

NTR 365 Sports Nutrition
Unique # 51930, TTH 9:30-11:00, BUR 224
Fall 2015

Instructor:

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Course Objectives:

- To understand how our nutrition affects physical performance
- To learn about energy metabolism and become aware of energy needs for different kinds of physical movement
- To be able to apply the principles of sports nutrition to real-life settings

Canvas: <http://canvas.utexas.edu/>

All materials for this course can be accessed on the Canvas website. The course's home page on Canvas has links to:

- Syllabus, lecture slides (pdf. format), learning outcomes, announcements, assignments, recordings, handouts, supplemental materials, and grades for assignments

Required Text: *Sports and Exercise Nutrition* by McArdle, Katch, and Katch

Optional Text: *Advanced Sports Nutrition* by Bernadot

- Textbook options:
 - Hard copy:
 - a. New textbook: If you prefer a hard copy of the textbook, you may purchase one at the University Coop.
 - b. Used textbook: Available online from many sources
 - E-text: A lower cost alternative to purchasing a hard copy of the textbook is to purchase access to the electronic version of the text. The e-text may be printed but not downloaded.

Grading:

Final grades are based on 1,000 total points.

- Exams – 800 points each
- Assignments – 100 points each

Grade scale:

- A = 930-1000 pts.
- A- = 900-929 pts.
- B+ = 870 - 899 pts.
- B = 830 - 869 pts.
- B- = 800 - 829 pts.
- C+ = 770 - 799 pts.
- C = 730 - 769 pts.
- C- = 700 - 729 pts.
- D+ = 670 - 699 pts.
- D = 630 - 669 pts.
- D- = 600 - 629 pts.
- F > 600 pts.

Your final grade is determined solely by the total points earned in the course, as described in this syllabus. There are no “gift points,” and your grade will not be rounded-up if your point total is close to the next higher grade.

Exams:

- There will be 3 exams (50 multiple-choice questions) and one final exam (100 multiple-choice questions), each worth 200 points. The final exam is comprehensive and can replace your lowest test score, if it is higher.
- **No make-up exams** will be given unless you have a valid and documented medical or family emergency. In the event that you miss an exam (without a valid excuse), the final exam will replace your missed exam score. If you miss more than 1 exam, you will receive zero points for the 2nd missed exam unless prior arrangements have been made with the instructor.
- **Exam grades will be posted on Canvas under “Grades”.**

Assignments:

- Students will complete the following two exercises during the semester as follows:
 - **Dietary Analysis and Physical Activity Log (50 points):** For this exercise, you will log your physical activity and dietary intake for 3 days using MyPlate (<https://www.supertracker.usda.gov>). You will then evaluate your basal metabolic rate and estimate your energy balance.
 - **Be the Coach (150 points):** For this exercise, you will select a scenario in which an athlete needs your dietary guidance. You will discuss the energetic needs of the sport 1) during training, 2) during competition, and 3) during recovery. You will then create a general diet plan for each of the periods above.
- Details of each assignment will be provided in Canvas.
- Upload all completed exercise materials to Canvas by 12 am (midnight) on the due date (see class schedule).
- Late policy for exercises: 30% deduction per day late. No exceptions.
- In the event that you feel your exercise was graded incorrectly or unfairly, you have 1 week from the time that you receive your grade to communicate your concern to the teaching assistant.

- No make-ups for exercises are allowed unless you have made prior arrangements with the instructor or teaching assistant, or you have written documentation of a medical or family emergency that precluded prior arrangement.

In-class Activities:

During the semester there will be several in-class activities (e.g., pop quiz) to help you apply the knowledge that you learn from lectures, readings and online materials. Variable points will be assigned for these activities.

Extra Credit Exercises:

- The following optional activities provide opportunities to earn up to 6 extra credit points as listed below.
 - Supplements – Select a supplement that is advertised for its performance-enhancing capabilities. Provide evidence, pro or con, that the supplement does what it advertises (up to 3 points).
 - Chocolate Milk – Discuss the scientific evidence, pro or con, that chocolate milk is a good post-exercise recovery drink (up to 3 points).
- Completed extra credit activities must be typewritten and uploaded to Canvas for grading.
- Upload all completed extra credit exercise materials to Canvas by 11 am on the due date (see class schedule).
- Extra credit activities are graded for accuracy and completeness. Instructions for the extra credit activities are posted on Canvas.
- Points for the extra credit activities will be posted on Canvas.
- In the event that you believe your extra credit activity was graded incorrectly or unfairly, you have 1 week from the time you receive your grade to communicate your concern to the teaching assistant.
- **Late submittals of extra credit activities will not be accepted. Refer to class schedule for due dates.**

Communicating with the Instructor:

- If you have a question about an exam or want advice with study preparation, the instructor will be happy to answer your questions during office hours, at a scheduled appointment, or immediately before and after class. **The instructor will not answer questions concerning the content of an exam by e-mail.**

Exam Policies:

- **Student IDs will be checked at each exam.** You must show your ID when handing in your exam.
- While exams are in progress, all books, notebooks, papers, jackets, cell phones and personal effects must be placed underneath your desk.
- The instructor will provide Scantrons for all exams.
- Only examination papers, Scantron, and pencils may be on a student's desk while the examination is in progress.
- During exams, baseball caps must be removed or turned around with the bill facing the back.
- After completing an exam, you will hand in both the exam and Scantron to the instructor or teaching assistant. Exams will not be returned to you, but will be available for review during the instructor's and teaching assistant's office hours. To maintain security of exam content, students may not make any notes while reviewing their exam.

Cell Phone and Computer Use:

- As a courtesy to the instructor and other students, cell phones are to be silenced and put away during class. Do not text message or use your phone in any way during class.
- Computers: You may use a computer for taking notes. During class, students are expected to devote their full attention to the course material. Students are requested to refrain from using a computer for other purposes (e.g., viewing non-class related websites and materials such as Facebook, email, etc.) You may be asked to put away your computer at any time per the instructor or teaching assistant's request.

Use of E-Mail for Official Correspondence with Students:

- E-mail is recognized as an official mode of university correspondence. Therefore, you are responsible for reading your e-mail for university and course-related information and announcements. You are responsible to keep the University informed about changes to your e-mail address. You can find UT Austin's policies and instructions for updating your e-mail address at: <http://www.utexas.edu/its/help/email/1564>

Students' Responsibilities

- As a student in this course, you are responsible for learning all of the course material specified in the syllabus. You will be required to learn some of the course material independently through readings specified in the study guide and lecture recordings on Canvas.

Academic and Professional Honesty:

- Honesty must be practiced in all assignments and activities. Students are encouraged to become familiar with the University policy on academic honesty. Cheating in its various forms, such as copying or sharing information on individually assigned projects or examinations, and plagiarism or falsification of information or data, will not be tolerated and may be grounds for dismissal from the class. Suspected violations of the policy will be reported to the Dean of Students. Academic dishonesty may result in a failing grade in the course and further disciplinary action by the University.

Students with Disabilities:

- The University of Texas at Austin provides appropriate academic accommodations for qualified students with disabilities upon request. For more information, contact the Office of the Dean of Students at 512-471-4641.

Accommodations for Religious Holidays

- University policy requires that you provide at least 14 days advanced notice of a planned absence for a religious holiday. If you miss a class, an examination, an assignment, or a project in order to observe a religious holiday, you will be given an opportunity to complete the missed work within a reasonable time after the absence.

Drop / Add Deadlines:

- Sept 11th
Twelfth class day; this is the date the official enrollment count is taken. This is the last day an undergraduate student may add a class except for rare and extenuating circumstances, and the last day to drop with possible refund.
- Nov 3rd
This is the last day an undergraduate student may, with the dean's approval, withdraw from the University or drop a class except for urgent and substantiated nonacademic reasons.

Tentative Course Schedule: NTR 365, Fall 2015

Week	Topic	Readings and Assignments
1 - 8/27	Introduction / Syllabus/Short quiz	
2 - 8/31-9/4	Macronutrients Micronutrients and Water	Chapter 1 Chapter 2
3 - 9/7-9/11	Digestion and absorption	Chapter 3
4 – 9/14-9/18	Bioenergetics and energy balance	Chapters 4, 14 Assignment 1 due at midnight on 9/24/15
5 – 9/21-9/25	EXAM 1 – 9/29/15 Macronutrient Metabolism in Exercise and Training	Chapter 5
6 – 9/28-10/2	Macronutrient Metabolism in Exercise and Training (cont.) Measurement of Energy in Food and During Physical Activity	Chapters 5, 6
7 – 10/5-10/9	Nutritional Recommendations for Physical Activity	Chapter 7
8 – 10/12-10/16	Nutritional Considerations for Intense Training and Sports Competition	Chapter 8
9 - 10/19-10/23	Nutritional Considerations for Endurance Training	Bernadot Chapters 14,15 Readings
10 – 10/26-10/30	EXAM 2 – 10/27/15 Thermoregulation and Fluid Balance	Chapter 10
11 – 11/2-11/6	Ergogenic Aids	Chapters 11, 12
12 – 11/9-11/13	Ergogenic Aids (cont.)	Chapters 11,12
13 – 11/16-11/20	Body composition and Energy Balance	Chapters 13, 14
14 – 11/23-11/27	Disordered Eating THANKSGIVING HOLIDAY	Chapter 15
15 – 11/30-12/4	EXAM 3 – 12/1/15	Assignment 2 due at midnight on 12/3/15
12/12/15	Final Exam, 9am-12:00 pm	Comprehensive