

# **HHD/PEDC 1300 Nutrition in Exercise and Sport**

## **Syllabus**

**Day/Time/Location:** Wednesday / 11:00-11:50am / 130 Trees Hall

**Instructor:** Laura Fonzi, MS

**Office:** Suite 104 – Office 109

**Email:** [lfonzi@pitt.edu](mailto:lfonzi@pitt.edu)

### **Course Description**

This course will provide the student with basic nutritional information as it pertains to athletic/exercise performance. Topics of discussion include an introduction to basic nutrition concepts, nutritional requirements for athletic performance and maintenance of healthy lifestyle, disordered eating and controversial topics such as supplementation and diet fads.

### **Course Objectives**

Upon completion of this course, the student should have a basic understanding of the following:

- Fundamentals of diet and nutrition
- Role of nutrition in exercise and athletic performance
- Applying the above nutrition concepts for daily living

### **Grading Scale**

90-100% = A; 89-80% = B; 79-70% = C; 69-60% = D; 59% and below = F.

### **Grading Criteria**

#### **Attendance and participation are mandatory**

- You are permitted 1 unexcused absence. After that, every absence drops your grade down one letter grade
- 5 unexcused absences results in a failing grade

#### **Quizzes**

-There will be 3-4 quizzes during the semester. Questions will be based on the material presented in the class. Quizzes will consist of multiple choice, true/false, matching and / or short answer.

**-Make-up quizzes will only be given if the absence was due to a medical reason (accompanied by a doctor's note, family emergency, or religious observance). It is the student's responsibility to notify the instructor of any absence that he/she knows will occur or has occurred.**

### **Midterm Project: Nutrition Fads (25 points)**

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. More information on this assignment will be provided in class.

### **Final Project: Food for Performance (15 points)**

-Students will be asked to prepare and present a healthier twist on a traditionally “unhealthy” food. Some examples may include macaroni and cheese, pizza, etc...

### **Extra Credit Assignment**

-2 separate 3-Day Dietary Log at **two times during the semester.**

-Students must turn in each 3-day log by the above deadlines in order to receive the extra credit. No exceptions!!

-10 extra points will be awarded for completion of the full assignment.

-Each log **MUST BE TYPED** and contain the following information:

-Portion size, total kcals, total carbohydrates, total fat, saturated fat, protein and at least one micronutrient of your choice (e.g. iron, Vitamin C, etc...)

### **Course Materials**

All material will be available on blackboard or given as a handout.

### **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 students’ 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, indicated 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.

Date	Topic	In Class Activity
Week 1: 1/10/24	Syllabus/ Tarahumara Video	Nutrition Background
Week 2: 1/17/24	Food Choices & Human Health	Dietary Recall 1 Day
Week 3: 1/24/24	Nutrition Tools / Label Reading	Protein/Energy/Nutrition Bar Comparison
Week 4: 1/31/24	Macronutrients	Pick a Macro/Calorie Tracking App
Week 5: 2/7/24	Vitamins, Minerals & Water	
Week 6: 2/14/24	Presentations	
Week 7: 2/21/24	Contemporary Issues in Body Composition	Olympian Eating Disorder Videos
Week 8: 2/28/24	Presentations	
Week 9: 3/6/24	Ergogenic Aids	Pharmacological Use in Athletes Steroid Documentary
Week 10: 3/13/24	NO CLASS SPRING BREAK	
Week 11: 3/20/24	Presentations	
Week 12: 3/27/24		Athlete Case Studies
Week 13: 4/3/24	Energy Balance	
Week 14: 4/10/24	Presentations	
Week 15: 4/17/23	STUDENT FOOD PRESENTATIONS	

## Department of Health and Physical Activity Grievance Procedures

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:
  - a. Student's name
  - b. Student contact information (email, address, telephone number)
  - c. Information on the course for which the grievance applies (course title, course number, instructor name).
  - d. A copy of the course syllabus that was provided to the student by the instructor
  - e. 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.

3. 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.