**University of Pittsburgh**

**Department of Health and Physical Activity**

**PEDC/HPA 1300: Nutrition in Exercise and Sport**

**Instructor: Carli A. Liguori, MS, RDN, LDN**

**Email: cal198@pitt.edu**

**Class Day: Monday**

**Class Time: 7:30 PM – 8:25 PM**

**Class Location: 129 Trees Hall**

**Office: 134D Trees Hall**

**Office Phone: 412-383-4025**

**Office Hours: By appointment**

**Course Description:** Nutrition and energy intake have been linked to health related outcomes. The focus of this course will be on educating students on the basic principles of proper nutrition and how nutrition plays a role in physical fitness and exercise. Nutrition in exercise and sport will use a lecture based format, class discussion, classroom-based activities, and projects in order to facilitate learning of the material. You are required to assume responsibility for learning the material through class attendance.

**Course Grading:** Grading will be based upon quizzes, assignments, and one final project.

**Quizzes:** There will be quizzes given at the start of class throughout the semester to ensure comprehension of material. Quizzes will be announce *in class* one week prior to their scheduled date. Therefore, class attendance is imperative. Quizzes will begin promptly at the start of class and will last 10 minutes. Late arrivals will not be permitted to take the quiz past the 10 minute allotment.

**NOTE:** The point value of the exams and projects will be decided on by the instructor.

**Midterm Project:** Nutrition Fads: Students must research and present on a nutrition “fad” of their choosing. Research must be evidence based and come from peer reviewed journals and other reliable sources. Students will work in groups and deliver a 10-minute presentation to the class reviewing their findings.

**Final Project:** Food for Performance: Students will create a recipe and prepare a nutritious sports performance food. Foods and recipes will be shared on the final day of class. Students will write a brief paper (1-2 pages) explaining why each ingredient was chosen.

**GRADING SCALE**

Your grade will be determined by dividing your actual points by the total number of points attainable.

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| --- | --- | --- |
| A | = | 90-100% |
| B+ | = | 87-89.9% |
| B | = | 80-86.9% |
| C+ | = | 77-79.9% |
| C | = | 70-76.9% |
| D+ | = | 67-69.9% |
| D | = | 60-66.9% |
| F | = | 0-59.9% |

**ATTENDANCE POLICY**

Attendance will be monitored for this course and is highly encouraged given the material being taught. Decisions regarding the final course grade for those “on the border” will be determined by examining class attendance record and participation. Students who miss a lecture are solely responsible for obtaining lecture notes and handouts, and are responsible for all missed assignments, announcements and/or course changes. It is **NOT** the responsibility of the instructor or the teaching assistants to relay any missed information or provide class notes unless arrangements have been made prior to the absence.

There will be no make-ups for missed quizzes, assignments, or exams unless **PRIOR** arrangements have been made with the instructor. If a student misses a class where a quiz or assignment is held and they miss due to a University-approved business or an illness will need to inform the instructor *in advance* by phone or email and subsequently provide written documentation verifying their absence.

Missed quizzes or assignments can only be made up if accompanied by written documentation justifying the absence. Decisions regarding the justification of the absence will be made by the instructor. Missed quizzes must be made up within one week at a time and date approved by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student’s responsibility to notify the instructor immediately (i.e., within 48 hours) in order to ensure the possibility of a make-up quiz or project. Make-up quizzes may be different than the one given on the scheduled exam date.

**MISCELLANEOUS ISSUES**

Any student caught cheating (includes any form of academic dishonesty such as cheat sheets, copying answers, plagiarism, etc.) will result in an automatic “F” in this course. Additionally, the student will be reported to the appropriate university officials, and it will go on file in the student’s academic record.

**Late assignments will be given an “F.”** Assignments/exams/projects which are unreadable and/or not professional in appearance and/or content will not receive credit.

***Cell phone use:*** The temptation of checking email and responding to text messages is a challenge for all of us. At the same time, tending to these communications during class is very distracting. Please maintain appropriate boundaries with technology while you are in the classroom. Remove the temptation by turning your phone off, putting it on silent, or keeping it in your bag. If an emergency arises that you need to tend to, please step outside of the classroom so as not to disturb your classmates.

**Academic Integrity:** Students in this course will be expected to comply with the University of Pittsburgh's Policy on Academic Integrity. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

**Disability Service:** If you have a disability that requires special testing accommodations or other classroom modifications, you need to notify both the instructor and Disability Resources and Services no later than the second week of the term. You may be asked to provide documentation of your disability to determine the appropriateness of accommodations. To notify Disability Resources and Services, call (412) 648-7890 (Voice or TTD) to schedule an appointment. The Disability Resources and Services office is located in 140 William Pitt Union on the Oakland campus.

**Statement on Classroom Recording**: To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student’s own private use.

**Department of Health and Physical Activity Grievance Procedure:**

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter.  These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter.  If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter.   The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question.  The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.
2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance.  This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail.  This document should include the following:
   1. Student’s name
   2. Student contact information (email, address, telephone number)
   3. Information on the course for which the grievance applies (course title, course number, instructor name).
   4. A copy of the course syllabus that was provided to the student by the instructor
   5. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

1. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education.  If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.

**Course Schedule (subject to change):**

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|  | **Monday** |
| Week 1: Jan 6 | Food Choices & Human Health |
| Week 2: Jan 13 | Nutrition Tools |
| Week 3: Jan 20 | **No Class – MLK Jr Day** |
| Week 4: Jan 27 | Carbohydrates |
| Week 5: Feb 3 | Lipids |
| Week 6: Feb 10 | Protein |
| Week 7: Feb 17 | Vitamins |
| Week 8: Feb 24 | Presentations |
| Week 9: Mar 2 | Presentations |
| Week 10: Mar 9 | **No Class – Spring Break** |
| Week 11: Mar 16 | Water and Minerals |
| Week 12: Mar 23 | Nutrition for Performance |
| Week 13: Mar 30 | Energy Balance |
| Week 14: Apr 6 | TBD |
| Week 15: Apr 13 | Final Projects Due |
| Week 16: Apr 20 | Finals Week |