

HMD 364-701: Sports Nutrition
Department of Family & Consumer Sciences
Western Kentucky University
Fall 2024

Instructor Information:

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Office Hours: Virtual. By appointment only

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, 2025. 7th edition. ISBN-13: 9781284284300

Instructor Course ID- 629E32- use this to access the course material for our class so that quiz grades (chapter homework) go to the grade book

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 25th). 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	397-451	60-69
F	<386	<59

The allocation of points for the class will be:

Assignment	Points
4 Exams	425
Weekly homework/case study (10 points)	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 270-945-5103. 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. Respondus LockDown Browser will be implemented for testing. Below is additional information about the exams.

a. The exam format will be primarily multiple choice, true/false, short answer, and some calculations.

b. Students must take the exams during the designated testing weeks, which are listed below in the schedule.

c. Students who miss an exam with an approved excuse, will be allowed to make-up the exam the week following the designated testing week. 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. These students must alert the professor of these dates prior to the exam. It is incumbent on the student to provide acceptable documentation to substantiate the absence.

d. Students who miss an exam due to an unexcused absence will automatically have 10 points deducted from the make-up exam score. Routine medical appointments (eye or dental exam - unless an emergency) and court appearances (unless on jury duty) are not considered excusable absences. 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.

e. What to expect on exam day: A calculator will be needed for all four exams. No cell phones or tablets can be used during testing. 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!!

f. 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.

1. 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 one other student postins 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 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 faceto face class – plan ahead! Also, plan to check your WKU email daily and check Blackboard at least 3-4 times per week.

10. Generative Artificial Intelligence (AI): Artificial intelligence (AI) tools are not permitted for any type of work in this class. If you choose to use these tools, your actions will be considered academically dishonest and a violation of the WKU Student Code of Conduct.

Lecture & Exam Schedule

Week	Dates	Topic	Assignment & Due Date
1	Aug 19-Aug 25	Introduction to Sports Nutrition	Discussion 1- Aug 25 Homework 1- Aug 25
2	Aug 26-Sept 1	Nutrients: Ingestion to Energy Metabolism	Homework 2- Sept 1
3	Sept 2-Sept 8	Carbohydrates	Homework 3- Sept 8
4	Sept 9-Sept 15	Fats	Homework 4- Sept 15
5	Sept 16-Sept 22	Proteins	Discussion 2- Sept 22
6	Sept 23-Sept 29	Exam Week Vitamins	Exam 1- Sept 25-27 Homework 6- Sept 29
7	Sept 30-Oct 6	Minerals Water	Homework 7- Oct 6
8	Oct 7- Oct 13	Nutritional Ergogenics	Homework 8- Oct 13
9	Oct 14-Oct 20	Exam Week Diet Analysis Nutrition Consultations	Exam 2- Oct 16-18 Diet Analysis- Oct 25 Discussion 3- Oct 20
10	Oct 21-Oct 27	Weight Management	Diet Analysis- Oct 25 Homework 10- Oct 27
11	Oct 28-Nov 3	Endurance Athletes	Homework 11- Nov 3
12	Nov 4-Nov 10	Strength/Power Athletes	Homework 12- Nov 10
13	Nov 11-Nov 17	Exam Week Team Sports	Exam 3- Nov 13-15 Discussion 4- Nov 17 Interview Assignment- Nov 24
14	Nov 18-Nov 24	Special Considerations	Homework 14- Nov 24 Interview Assignment- Nov 24
15	Nov 25-Dec 1	Thanksgiving Break	
16	Dec 2-Dec 5	Exam Week	Final Exam- Dec 2-5

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.

Generative Artificial Intelligence (AI): Plagiarism/AI: I want to read your own ideas in your own words. I'm not interested in opinions expressed by soulless robots. (A robot walks into a bar. The bartender says "We don't serve robots here." The robot says, "Oh, but someday you will." Until that day...). Nutrition protocols and recommendations are highly individualize based on numerous health history factors for each individual and thus AI is not (yet) capable of adequately addressing the unique needs of each individual. If you use someone else's words, use quotation marks and cite your source. If you paraphrase someone else's idea (put it in your own words), do not use quotation marks, but do cite your source.

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.

TITLE IX SEXUAL MISCONDUCT/ASSAULT POLICY

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.

PREGNANT AND PARENTING STUDENTS

Western Kentucky University does not discriminate against any student or exclude any student from its educational programs or activities, including classes or extracurricular activities, on the basis of pregnancy and/or pregnancy-related conditions such as, but not limited to, childbirth, false pregnancy, termination of pregnancy, or recovery therefrom. Students who seek pregnancy or pregnancy-related accommodations should make their requests as soon as possible via WKU's Title IX Website at www.wku.edu/titleix/ under the heading, "Pregnancy or Pregnancy-Related Conditions." Students can also contact the Title IX Coordinator, Ena Demir, via email at ena.demir@wku.edu or by phone at (270) 745-6867 to request accommodations or seek assistance. We encourage students and faculty to work together to establish a plan that allows the student to complete the class and coursework without jeopardizing academic integrity and course standards. The Title IX Coordinator can help facilitate conversations between students and faculty regarding appropriate and reasonable accommodations.

If you are a WKU student and believe that you have experienced an incident(s) of discrimination or harassment based on pregnancy (or pregnancy related conditions or issues), please report it to the Title IX Coordinator via email at ena.demir@wku.edu or by phone at (270) 745-6867.

Additional resources for pregnant and parenting students can be found on WKU's Title IX Website at www.wku.edu/titleix/.