HDFN 411
Nutrition for Sports & Exercise
Department of Health & Human Development
Spring 2008

Professor:	Christina Gayer Campbell, Ph.D., R.D., L.N.
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Office Hours:	Tuesday 11-12; Thursday 11-1:30
Class Hours:	HDFN 411: Cheever Hall; Room 214. M/W 9-9:50
Prerequisites:	HDFN 221 (C- or better), junior standing (>60 credits)
Catalog description:	Nutrition for physical activity, sport performance, health and fitness. Nutritional needs are discussed for endurance, strength, low-body weight, team sport athletes and other physically active people. Energy balance and weight management examined. Dietary supplements evaluated. Computerized dietary analysis utilized.
Required texts:	Fink HH, Burgoon LA, Mikesky AE. Practical Applications in Sports Nutrition. Jones & Bartlett Publishers, Sudbury, MA; 2006. Additional readings posted on e-reserves.
Course objectives:	To learn and have a greater understanding of the physiological aspects of exercise and appropriate nutrition to enhance performance and/or well-being. Practical applications of nutrition will be applied throughout this course.

ALWAYS BRING A CALCULATOR TO CLASS!

Assignments and Projects:

Case Studies

There will be one case study to be completed independently. You are expected to complete it *on your own*. You must show all work for calculations. Your answers must be concise, thorough, tidy, word-processed and in your own words (not those found in a text). You will not receive credit for those sentences that have been lifted from a resource.

Exams

There will be no exams in this class.

Quizzes

There will be five 10 point quizzes throughout the semester that will be administered in the first 15 minutes of class. Don't be late as you will not be given extra time. You will be allowed to drop ONE quiz. There will be no make-up quizzes without documentation from a medical professional. The quizzes will be multiple choice, short answer and calculations.

Sample Evaluation

A table will be provided for you to complete during the last day of class. You will be able to sample some commonly used sports drinks, gels, powders and other supplements.

Other Points

We will complete in-class problems throughout the course of the semester. I will randomly ask for these in-class assignments to be submitted. Attendance in this class will not be kept formally; however if you are not in class on the day an assignment is collected, you will not receive the points. Only extreme absence reasons (e.g. hospitalization, death in the family) will be considered.

Worksheets
There will be 6 worksheets to complete throughout the semester that will emphasize key concepts from class. Topics will include (but are not limited to) determination of an athlete's energy needs, calculating sweat rates and hydration needs, menu planning, analysis of sports drinks and other ergogenic aids. These will not be accepted late – if you plan on missing class please submit early.

Athlete Evaluations
Throughout the semester we will have guest speakers that are accomplished athletes in many different sports (e.g. ultramarathons, ballet, mountaineering, triathlons, swimming, track & field). You will be responsible for submitting an evaluation regarding three different types of athletes. The format of the 2-3 page word processed evaluation will be provided to you prior to the first athlete visit.

Grade Components

Case Study	50 pts
Quizzes (5 @ 10 pts each; drop one of your choice)	40 pts
Worksheets (6 @25 pts each)	150 pts
Athlete Evaluations (3 @ 25 pts each)	75 pts
Sample evaluation	25 pts
Other possible points	50 pts
Total Points	**365 pts**

GRADING:
If you feel you have been graded unfairly or incorrectly, you may discuss your answer with Dr. Campbell. It is your responsibility to discuss these issues with Dr. Campbell, if you choose not to then you must also choose to accept your grade.

Grades are based on the following percentages of total points possible. There will be no curving or other adjustments of grades. As a reminder, A = excellent work; B = good or above average; C = average; D = poor; and F = failing/unacceptable.

Grade	**Grade points (%)**		
A	4.0 (93-100)	C+	2.3 (77-79.9)
A-	3.7 (90-92.9)	C	2.0 (73-76.9)
B+	3.3 (87-89.9)	C-	1.7 (70-72.9)
B	3.0 (83-86.9)	D+	1.3 (67-69.9)
B-	2.7 (80-82.9)	D	1.0 (60-66.9)
		F	0.0 (below 60)

Turn Around Time:
Never expect to receive a graded assignment for a **minimum** of one week after it has been turned in. If you do receive something in less than a week, do not expect that to become the standard.

Due Dates:
All assignments must be turned in at the beginning of the regularly scheduled class time. Late assignments **will not be accepted** except for medical reasons documented by a health care practitioner. "The printer didn't work this morning", "I forgot it at home", "my computer crashed last night" will not be accepted as reasons. Please plan appropriately for those items that can and do occur.

Communication
Check your email by 10 pm the evening prior to class. I regularly send information or material that might be needed for the next day. It is **your responsibility** to have your email address correct with the University. If you are not receiving emails from me, then investigate the reason; "but I didn't get your email", is not acceptable.

Student Responsibilities

1. To attend class as scheduled, to complete assignments in a timely manner, and to take quizzes as scheduled;
2. To be prepared for class. Do not study for another class during this one. If you need the extra time to prepare for another class, then take the time to do so but don't come to one class only to prepare for a different one;
3. To act as a professional in class;
4. To seek assistance from the professor and the appropriate University support services (e.g. tutors, study skills counseling, career development, etc.), if the need for such service arises; and
5. To meet the course standards as defined by the professor and articulated in the University's Student Academic Integrity and Conduct Guidelines.

CLASS POLICIES:

1) Any student found cheating or plagiarizing will receive an "F" or "0" for the course and will be reviewed by the MSU Conduct Committee.
   a. Paraphrasing or quoting another's work without citing the source is a form of academic misconduct. Even inadvertent or unintentional misuse or appropriation of another's work (such as relying heavily on source material that is not expressly acknowledged) is considered plagiarism. If you have any questions about using and citing sources, you are expected to ask for clarification.

2) University policy states that, unless otherwise specified, students may not collaborate on graded material. In this course, all assignments are to be done on an ***individual*** basis unless otherwise stated. If you have any questions about the limits of collaboration, you are expected to ask for clarification.
   a. Cheating **will not** be tolerated. Your profession requires integrity and your students/patients/clients are dependent upon you for accurate information. Practice this now while in school so that you can help your future patients. If you feel the need to cheat, please reassess whether or not this is the right profession for you.

3) Class Attendance Policy
   a. As stated earlier, regular attendance in this course is expected. A formal attendance log will not be maintained, however case scenarios will be completed in class. These in-class activities will be randomly collected. Points will be given for submitting the in-class work. Only extreme (e.g. hospitalization, death in the family) reasons for missing class will be considered. "Going skiing", "sleeping in", "my dog ran away while we were on a hike and I had to track him down" are examples of how life just "happens". An employer will most likely not consider these valid reasons.

   b. You need to identify a class "buddy". If you miss class, you need to get the material from your "buddy", not Dr. Campbell.

4) To make and keep appointments when necessary to meet with the instructor.

Tentative course outline (as of 1/15/08)

Date	*Topic*	*Reading*	*Assignment due*
W 1/16	Course overview	C. 1	
M 1/21	**Martin Luther King Day – no class**		
W 1/23	Introduction to sports nutrition	C. 1	
M/W 1/28-30	Metabolism	C. 2	**1/28–Worksheet#1**
M 2/4	Energy needs		
W 2/6	CHO	C. 3	**Quiz #1**
M 2/11			**Worksheet #2**
W 2/13	Fat	C. 4	
M 2/18	**No class – President's Day**		
W 2/20			**Worksheet #3**
M/W 2/25-27	Protein	C. 5	**2/27– Quiz #2**
M/W 3/3-5	Hydration	C. 8	**3/5 – Worksheet #4**
3/10-14	**Spring break**		
M/W 3/17-19	Hydration continued		
M/W 3/24-26	Ergogenic Aids	C. 9	**3/24 – Quiz #3**
M/W 3/31-4/7	Endurance Athletes	C. 12	**4/7 – Worksheet #5**
M/W 4/9-14	Strength Athletes	C. 13	**4/14– Quiz #4**
M/W 4/16-23	Team Sports	C. 14	**4/21 - Quiz #5**
M 4/28	Female Athlete Triad	C. 15	**Worksheet #6**
W 4/30	Sample Day		**Athlete Evaluations**
W 5/7	**Final Exam**	8-9:50	**Sample Evaluation Case Study Due**

Use this table to help you keep track of your grade. At any time, total your points and divide by the number of points possible

Activity	Your points	Activity	Your points	Activity	Your points
Quiz #1 (10 pts)		Worksheet #1 (25 pts)		Sample evaluation (25 pts)	
Quiz #2 (10 pts)		Worksheet #2 (25 pts)		Athlete evaluations (75 pts)	
Quiz #3 (10 pts)		Worksheet #3 (25 pts)		Case Study (50 pts)	
Quiz #4 (10 pts)		Worksheet #4 (25 pts)			
Quiz #5 (10 pts)		Worksheet #5 (25 pts)			
		Worksheet #6 (25 pts)			