/03/23
12/19/22	LM1: Carbohydrate	01/03/23
12/19/22	LM2: Protein	01/03/23
12/19/22	LM3: Fat	01/03/23
12/19/22	LM4: Dietary Recommendations, Federal Nutrition Policy, and Dietary Assessment	01/03/23
12/19/22	LM5: Nutritional Strategies for Optimal Athletic Performance	01/03/23
12/19/22	Application Assignment #1: Nutrition Planning Assignment	01/04/23
12/19/22	Exam 1	01/04/23
Winter Break (December 26 – December 30) NO ASSIGNMENTS HAPPY HOLIDAYS!		
12/19/22	LM6: Exercise, Thermoregulation, and Fluid Balance	01/12/23
12/19/22	LM7: Nutritional Strategies for Competitive Endurance, Strength, and Power Athletes	01/12/23
12/19/22	LM8: Nutritional Supplements and Ergogenic Aids	01/12/23
12/19/22	LM9: Weight Management and Energy Balance	01/12/23
12/19/22	LM10: Eating and Exercise Disorders	01/12/23
12/19/22	Application Assignment #2: Research Article Comparison	01/13/23
12/19/22	Exam 2	01/13/23

The following information is designed to help the class run smoothly.
The instructor reserves the right to make additions and adjustments as necessary.