**University of Pittsburgh**

**Department of Health and Physical Activity**

**HPA 2390: Nutrition in Sport and Exercise**

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**Required Text: Nutrition for Sport and Exercise**

Authors: Marie Dunford & J. Andrew Doyle

ISBN-13: 978-1-337-55692-7

**Course Description:** Nutrition and energy intake are tightly linked to physical performance. The focus of this course will be on educating students on the basic principles of proper nutrition and how nutrition plays a role in sport and exercise. Nutrition in Sport and Exercise will use an online module based format, class discussion boards, and projects in order to facilitate learning of the material. You are required to assume responsibility for learning the material through viewing lectures on your own time.

**Course Grading:** Grading will be based upon four exams, quizzes, discussion sessions, and one final project.

**Exams:** There will be 2 exams in this course. Exams may use a variety of question types to assess your knowledge which includes: short answer, multiple choice, matching, true/false, completion, essay, etc. The majority of questions will be taken from lecture but some questions may be drawn from your book, class discussions boards, and assigned readings.

**Quizzes:** There will be weekly quizzes due every **Friday by 5pm** throughout the semester to ensure comprehension of material. All weekly course material, including quizzes will be posted on Fridays. Late submissions will not be accepted.

**Discussion Session:** Twice during the course of the semester students will meet in groups of 4-5 people via Zoom to discuss an assigned research article that applies to the topics being covered in class. Students will be provided with basic questions addressing the article but are encouraged to have a more thorough conversation. Students will submit a recording of the session for grading.

**Final Project:** Topic of Interest: Students will research a current topic of interest in sports nutrition. Students will prepare a brief 10 minute module and accompanying quiz questions to be shared with the class. Research must be evidence based and come from peer reviewed journals and other reliable sources. Students must submit an individual paper no less than 2 pages summarizing their research findings.

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

**GRADING SCALE**

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

|  |  |  |
| --- | --- | --- |
| 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**

As this is an online course, “attendance” will be the responsibility of the student. Regular viewing of modules is highly encouraged given the material being taught.

There will be no make-ups for missed quizzes, assignments, or exams unless **PRIOR** arrangements have been made with the instructor. All materials will be posted one week prior to the due date, providing students with ample time to accommodate any personal schedule changes.

**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.

**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:**

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| --- | --- | --- | --- | --- |
|  | Modules | | | Discussion Topic Weeks |
| Week 1: Jan 18 | Introduction | Basics of Sports Nutrition | Identifying Credibility |  |
| Week 2: Jan 25 | Measuring Energy | Aerobic/Anaerobic Metabolism | Fuel Utilization |  |
| Week 3: Feb 1 | Introduction to Carbohydrates | Carbohydrate Metabolism | Carbohydrate Recommendations | Carbohydrates |
| Week 4: Feb 8 | Introduction to Proteins | Protein Metabolism | Protein Recommendations |  |
| Week 5: Feb 15 | Introduction to Lipids | Lipid Metabolism | Lipid Recommendations |  |
| Week 6: Feb 22 | **EXAM 1** | | |  |
| Week 7: Mar 1 | Fluid Balance Principles | Exercise and Fluid Balance | Maintaining Fluid Balance |  |
| Week 8: Mar 8 | Fat Soluble Vitamins | Water Soluble Vitamins | Vitamin Recommendations |  |
| Week 9: Mar 15 | Introduction to Minerals | Minerals in Bone and Blood Health | Minerals in Immune Health and Recommendations |  |
| Week 10: Mar 22 | Principles of Diet Planning | Diet “Fads”: Risks and Benefits | Supplements and Ergogenic Aids | Nutrition “Fads” |
| Week 11: Mar 29 | Principles of Weight and Body Composition | Weight/Body Comp. and Performance | Eating Disorders |  |
| Week 12: Apr 5 | **EXAM 2** | | |  |
| Week 13: Apr 12 | Presentations | Presentations | Presentations |  |
| Week 14: Apr 19 | Presentations | Presentations | Presentations |  |
| Week 15: Apr 26 | Finals Week – Final Papers Due | | | |