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

EFHP 614.DL1 – Advanced Exercise Nutrition
3 Credits, Fall 2018
Asynchronous 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, as well as to sit for the Certification through the International Society of Sport Nutrition. The course will include internet modules, video lecture, discussion, and group work.

Course Delivery Method
This course will be delivered 100% 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 26, 2019**.

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 click here.
  To get a list of supported operation systems on different devices click here.
- 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:
  - Respondus Lockdown Browser and Monitor
  - Adobe Acrobat Reader
  - Windows Media Player
  - Apple Quick Time Player

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

- Kreider, R. (2019) *Essentials of Exercise & Sport Nutrition*. Lulu Publishing.
- Articles as assigned.
- ISSN Exercise & Sports Nutrition Review Update: Research & Recommendations is also a great resource.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor in 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

11 Weekly Blog Posts (5 points each, 55% total)
Students are required to create a public sport nutrition blog catered to a population of interest. Each week, students will be given a prompt that applies the weekly content to the chosen population, including citations but written at a level the public will understand. Blog posts are due on Sunday night at 11:59 pm.

3 Exams (15 points each, 45% 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. Students are required to utilize Respondus Lockdown Browser Plus Monitor to access the exams.

- **Other Requirements**
  - **Academic Load**
    - Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for incomplete or missed assignments. Employment must not take priority over academic responsibilities. For additional information on this subject, please see the GMU Academic Catalog. 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. 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, 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 11:59 pm on the due date.

o **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.

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Tentative Class Schedule

Week No.	Week Date	Chapter / Topic(s)	Assignment(s)
1	8/26-9/1	Chapter 1: The Diet Foundation	Blog Post
2	9/2-9/8	Chapter 2: Carbohydrate	Blog Post
3	9/9-9/15	Chapter 3: Protein	Blog Post
4	9/16-9/22	Chapter 4: Amino Acids Read ISSN protein	Blog Post
5	9/23-9/29	Chapter 5: Fat	Study Guide
6	9/30-10/6	Chapter 6: Vitamins and Minerals	MON 9/30: EXAM 1 Ch 1-5
7	10/7-10/13	Chapter 7: Water & Fluid Replacement Read ISSN caffeine AND ISSN energy drinks	Blog Post
8	10/14-10/20	Chapter 8: The Training Table Read ISSN nutrient timing	Blog Post
9	10/21-10/27	Chapter 9: Dietary Supplements Read ISSN meal frequency	Blog Post
10	10/28-11/3	Chapter 10: Muscle Building Supplements Read ISSN HMB	Study Guide
11	11/4-11/10	Chapter 11: Performance Enhancement Supplements Read ISSN B-alanine AND ISSN creatine	MON 11/4: EXAM 2 Ch 6-10
12	11/11-11/17	Chapter 12: Recovery Nutrition	Blog Post
13	11/18-11/24	Chapter 13: Weight Loss Strategies Read ISSN diets and body comp	Blog Post
14	11/25-12/1	Chapter 14: Weight Loss Supplements	Blog Post
15	12/2-12/7*	Chapter 15: Performance Enhancement Program	Blog Post
16	12/9-12/15	WED 12/11: EXAM 3 Ch 7-15	Study Guide

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.
- Students must follow the university policy for 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.

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://coursessupport.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/ .