

George Mason University
College of Education and Human Development
Exercise, Fitness and Health Promotion

EFHP 614.DL1 – Advanced Exercise Nutrition
3 Credits, Fall 2018
Online

Faculty

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Prerequisites/Corequisites

Graduate standing or permission of the instructor.

University Catalog Course Description

Advanced study of nutrition's relation to physical activity, exercise, and sports. Reviews biochemical, physiological, and behavioral aspects of nutrition in promoting health, fitness, and sports performance. Focuses on nutrient needs during life cycle stages.

Course Overview

This course will present nutrition principles regarding macronutrients, vitamin/minerals, and fluids in relation to sports and exercise. It will allow the student to translate theory into practice and to relate content to fitness and sports. Topics will include metabolism, weight management, eating disorders, and guidelines for proper nutrition. The material covered will give the student comprehensive knowledge of nutrition for use in complementary fields. The course will involve video lecture, discussion, and internet modules.

Course Delivery Method

This course will be delivered online using an asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before "@masonlive.gmu.edu) and email password. The course site will be available on **August 27, 2018**.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers
To get a list of supported operation systems on different devices see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player:
<https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week:
Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday.
- Log-in Frequency:
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:
Students may schedule a one-on-one meeting with the instructor via telephone or web conference to discuss course requirements, content or other course-related issues. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette:
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:
Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Define and describe the basic macronutrients and recommendations for an athlete's diet.
2. Determine nutrient needs for specific individuals and apply information to a case study.
3. Define and describe healthful nutrition practices for weight control and fitness/sports.
4. Research and debate current controversial topics in the field of nutrition and fitness.

Required Texts

- Smith-Ryan A. E., Antonio, J. (2013) *Sports Nutrition & Performance Enhancing Supplements*. Ronkonkoma, NY, Linus Learning.
- Articles as assigned.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., electronically via Blackboard).

Late Assignments:

Assignments are due at the start of class time unless specified otherwise. **Assignments turned in anywhere from one-minute to 24-hours late will be graded for ½ credit. Assignments will not be accepted more than 24 hours late without prior permission.** If there is an issue such as a sickness or other personal reason in which you are struggling with the workload, please discuss this with your instructor ahead of time for *potential* allowances to be made.

Timeline for Grading and Feedback:

Please allow ONE WEEK for assignments and exams to be graded. Feedback on assignments will be provided *within* the submitted document on Blackboard. Please review assignment feedback once grades are posted. You have ONE WEEK from the date your assignment grade is posted to discuss this grade with your instructor. **No outdated assignment grades will be discussed at the end of the semester.**

Extra Credit:

Extra credit should not be expected. Occasionally, it may be offered at the discretion of the instructor in a matter that provides equal opportunity to all students. Please do not ask to make up assignments or do additional assignments to improve your grade.

Assignments and/or Examinations

Weekly Reading Quizzes (30% total)

Multiple choice quizzes on the weekly reading will be administered every Wednesday. Students should complete these independently.

Group Study Guide Completion (30% total)

Weekly study guide questions will be due on Sunday. Students will work in semester groups, dividing the work up as the group sees fit. Proper study guide completion should include correct answers, citations for answers provided, and embedded images/tables where appropriate. It is imperative for all group members to review the submission

2 Exams (40% total)

Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings and videos. Exams will be 50% multiple-choice, true-false, matching, and 50% short answer. Exams will be timed and open/available for a 24-hour window.

- **Other Requirements**

- **Attendance**

- Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

- **Alternate Schedule**

- This course may have professionals from the field as guest speakers. Due to their professional responsibilities, guest speakers may not be able to attend a scheduled class time. Therefore, this course may require meeting outside of regularly scheduled class times and/or travel to sites off campus. Students will be informed of such meetings one week in advance of the scheduled class meeting. Students will be expected to arrange transportation to and from the meeting site.

- **Academic Load**

- Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for late arrivals, missed classes, or incomplete assignments. Employment must not take priority over academic responsibilities. For additional information on this subject, please see the GMU Academic Catalog (http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance). Students failing to observe these guidelines should expect no special consideration for academic problems arising from the pressures of employment.

- **Honor Code**

- Students are held to the standards of the George Mason University Honor Code (see <http://honorcode.gmu.edu> for details). Violations, including cheating and plagiarism, will be reported to the Honor Committee. Student assignments may be put through plagiarism detecting software.

○ **Written Assignments**

- All assignments must be typed in Microsoft Word, and formatted as follows (*unless otherwise specified*): double spaced, 12 point Times New Roman font, 1 inch margins, your name and title in the running header at top left had corner, continuous line numbers on left margin, and page numbers centered in footer. Failure to comply with any or all parts of this format will result in an unacceptable assignment, which corresponds to zero (0) points.
- Pay close attention to spelling and grammar as these will count towards your grade on written assignments. American Medical Association Manual (AMA) of Style (10th edition) format must be used for all written work in this class (e.g., in referencing, creation of tables, and formatting headers for paper sections).
- Assignments must be turned in on Blackboard/MyMason Portal by the beginning of class on the specified date due (*unless otherwise specified*). No late assignments will be accepted. It is recommended that students keep copies of all submitted work.

○ **E-mail Correspondence**

Only messages that originate from a George Mason University address will be accepted. Please address the subject line for all email pertaining to this course as: *EFHP 614: Last Name – purpose of email*. The following is an appropriate professional format:

Subject: EFHP 614: Help with (fill in blank)

Dear Dr. Lockard, (*Introductory salutation*)

I have a question regarding one of the assignments. (*Text body*)

Regards, (*Ending Salutation*)

Mr./Mrs. Student (*Your name*)

Course Grading Scale

The student's final letter grade will be earned based on the following scale:

Grade	Percentage
A	94 – 100%
A-	90 – 93%
B+	88 – 89%
B	84 – 87%
B-	80 – 83%
C	70 – 79%
F	0 – 69%

Note: Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program.

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For students in an online setting

professionalism generally comprises the following components:

- **Communication** – When communicating with the instructor and classmates via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.
- **Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.
- **Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.
- **Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.
- **Self-Improvement/Self-awareness** – One should be aware of their strengths/ weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

Tentative Class Schedule

Week		Ch	Topic(s)	Assignment(s) Textbook Reading Quiz on Wed Article and ISSN Q's due Sun
No.	Date			
1	8/27-9/2	1	Energy Systems and Skeletal Muscle Plasticity	p 2-21
2	9/3*-9/9	2	Protein	p. 31-43 ISSN protein
3	9/10-9/16	3	Carbohydrates	p. 55-78 ISSN B-alanine
4	9/17-9/23	3	Carbohydrates	p. 78-96 ISSN HMB
5	9/24-9/30	4	Fat	p. 111-143
6	10/1-10/7	5	Creatine	p. 165-188 ISSN creatine
7	10/8*-10/14		Midterm Exam Ch 1-5	TBA
8	10/15-10/21	6	Caffeine	p. 201-215 ISSN caffeine
9	10/22-10/28	7	Nutrient Timing	p. 231-244 ISSN energy drinks
10	10/29-11/4	7	Nutrient Timing	p. 245-267 ISSN nutrient timing
11	11/5-11/11	8	Diets and Body Composition	p. 286-301 ISSN meal frequency
12	11/12-11/18	9	Functional Foods and Nutraceuticals	p. 309-323
13	11/19-11/25*	10	Ergogenic Sports Supplements	p. 333-359
14	11/26-12/2	--	Ergogenic cont.	ISSN research & recommendations
15	12/3-12/8*		Final Exam Ch 6-10	TBA

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .