

**University of Texas in El Paso  
College of Health Sciences  
Health Promotion Department**

**HSCI 3322 Sports Nutrition  
Syllabus  
(Subject to Change)**

**SUMMER II 2009**

<b>Instructor's Name</b>	Adriana Rascon-Lopez, MS, RD/LD, CHES
<b>Course</b>	MTWR 8:00-10:30 AM
<b>E-Mail</b>	WebCT
<b>Office Hours</b>	Monday 10:30-12:00 & 1:00-5:00 PM After Class and By Appointment

**Goals of the Course-**

This course will provide future coaches, competitors, and physically active individuals with the most factual information on sports nutrition. Information on essential nutrients, hydration, metabolism, and ergogenic aids will also be addressed.

**Learning Objectives-**

The student will be able to evaluate the validity of sports nutrition information on professional journals, and the media.

The student will be able to describe the effects of ergogenic aids.

The student will be able to describe the relationship between the nutrients, and energy metabolism.

The student will be able to identify hydration needs of active individuals.

**Text(s) and Materials-**

Required Text

Nutrition for Health, Fitness & Sports, 9<sup>th</sup> Edition, by Melvin H. Williams

Required Materials (student responsibility)

Number 2 pencil for taking exams/quizzes

1 pink scantron for final exam (letter size)

WebCT Instructor Handouts

CALCULATOR

**Course Requirements-**

Written Examinations

There will be three WebCT quizzes/examinations, and one final examination (not comprehensive), comprised of text chapters, and lecture notes. There will be NO Make Ups for any quiz/exam. If an exam is missed due to an approved University emergency (accident, death in the family) documentation for having missed a quiz/exam will be required, and in this case a make-up exam may be administered, in a different format, and a 10 point deduction will be applied to the quiz/exam grade.

Written Assignments-

Work must be neatly written/typed, unacceptable written assignments will have points deducted. No late work will be accepted.

Team Assignments-

Any grade for a work/assignment done as part of a team will include a team participation evaluation.

WebCT Quizzes/Exams-

The WebCT quizzes/exams will be open from 6:00 AM – 12:00 PM (see course schedule for dates), and it can only be taken one time; once you open the quiz/exam the time starts running, and you only have three hours to complete it; that means that if you start by 6:00 AM the system will not allow you to continue past 9:00 AM. Questions will be displayed one at a time, and you can't go back to change your answers. You may use your textbook, and notes when working on your quiz/exam, and you must SAVE each question before moving on to the next question, and SUBMIT all, once you have completed the quiz/exam.

Allegations about having computer problems will need to be verified by the University's technology department. Thus, only quizzes/exams taken in campus computers may be contested for a computer malfunction.

**COURSE GRADE**

100% of the Grade:

1 Final Exam	20%
3 WebCT Quizzes/Exams	30%
1 Major Project	40%
Attendance	10%

Grading Scale-

90-100% = A

80-89.4% = B

70-79.4% = C

60-69.4% = D

59.4% and below = F

**Instructor's Policies**

Attendance:

Tardiness is unacceptable behavior. The instructor reserves the right to refuse a tardy student admission to the classroom. Make prior arrangements with the instructor if you have special circumstances that may require you to be tardy to class.

If the student decides not to attend class, the student is still responsible for the examinations and assignments as listed in the course syllabus schedule, posted in WebCT or via e-mail, and/or announced in class. The student is also responsible for finding out of any changes in the course syllabus, assignments and/or schedule.

Withdrawal from the course for any reason is the **RESPONSIBILITY OF THE STUDENT.**

Dishonest behavior in class, assignments and/or exams is not acceptable.

**CALENDAR HSCI 3320 Sports Nutrition  
SUMMER II 09  
TENTATIVE SCHEDULE**

<b>Date</b>	<b>Discussion Topics</b>	<b>Reading Assignments</b>
July 6	Review Syllabus and Projects Introduction to Nutrition for Health, Fitness and Sports Performance	Chapter 1
July 7	Healthful Nutrition for Fitness and Sports	Chapter 2
July 8	Sports Nutrition Display Project – <b>Field Work</b> Work on Topic Research Article Paper <b>-Progress Reports WebCT due 12:00 PM</b>	
July 9	<b>Individual Research Article Paper DUE &amp; Discussion</b>	Research Paper DUE- Phase 1
July 9-13	WebCT Quiz/Exam 1	6:00AM-12:00PM Ch 1, 2 + Notes
July 13	Human Energy	Chapter 3
July 14	Carbohydrates: The Main Energy Fuel	Chapter 4
July 15	WebCT Quiz/Exam 2 Work on Power Point Presentation of Research Article- Individual Work	6:00AM-12:00PM Ch 3, 4 + Notes
July 16	Sports Nutrition Display Project – In Class <b>Review of WebCT Uploaded Individual Presentations Phase 2: Power Point -In Class Brainstorm Phase 3</b>	Power Point DUE- Phase 2 <b><u>Upload to WebCT before class starts.</u></b>
July 20	Fat: An Important Energy Source during Exercise	Chapter 5
July 21	- <b>Field Work Phase 3 -Progress Report WebCT Due 12:00 PM</b>	Phase 3 Field Work
July 22	Fat: An Important Energy Source during Exercise Protein: The Tissue Builder	Chapter 5, 6
July 23	Protein: The Tissue Builder Sports Nutrition Display Project	Chapter 6
July 23-26	WebCT Quizz/Exam 3	6:00AM-12:00PM

		Ch 5, 6 + Notes
July 27	Sports Nutrition Display Project – <b>In Class</b> <b>Teams Present Phase 3</b>	Poster Board & Handout DUE
July 27	Vitamins: The Organic Regulators Minerals: The Inorganic Regulators Water: Electrolytes, and Temperature Regulation	Chapter 7, 8, 9
July 28	Body Weight and Composition for Health Sport Weight Maintenance and Loss through Proper Nutrition and Exercise Weight Gaining through Proper Nutrition and Exercise	Chapter 10, 11, 12
July 28	Sports Nutrition Display Project – <b>Field Work Phase 4 &amp; 5</b> <b>-Progress Report WebCT Due 12:00 PM</b>	Phase 4 & 5 Field Work
July 29	Eating Disorders and Sports Nutrition Case Study Sports Nutrition Display Project Brainstorm Phase 4 & 5	Chapter 10 + Notes Brainstorm Phase 4 & 5
July 29	Sports Nutrition Display Project – <b>Field Work Phase 4 &amp; 5</b> <b>-Progress Report WebCT Due 12:00 PM</b>	Phase 4 & 5 Field Work
July 30	Food Drugs and Related Supplements -Teams Present Sports Nutrition Display Project	Chapter 13 Team Project DUE
July 30	Swimming & Fitness Facility Sports Nutrition Display Project- Teams 1, 2, 3	Teams 1, 2, 3, Display Project
August 3 & 4	<b>FINAL EXAM</b>	Bring PINK letter size Scantron. Web CT Power Points, Class NOTES ONLY for : Ch 7, 8, 9, 10, 11, 12, 13 + ED notes + (3 handouts)

### Sports Nutrition Display Project

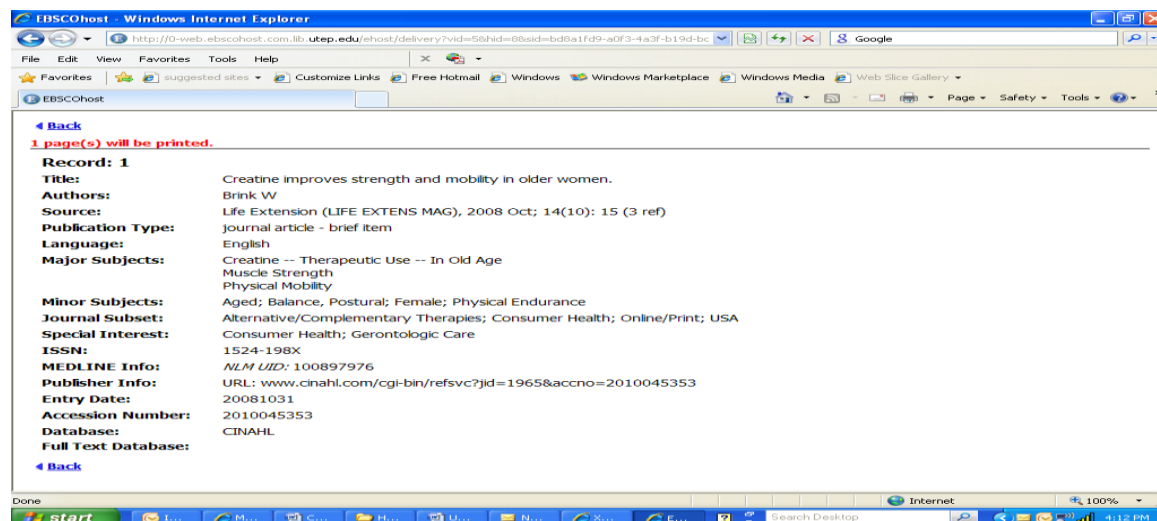
Students will be assigned to a team to work on a combination of an individual and team Sports

Nutrition Display Project, and 5 phases will complete the project:

### **PHASE 1- Research Paper (Individual Work) - 10%**

Using evidence based research articles; the student will write a 3-5 page paper analyzing the assigned topic. The student will use the UTEP's electronic databases, such as CINAHL, ProQuest, PsychInfo, and other.

The student will submit the research paper with a cover page, a reference page in APA format, and the articles' cover pages found in the search, see example below.



### **PHASE 2- Power Point (Individual Work) – 5%**

The student will create a power point (No more than 5 slides), which includes information about the research topic.

The power point will include pictures, a video link if possible, bullet format information, and references; and the power point will be uploaded to WebCT before it's due date.

### **PHASE 3- Poster Board and Handout (Team Work) – 10%**

The poster board format can be found in WebCT under handouts. The poster board information must be scientifically based, and must include: A quiz, Facts, Picture, College Statistics Chart, Bibliography and a Handout section with a handout summarizing the poster board, power point most important points.

Students will prepare 100 handouts; 20 handouts for the class presentation, 20 handouts for the College of Health Sciences lobby area presentation, 40 handouts for days 1 and 2 of the exhibit at the Swimming and Fitness facility, and 20 handouts for later distribution by the fitness facility. Students will supply with a display surface (folding table) and a laptop.

### **PHASE 4- Interactive Activity – (Team Work) - 5%**

The students will create an interactive activity to present the assigned topic; it may be a game, or other interactive activity.

### **PHASE 5- Sports Nutrition Display –(Team Work) - 10%**

The students will present the display, which will include the power point presentation, poster board, handouts, and interactive activity.

The students will present: during class time and other dates marked in the class syllabus at the College of Health Sciences lobby area, and at the Swimming and Fitness facility. Students will supply with a display surface (folding table) and a laptop.

**Team Work and Field Work will be graded by analysis of the progress report due at the end of each field/team work session, that must be uploaded to WebCT before the specified time in the course schedule. The progress report will be submitted by the team's progress reporter (assigned by the team). The progress reports will affect both the attendance, and the project grades.**