

HMD 364: Sports Nutrition
Department of Family & Consumer Sciences
Western Kentucky University
Fall 2022

Instructor Information

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Course Information

Basic Information and Course Goal: This course will be conducted entirely online. One of the toughest aspects of this class is remembering that you are taking it. Thus, you need self-discipline to keep up with the readings, assignments, and studying. The exams will be taken at the WKU DL Testing Center in Garrett Conference Center or at the South Campus Testing Center or at an approved, designated testing site. This course is intended to provide the knowledge and skills to individuals who will provide nutrition recommendations and/or nutrition counseling to active people.

Course Description: Includes determination of optimum carbohydrate, protein, fat, vitamins, minerals, and fluid intake of athletes for health and performance; evaluation of supplements and nutrition information for athletes. For those interested in working with athletes and their diets.

Objectives/Learning Outcomes: Upon the completion of this course, students will be able to:

1. Discuss the effects of carbohydrates, protein, fat, minerals, vitamins, and fluids in exercise performance.
2. Evaluate supplemental claims for athletes.
3. Know how to make dietary assessments and be able to create basic meal plans for active people.
4. Determine optimal diets for athletes based on body composition, energy requirements, and nutrient needs.
5. Identify special nutritional considerations for special population groups.
6. Use computer diet-analysis software to evaluate personal diet.

Prerequisite: HMD 211 Human Nutrition or other introductory nutrition course

Required text: H Fink and A. Mikesky. Practical Applications in Sports Nutrition with Navigate 2 Premier Access. Jones & Bartlett Learning, 2021. 6th edition. ISBN-13: 9781284181340

Teaching Method: This course is totally web-based. Lecture notes will be posted each Monday to the WKU Blackboard web site at <https://blackboard.wku.edu>. Homework or a case study assignment related to each topic will be due the following Sunday. Students will be held responsible for the material covered in the textbook, the lecture notes (posted in Blackboard under Lectures), group discussions (posted in Blackboard under Class Discussions), and homework assignments.

Getting Started: All students will have two introductory assignments to complete the first week (by Sunday, August 28th). Any student who fails to complete these introductory assignments during the first week may be dropped from the course. The assignments include:

1. Discussion 1 (Introductions to the Class using the Discussion Board in Blackboard)
2. Checking-in (Blackboard quiz that asks for your name preference, telephone number, anticipated testing site, and questions about the syllabus)

Grading/Evaluation

Grades will be assigned according to the total points achieved in the class as follows:

Grade	Points	%
A	582-650	90-100
B	517-581	80-89
C	452-516	70-79
D	387-451	60-69
F	<386	<59

The allocation of points for the class will be:

Assignment	Points
4 Exams (exam 4 is ~35% comprehensive)	425
Weekly homework/case study (10 points each)	150
Diet analysis assignment	35
Interview assignment	35
Checking-in assignment	5
Total	650 points

Course Requirements

1. Every Monday the weekly **lecture notes** will be posted in the "Lectures" section in Blackboard and the corresponding weekly **assignments** in the "Assignments" section of the course. The class notes will help students prepare for the exams, complete the homework assignments, and provide information that will be helpful for class discussions.
2. To **contact the instructor**, either e-mail me at ethan.mattingly@wku.edu or call my office at 502-852-2584. When sending an e-mail, the subject line for all e-mail messages must always have the course number listed first in the following format: HMD 364 - [the topic of the e-mail message]. For example: HMD 364 - Question about the Homework for Week 2.
3. **Exams:** The first three exams will cover only "new" material and the final exam will be comprehensive (guidance will be given on how to prepare for the comprehensive section of the final exam). Exams will be taken online during the designated testing weeks. If testing in or around Bowling Green, you **MUST** make an appointment to take each exam at the DL Testing Center, which is located in Garrett Conference Center room 108 or at the South Campus Testing Center. Their hours of operation are **8:00 a.m. to 4:30 p.m.** (with the last appointment ~3:30 p.m.). The DL Testing Center typically extends testing time during finals week. Students will be given **60 minutes** to take each exam.

Below is additional information about the exams.

- a. You must have a **picture ID** to take each exam.
- b. **Make your appointment early** since students from many classes across campus will be competing for the same time slots. You will need to be flexible with your testing time, because when the testing centers reach their limit at a certain time, you will need to choose another time. Schedule your exams at least 5-7 days in advance; preferably schedule all four exams at the beginning of the semester.
- c. **Students who do not attend classes in Bowling Green** will take exams at a testing site near their residence. Those students should locate an approved testing location (see 3k in this syllabus for locations) and contact the instructor (Checking-in assignment) during the first week of class to verify the testing site.
- d. The **exam format** will be primarily multiple choice, true/false, short answer, and some calculations.

- e. Students must take the exams during the **designated testing weeks**, which are listed below in the schedule.
- f. Students who miss an exam with an **approved excuse, will be allowed to make-up the exam** the week following the designated testing week. The make-up exam must be scheduled through the instructor and NOT through the WKU DL Testing Center. Excusable absences include the student's sickness, serious illness, or death of an immediate family member. Athletes and students who accompany athletic teams for official purposes will also be excused for out-of-town games/meets if they are away from Bowling Green for an entire exam week. It is incumbent on the student to provide acceptable documentation to substantiate the absence.
- g. Students who **miss an exam due to an unexcused absence** will automatically have 10 points deducted from the make-up exam score. The make-up exam must be scheduled through the instructor and NOT through the WKU DL Testing Center. Routine medical appointments (eye or dental exam - unless an emergency) and court appearances (unless on jury duty) are not considered excusable absences. Being unable to schedule an exam date because you waited too late, is not a valid excuse. If a student misses an exam and does not contact the instructor within one week of the missed exam (even if excused), the student will automatically receive a zero for that exam with no possibility of making up the exam.
- h. **What to expect on exam day:** Students need to arrive at least 10 minutes before their scheduled test time. Students must bring a picture ID with them. A calculator will be needed for all four exams. The testing sites do not provide calculators, so please bring your own. No cell phones or tablets can be used during testing. You may use scratch paper available at the testing sites during the exam, but you will be required to leave your scratch paper at the testing site. The 4 exams will cover the material discussed in class since the previous exam, the book chapters corresponding to the lecture notes, online discussions, and the assignments. **No textbook, lecture notes (paper or within Blackboard), or cheat sheets are allowed during the exam!!** If caught cheating, the student will receive a minimum of a zero on the exam (with a no re-take option) and the cheating incident will be reported to WKU's Office of Student Conduct. For full details on academic dishonesty, view the policy under "Academic Dishonesty" near the end of this syllabus.
- i. After **completing each exam**, the multiple-choice questions are graded and a score is given immediately. The instructor will grade all calculation questions and short answer questions by the Wednesday following testing weeks. Students can access their grades by going to "Grades". Occasionally, problems occur during the submission of the online exams. If this occurs, contact the instructor at ethan.mattingly@wku.edu as soon as possible.
- j. To **register for an exam**, complete the following steps:

To register for exams for those students taking their exams at WKU (South Campus):

1. Go to TopNet and log in.
2. Click on Student Services.
3. Click on Registration.
4. Click on the tab called Online Exam Reservation near the bottom of the Registration page.
5. Click on the class you wish to schedule an exam for.
6. Click the location site of your exam.
7. Click on the date you wish to take the exam. Only the dates established for this course will be shown.
8. Click on the time you wish to take the exam.

9. After the reservation generates, please make sure to hit the confirm button or your reservation will not be made. The system will confirm your date and time immediately. Make sure to print the confirmation page as a reminder. You will not be able to alter your reservation on your own after this point. If you need to reschedule your appointment, please call the Testing Center directly at 270-745-5122. You must have a picture ID to take each exam.

To register for exams for those students taking their exams away from WKU:

1. Locate an approved testing site and schedule your exam time. See the following link on where and how to locate an approved testing site (under step 1): <http://www.wku.edu/testing/offsite-exam.php> Some institutions may charge a fee, so you should ask when you make your arrangements to test at that site.

2. **After you have made your testing appointment** at your chosen location, fill out the Examination Request Form at the following website: <http://www.wku.edu/testing/offsite-exam-req.php> You must complete this form in order for the WKU DL Testing Center to know where to send the password for an online exam. You will need to complete this form before every exam. Exam arrangements should be made 7-10 days before the requested exam date! It is also recommended that you call the proctored site the day before you go take the exam, in order to make certain the exam has actually arrived (or that the password has been sent). If you need to contact the DL Testing Center directly, their contact information is: dltesting@wku.edu and 270-745-5122.

4. This course requires that each student participate in **class discussions**. There will be at least 4 weeks during the semester in which students will be required to participate in class discussions. The format of each discussion will vary. Some discussions will be based on the class notes while others will be based on personal experiences and observations. Students should post their response to the question(s) and reply to three other student postings by the Tuesday following the week it was posted. Grades for each discussion will be based on the frequency and QUALITY of participation in the course discussions. As a rule, making one-sentence responses or repeating the same point made by a different student is not “discussing” thoroughly. The Discussion Board is found under “Class Discussions”. For most of the discussions, students will be placed into pre-assigned groups of 6-8 students to encourage increased interaction within a smaller group. During the weeks students are placed in smaller groups, each student will be required to post their first response by **Thursday** night – this is to encourage discussion and give the rest of the group time to respond to three other student postings. Late discussions are penalized 2 points per day.
5. All **homework assignments** are expected to be completed on or before their due dates. Assignments will be posted in the “Assignments” section of the course website one week prior to their due dates. All students are expected to work **independently** to complete the assignments. Copying answers from another student is cheating and providing answers to a fellow classmate is cheating. Regardless if a student is providing answers or receiving answers, the assigned grade for that assignment will be ZERO. If a student should encounter problems trying to complete a homework assignment, he/she should e-mail the instructor for help.
- a. All **homework assignments will be due** to the instructor no later than the Sunday following the week they were assigned. Any assignment received at 12:01 a.m. on Monday is considered late. Receipt of homework can be verified by going to the gradebook in Blackboard. An exclamation point on the assignment in the gradebook means that the assignment was submitted, but the assignment has not been graded.
- b. **How to view and complete a homework assignment:** Students will have to complete either a homework assignment or a case study assignment every week. On the weeks

- there is a homework assignment due, there will be an assignment link under “Assignments”. By clicking on the name of the assignment, students will be able to view the instructions regarding the assignment. Some weeks will contain all multiple choice questions while other weeks will require students to type their responses into the “Answer” boxes. Regardless of the homework format, students need to hit SUBMIT when finished.
- c. **Grading and feedback for the assignments:** It typically takes ~5 days to grade the homework assignments after the due date, and grades are posted in the course gradebook, which can be accessed under “Grades”. To view individual feedback, click your grade in the gradebook.
 - d. A **late penalty** of 2 points per day will be deducted from the final score of any homework assignment late.
6. There will be **two 35-point assignments** that will be distributed throughout the semester that are in addition to the weekly discussions/homework. Those assignments are: Diet Analysis and Interview Assignment. Instructions for these assignments will be explained under “Assignments” at least 2 weeks before their respective due dates. The assignments will be penalized 5 points each day late (including weekends).
 7. After logging into the course website, the weekly **announcements** can be viewed. Up-to-date class reminders are posted in the announcements, so BE SURE to read the announcements when logging into the class.
 8. **Grades in the class** can be viewed by going to “Grades” in Blackboard. For assignments, clicking the grade in the gradebook allows students to review their submitted assignment and feedback. For the exams, only the exam score can be viewed when clicking the grade in the gradebook.
 9. **Words of advice:** Based on experience teaching online classes, students should schedule time each week to complete assignments and study for exams. Treat this class like any face-to-face class – plan ahead! Also, plan to check your WKU email daily and **check Blackboard at least 3-4 times per week.**

Lecture & Exam Schedule

<u>Week</u>	<u>Dates</u>	<u>Topic</u>	<u>Assignment and Due Date</u>
1	August 22-28	Introduction to Sports Nutrition (Chapter 1)	Discussion 1 – Aug 28 Checking-in – Aug 28 Homework 1 – Aug 28
2	Aug 29- Sept 4	Nutrients: Ingestion to Energy Metabolism (Chapter 2)	Homework 2 – Sept 4
3	Sept 5- Sept 11	Carbohydrates (Chapter 3)	Homework 3 – Sept 11
4	Sept 12-Sept 18	Fats (Chapter 4)	Homework 4 – Sept 18
5	Sept 19-Sept 25	Proteins (Chapter 5)	Discussion 2 (HW 5)– Sept 25
6	Sept 26-Oct 2	Exam week Vitamins (Chapter 6)	Exam 1 (Ch 1-5) Sept 28-30 Homework 6 – Oct 2
7	Oct 3-Oct 9	Minerals (Chapter 7) Water (Chapter 8)	Homework 7/8 – Oct 9
8	Oct 10-Oct 16	Nutritional Ergogenics (Chapter 9)	Homework 8 – Oct 16
9		Exam week	

	Oct 17-Oct 23	Diet Analysis Nutrition Consultations (Chapter 10)	Exam 2 (Ch 6-8) Oct 19-21 Diet Analysis – Oct 28** Discussion 3 (HW 9)– Oct 23
10	Oct 24-Oct 30	Weight Management (Chapter 11)	Diet Analysis DUE- Oct 28 Homework 10 – Oct 30
11	Oct 31- Nov 6	Endurance Athletes(Chapter 12)	Homework 11 – Nov 6
12	Nov 7-Nov 13	Strength/Power Athletes(Chapter 13)	Homework 12 – Nov 13
13	Nov 14- Nov 20	Exam Week Team Sports (Chapter 14)	Exam 3 (Ch 9-11) Nov 16-18 Discussion 4 (HW 13) – Nov 20
14	Nov 21-Nov 27	Interview Assignment Special Considerations (Chapter 15)	Interview Assignment—Nov 30 Homework 14– Nov 30 (Wednesday)
15	Nov 28-Dec 4	Finish assignments, prep for exam	Interview Assignment- Nov 30 Homework 14- Nov 30
16	Dec 5-8	Exam week	Final Exam (Ch 12-15)– Dec 5-8

Class schedule and assignments are subject to change.

**The Diet Analysis is due Friday, Friday Oct 28st & the Interview Assignment is due Monday, Nov 28th.

#Note: Exam week for the final exam is Monday-Thursday ONLY.

Policies and Services

Academic Dishonesty

Students will be expected to do his/her own work for exams/quizzes and assignments. Failure to comply with this policy will result in a failing grade for the exam/assignment and, perhaps, the course. If caught cheating, the student will receive a minimum of a zero on the assignment/quiz/exam and the cheating incident will be reported to WKU's Office of Judicial Affairs. Copying answers on an assignment/quiz/exam is cheating. Taking an exam or quiz for someone else is cheating. Having someone else take an exam or quiz for you is cheating. Students should be aware of WKU's academic dishonesty policy (WKU Catalog, 2016-2017, pages 33-34), which states: "Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the course work in which the act is detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of Student Conduct for disciplinary sanctions."

Academic Dishonesty includes the following:

Cheating—No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment, or other project that is submitted for purposes of grade determination.

Plagiarism—To represent written work taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of a student must be his/her own. One must give any author credit for source material borrowed from him/her. To lift content directly from a source without giving credit is a flagrant act. To present a borrowed passage without reference to the source after having changed a few words is also plagiarism.

Student Disability Services

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Student Accessibility Resource Center in DSU 1074. The phone number is 745-5004 and email is sarc@wku.edu.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Student Accessibility Resource Center.