

259165: Exercise and Sports Nutrition (Online)

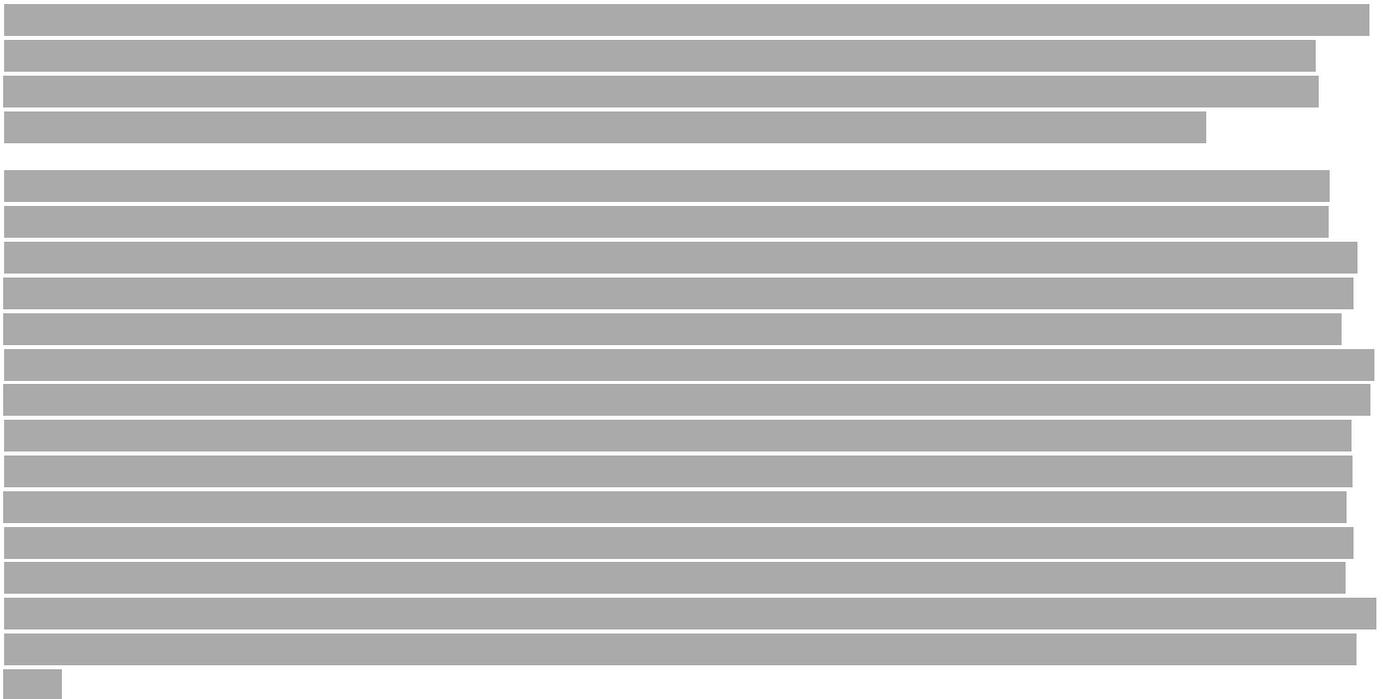
COMHLT-X 404.7

Fall 2015 Section 1 4 Credits 09/21/2015 to 12/13/2015 Modified 08/24/2015

Contact Information

Instructor: 

Instructor Biography



Program Representative: 

Email: 

Phone: 

UCLA Extension Administrative Contact for this Course

UCLA Extension Office of Instructional Enhancement Support:

Email: 

Phone: 

Monday - Friday, 8am to 6pm (Pacific Time).

Website: 

The UCLA Extension course management team assists both students and instructors with Canvas-related technical support, as well as general administrative questions.

For support on learning more about Canvas or addressing a technical issue:

- Click on the “Help” link in the upper right corner of the screen from within the Canvas LMS, where you can chat live with a live technical support agent or submit a ticket for assistance.
- Or visit the Canvas Help Center: <https://help.instructure.com/home> (<https://help.instructure.com/home>)

Description

This course covers topics in sports nutrition and exercise science. Students gain an in-depth understanding of the roles of carbohydrate, protein, and fat in the diets of very active people and learn what foods, fluids, and supplements support optimal training, performance, and recovery. Students also learn how to calculate energy needs, evaluate body composition, and tackle difficult weight and eating disorder issues. A review of the nutritional needs of athletes in endurance, strength, weight-class, and aesthetic sports also is included. Don't miss this chance to develop new professional relationships, receive feedback from an expert instructor, and demonstrate your knowledge. Dietitians, fitness instructors, athletic trainers, strength specialists, coaches and sports enthusiasts can benefit from the unique opportunity to interact and share knowledge in this online format. Due to the large images and presentation files used in this course, a high-speed Internet connection is suggested though not required. Coursework must be submitted as Microsoft Word or Excel attachments.

Objectives

By the end of this course, a successful learner should be able to:

1. Describe the role of carbohydrates, protein, fat, fluids, and supplements to support optimal training, performance, and recovery.
2. Use sports guidelines to assess energy needs and evaluate body composition.
3. Apply aspects of sports nutrition, including behavior change through consultations and weight management.

Materials

Practical Applications in Sport Nutrition

Author: Fink and Mikesky

Publisher: Jones & Bartlett Learning

Edition: 4th

ISBN: 9781284036695

Technology Requirements

Students must have basic computer skills, including the use of word processing, email and the ability to use internet browsers such as Internet Explorer or Netscape. The completion of Canvas student orientation is recommended.

Evaluation

Criteria

Grading: Course grades will be based on the following:

560 points possible for all course components

Grades are assigned based on three different and independent measures of learner competency

Tests/Quizzes:

There are 9 quizzes and 2 exams for this course. Quizzes and exams are to be taken independently, but can be open book. *You will only have one opportunity to take each quiz/exam and they must be completed during the week assigned. You will not have access to quizzes or exams before or after the week they are assigned. There will be no make-up exams approved for this course*

All grades are final when filed by the instructor on the Final Grade Report.

| Type | Weight | Topic | Notes |
|--------------------------|-------------------------------|---------|--|
| Discussion participation | 10 points for each discussion | 9 total | Total 90 points Please see the Discussion Rubric for further information on grading policies |
| Assignments | 20 points for each assignment | 9 total | Total 180 points |
| Quizzes | 10 points for each quiz | 9 total | Total 90 points |
| Exams | 100 points for exams | 2 total | Total 200 points |

Breakdown

Breakdown of points for grades is as follows:

| Grade | Range | Notes |
|-------|------------|-------------------------------|
| A | 90-100 (%) | No. of Points 504-560 |
| B | 80-89 (%) | No. of Points 448-503 |
| C | 70-79 (%) | No. of Points 392-447 |
| D | 60-69 (%) | No. of Points 336-447 |
| F | < 60 (%) | No. of Points < 336 |

* Course Policies

Due Dates

Each “week” begins on Monday and ends on the following Sunday at 11:59 pm PST. All assignments should be posted any day during the week in which they are assigned unless otherwise specified. You will need to comment on other students postings, therefore, it is in your best interest to complete assignments by Friday. If issues arise and you have difficulty turning in assignments, please contact me immediately. We can try and work something out to accommodate your schedule. Otherwise, ***if the work is posted late you will lose 10% each day that it is late. After the work is more than ten days late, it will no longer receive a grade. Please note that there are no extensions for the class. All work must be turned in by the last day of class.***

Discussion/Assignments will be graded approximately one week after they are submitted.

Discussion Rubric

This rubric will be used to assess the quality of your initial responses and interaction in the online discussion forums. Please use this tool as a guide when constructing your postings.

| | Unsatisfactory | Basic | Proficient | Distinguished |
|---------------------------------|---|--|---|---|
| Mechanics of the Posting | Uses incomplete sentences, is unstructured in its organization, and includes frequent or consistent errors in mechanics (grammar, spelling, usage) in each paragraph. The posting is unreadable and there is a distinct lack of tone. | Uses complete sentences and the posting is comprehensible. The organization could be improved to present a more coherent argument, statement, or question. Includes 2-3 mechanical errors grammar, spelling, usage) per paragraph. The tone is respectful. | Uses complete sentences, organization is evident, and the posting includes no more than one mechanical error (grammar, spelling, usage) per paragraph. The tone is clear and respectful | Uses complete sentences, organization is clear and thoughtful, the posting is grammatically correct, and free of spelling errors. The tone is clear and respectful. |

| | | | | |
|---|---|---|---|---|
| Participation in the Discussion | Provides minimal comments and information to other participants in the forum. | Provides comments, and some new information on a sporadic basis. Interacts with only 2 participants in the forum. | Provides comments, discussion, questions, and new information on a fairly regular basis. Interacts with three or more participants in the forum. | Provides comments, discussion, questions, and new information on a regular, active, and weekly basis. Shows a high degree of interaction with five or more participants in the forum. |
| Content of Posting | Writes a general or superficial posting that is unrelated to the discussion at hand and/or posts no comments. | Demonstrates a restricted understanding of the concepts, topics, and ideas as evidenced by posting information that could be derived from prior posts and/or including highly general comments. | Demonstrates an adequate understanding of the concepts, topics, and ideas as evidenced by posting superficial, or general statements in the forum. Includes a few details in the posting. | Demonstrates a solid understanding of the concepts, topics, and ideas as evidenced by thoughtful responses and questions that show a clear connection (are integrated) with the course material at hand. The posting shows depth, and includes many supporting details. |
| Critical Thinking Evidenced by Posting | Provides no evidence of agreement or disagreement with an existing discussion. | Indicates agreement or disagreement with an existing discussion but provides no justification or explanation for comments. | Indicates agreement or disagreement with an existing discussion including a limited explanation or justification. Provides comments, discussion, and questions without a clear connection to the course material at hand. | Demonstrates a critical analysis of an existing posted idea or introduces a different interpretation to an existing concept or idea. Includes comments, discussion, and questions that have a clear connection (are integrated) with the course material at hand. |

Planning Your Study Time

To plan your study time, it is estimated that you will spend 3 hours per week "in class" with the instructor and approximately 7 additional hours per week outside of class studying for exams, reading, and completing assignments. Depending on the extent of your academic preparation and recent college-level coursework in this topic area, the amount of study time needed may vary considerably.

Institutional Policies

Student Conduct

Students are subject to disciplinary action for several types of misconduct or attempted misconduct, including but not limited to dishonesty, such as cheating, multiple submission, plagiarism, or knowingly furnishing false information to the University; or theft or misuse of the intellectual property of others or violation of others' copyrights. Students are encouraged to familiarize themselves with policy provisions which proscribe these and other forms of misconduct at:

<https://www.uclaextension.edu/Pages/str/StudentConduct.aspx>

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Services for Students with Disabilities

In accordance with the Americans with Disabilities Act of 1990, UCLA Extension provides appropriate accommodations and support services to qualified applicants and students with disabilities. These include, but are not limited to, auxiliary aids/services such as sign language interpreters, assistive-listening devices for hearing-impaired individuals, extended time for and proctoring of exams, and registration assistance. Accommodations and types of support services vary and are specifically designed to meet the disability-related needs of each student based on current, verifiable medical documentation. Arrangements for auxiliary aids/services are available only through UCLA Extension's Services for Students with Disabilities at (310) 825-7851 or by email at access@uclaextension.edu (<mailto:access@uclaextension.edu>). For complete information see:

<https://www.uclaextension.edu/Pages/str/StudentswithDisabilities.aspx>

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Incompletes

Your instructor may post the interim grade *Incomplete/I* if at the end of the class your overall work is of passing quality but a portion could not be submitted for understandable reasons (e.g. illness). It is your responsibility to petition your instructor for permission to submit work late and to provide an explanation, and it is his or her sole decision whether to accept the explanation. If permitted, the *Incomplete/I* grade will be posted and a time frame defined for you to submit the missing work, ranging from one to twelve weeks. *Incomplete/I* grades that remain unchanged after twelve weeks will lapse to *F*, *NP* or *U*. Receiving an *I* grade entitles you to submit only the missing work your instructor has agreed to accept late, and does not allow other work to be retaken or oblige UCLA Extension to provide continuing access to course materials via Canvas. The *Incomplete/I* grade is not an option for courses that do not bear credit, such as 700, 800, or 900-level courses. For complete information, see:

<https://www.uclaextension.edu/pages/str/FormsCredit.aspx> (<https://www.uclaextension.edu/pages/str/FormsCredit.aspx>)

Additional Items

Make-up Exam Practice

All requests to make-up or reschedule an exam must be directly submitted by written petition to the Department of Humanities and Sciences. Only petitions related to extreme and emergent situations or religious holidays will be considered. The petition must be accompanied by verifiable supporting documentation of the inability to attend the exam (in the case of an illness or medical emergency, documentation from a licensed health care professional is required). Examples of extreme and emergent situations may include: accident, death, injury, or serious illness. Petitions must be submitted to the Department immediately upon recognition of the inability to take the exam or within 24 hours after the exam takes place in an unexpected emergency situation.

About Your Online Course

Online courses are fully online, meaning that there are no physical classroom meetings. All course interaction will be handled in the learning management system, Canvas. Within the learning management system, you will access lectures, assignments, quizzes, discussions, and other course materials and tools.

Please note the following about online course components at UCLA Extension:

- Students must have basic computer skills, including the use of word processing software, email, and the ability to use internet browsers, such as Safari, Firefox, or Chrome.
- Students are responsible for meeting the technical requirements of Canvas and familiarizing themselves with the Canvas Learning Management System.
 - What are the basic computer specifications for Canvas? <https://guides.instructure.com/m/4214/l/82542-what-are-the-basic-computer-specifications-for-canvas> (<https://guides.instructure.com/m/4214/l/82542-what-are-the-basic-computer-specifications-for-canvas>)
 - Which browsers does Canvas support? <http://guides.instructure.com/s/2204/m/4214/l/41056-which-browsers-does-canvas-support> (<http://guides.instructure.com/s/2204/m/4214/l/41056-which-browsers-does-canvas-support>)
- It is your responsibility to keep a copy of all assignments and work submitted, and to be aware of all assignments, due dates, and course guidelines.

Schedule

| Date | Lecture Topic | Readings | Quizzes/Exams and Assignment |
|------|---------------|----------|---------------------------------|
|------|---------------|----------|---------------------------------|

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|--------------------|--|----------------|--|
| Week 1 Sept. 21 | Introduction Nutrients: Ingestion to Energy Metabolism | Text Ch. 1-2 | <ul style="list-style-type: none"> · Quiz 1 · Assignment 1 · Discussion 1 |
| Week 2 Sept. 28 | Carbohydrates | Text Ch. 3 | <ul style="list-style-type: none"> · Quiz 2 · Assignment 2 · Discussion 2 |
| Week 3 Oct. 5 | Fats | Text Ch. 4 | <ul style="list-style-type: none"> · Quiz 3 · Assignment 3 · Discussion 3 |
| Week 4 Oct. 12 | Protein | Text Ch. 5 | <ul style="list-style-type: none"> · Quiz 4 · Assignment 4 · Discussion 4 |
| Week 5 Oct. 19 | Vitamin | Text Ch. 6 | <ul style="list-style-type: none"> · Quiz 5 · Assignment 5 · Discussion 5 |
| Week 6 Oct. 26 | Exam 1 - Study J | | <p>Exam 1</p> <p><i>(covers material from weeks 1-5)</i></p> |
| Week 7 Nov. 2 | Minerals | Text Ch. 7 | <ul style="list-style-type: none"> · Quiz 6 · Assignment 6 · Discussion 6 |
| Week 8 Nov. 9 | Water | Text Ch. 8 | <ul style="list-style-type: none"> · Quiz 7 · Assignment 7 · Discussion 7 |
| Week 9 Nov. 16 | Ergogenic Aids | Text Ch. 9 | <ul style="list-style-type: none"> · Quiz 8 · Assignment 8 · Discussion 8 |
| Week 10 Nov. 23 | Nutrition Consultation, Weight Management, & Brain Reward Pathways | Text Ch. 10-11 | <ul style="list-style-type: none"> · All work due during week 11 |

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|----------------------------------|---|----------------|---|
| Week 11 Nov. 30 | Nutrition Consultation, Weight Management, & Brain Reward Pathways | Text Ch. 10-11 | <ul style="list-style-type: none"> · Quiz 9 · Assignment 9 · Discussion 9 |
| Week 12 Dec. 7 | Extra Credit Assignment Final Exam J I hope you enjoyed the class! | | <ul style="list-style-type: none"> · Exam 2 (<i>covers material from weeks 7-11</i>) · Extra Credit Assignment due Sunday @ 11:59 pm PST. |