

**NTR 365 Sports Nutrition**  
**Unique #52700, TTH 9:30-11:00, BUR 212**  
**Fall 2016**

**Professor:**

Dr. Molly Bray

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**Teaching Assistant:**

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**Course Objectives:**

- To determine how our nutrition affects physical performance
- To describe energy metabolism within the context of sports performance and interpret the energy needs for different kinds of physical movement
- 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:** *Nutrition for Sport and Exercise* by Dunford and Doyle

**Optional Text:** *Advanced Sports Nutrition* by Bernadot

- Textbook options:
- Hard copy:
  1. New textbook: If you prefer a hard copy of the textbook, you may purchase one at the University Coop.
  2. 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.

**Grading:**

**Final grades are based on 1,000 total points.**

- Weekly Quizzes – 25 points each (12 weeks – 300 points)
- Exams (2) – 150 points each

- Final Exam – 150 points
- Case Study Report – 250 points

#### **Grade scale:**

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

#### **Quizzes:**

- Weekly quizzes will be given based on materials covered in class and through readings each week.
- The quizzes will be taken in Canvas – they will open on Friday morning each week and close on the following Monday at midnight.
- Quizzes are closed book and timed.
- **Quizzes count for almost a third of your grade, so please take them seriously.**
- You may drop two quiz grades.

#### **Exams:**

- There will be 2 exams (multiple-choice plus short answer questions) and one final exam, each worth 150 points.
- The final exam is comprehensive, and the final exam grade will replace your lowest exam score, if it is higher.
- **No make-up exams** will be given unless you have a valid medical or family emergency, which is documented with Student Services. 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 2<sup>nd</sup> missed exam unless prior arrangements have been made with the instructor.
- **Exam grades will be posted on Canvas under “Grades”.**

#### **Be the Coach Case Study Report (250 points)**

- For this assignment, you will select an athlete from a list provided to you. You will discuss the energetic needs of the athlete’s 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 the 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 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 this assignment are allowed unless you have made prior arrangements with the instructor or teaching assistant, or you have documented a medical or family emergency with Student Services that precluded prior arrangement.

### **Extra Credit Exercises:**

- The following optional activities provide opportunities to earn up to 9 extra credit points as listed below.
  1. Chocolate Milk – Discuss the scientific evidence, pro or con, that chocolate milk is a good post-exercise recovery drink (up to 3 points).
  2. Ergogenic Aids – Select a nutritional 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).
  3. Case Study Nutrition – Describe the five biggest nutritional challenges faced by one of the Case Study guests who visited our class.
- Completed extra credit activities must be typewritten and uploaded to Canvas for grading.
- Upload all completed extra credit exercise materials to Canvas by midnight 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 and Teaching Assistant:**

- If you have a question about an exam or want advice with study preparation, the instructor and teaching assistant will be happy to answer your questions during office hours, at a scheduled appointment, or immediately before and after class. **The instructor and teaching assistant 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/pens 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 Phones, Computer Use, and Weapons:**

- Cell phones: Cell phones are to be silenced and put away during class. Do not text message or use your phone in any way during class. The first time your phone rings

audibly or you are observed using your cell phone, you will be given a warning; the second time, you will be asked to leave the classroom.

- **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, and computer privileges may be revoked for the entire class at any time during the semester.***
- **Weapons:** The classroom is a place of learning. Weapons of any kind are inappropriate in class. For more information about the recently imposed campus carry laws, please see the FAQ page at <https://campuscarry.utexas.edu/>.

#### **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 9th

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 1st

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 non-academic reasons.

### **Emergency Procedures**

The following recommendations regarding emergency evacuation from the Office of Campus Safety and Security, 512-471-5767, <http://www.utexas.edu/safety/>

- Occupants of buildings on The University of Texas at Austin campus are required to evacuate buildings when a fire alarm is activated. Alarm activation or announcement requires exiting and assembling outside.
- Familiarize yourself with all exit doors of each classroom and building you may occupy. Remember that the nearest exit door may not be the one you used when entering the building.
- Students requiring assistance in evacuation shall inform their instructor in writing during the first week of class.
- In the event of an evacuation, follow the instruction of faculty or class instructors.
- Do not re-enter a building unless given instructions by the following: Austin Fire Department, The University of Texas at Austin Police Department, or Fire Prevention Services office.
- Behavior Concerns Advice Line (BCAL): 512-232-5050
- Link to information regarding emergency evacuation routes and emergency procedures can be found at: [utexas.edu/emergency](http://utexas.edu/emergency).

### **Student Resources**

The following resources are available to all students on the UT-Austin campus:

- Campus Safety and Security: <http://operations.utexas.edu/units/csas/>
- Counseling and Mental Health Center: <https://cmhc.utexas.edu/>
- Forty Acres Pharmacy: <http://www.fortyacrespharmacy.com/>
- University Health Services: <https://healthyhorns.utexas.edu/>
- University of Texas Police Department: <http://police.utexas.edu/>
- UT Recreational Sports: <https://www.utrecsports.org/>

## Tentative Course Schedule: NTR 365, Fall 2016

Week	Date	Topic	Readings
1	Thursday – 8/25/16	Introduction/Syllabus	D&D (Dunford and Doyle), Chapter 1
2	Tuesday – 8/30/16	Mini workout/types of physical movement (Court #3 in the RSC Gym) <ul style="list-style-type: none"> <li>• Skill-based sports (e.g., bowling, golf)</li> <li>• Team sports – require a combination of skill and strength (e.g., baseball, soccer, basketball, etc.)</li> <li>• Strength and power (e.g., sprint, powerlifting, swimming, etc.)</li> <li>• Endurance (e.g., marathon, ultra-endurance events, etc.)</li> </ul>	<b>Meet in Court #3 in the RSC gym – come ready to work out!</b>
	Thursday – 9/1/16	Creating an athlete's diet plan – <i>Katie McInnis, UT Sports Dietitian</i> <ul style="list-style-type: none"> <li>• Basics of good nutrition</li> <li>• Special needs of athletes</li> </ul>	D&D, Chapter 1
3	Tuesday – 9/6/16	The 100 Meter World Record – Fast fuel <ul style="list-style-type: none"> <li>• Basic energy systems</li> <li>• ATP/CP system</li> <li>• Anaerobic Glycolysis</li> <li>• Fuel for high intensity sport</li> </ul>	D&D, Chapters 2, 3
	Thursday – 9/8/16		
4	Tuesday – 9/13/16	To Carb or Not to Carb? <ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Carbohydrate metabolism</li> <li>• Fuel for stop-and-go sports</li> </ul> <b>Extra Credit #1 due 9/15/16</b>	D&D, Chapter 4
	Thursday – 9/15/16	<i>Training for Triathlons</i> <i>Case Study #1 - Francis Sarosdy, Nationally ranked triathlete</i>	
5	Tuesday – 9/20/16	Balancing Bulk and Brawn – Good fat/bad fat <ul style="list-style-type: none"> <li>• Lipids</li> <li>• Lipid metabolism</li> <li>• Fuel for endurance</li> </ul>	D&D, Chapter 6
	Thursday – 9/22/16		
6	Tuesday – 9/27/16	The Making of a Bodybuilder <ul style="list-style-type: none"> <li>• Protein</li> <li>• Protein metabolism</li> <li>• Fuel for strength and muscle building</li> </ul>	D&D, Chapter 5
	Thursday – 9/29/16		
7	Tuesday – 10/4/16	<b>Exam 1</b>	

	Thursday – 10/6/16	<i>The Longest Swim</i> <i>Case Study #2 – Ben Lecomte</i>	
8	Tuesday – 10/11/16 Thursday – 10/13/16	Water, Water Everywhere! <ul style="list-style-type: none"> <li>• Hydration</li> <li>• Electrolytes</li> <li>• Heat injuries</li> </ul>	D&D, Chapter 7
9	Tuesday – 10/18/16 Thursday – 10/20/16	To Supplement or Not to Supplement <ul style="list-style-type: none"> <li>• Vitamins/Minerals</li> <li>• Micronutrient needs of athletes</li> </ul> <b>Extra credit #2 due 10/20/16</b>	D&D, Chapters 8 & 9
10	Tuesday – 10/25/16	<i>Running across Desserts/Climbing Mountains</i> <i>Case Study #3 – Robyn Metcalf</i>	
	Thursday – 10/27/16	Ultra-endurance Sports <ul style="list-style-type: none"> <li>• Hydration</li> <li>• Special environments</li> <li>• Ultra-endurance</li> </ul>	Selected readings
11	Tuesday – 11/1/16 Thursday – 11/3/16	The Longest Tennis Match Ever <ul style="list-style-type: none"> <li>• Recovery nutrition</li> <li>• Short-term and long-term repletion</li> </ul>	Bernadot, Chapter 14
12	Tuesday – 11/8/16 Thursday – 11/10/16	Enhanced Performance or Fall from Glory? <ul style="list-style-type: none"> <li>• Ergogenic aids</li> <li>• “Nutritional” supplements</li> </ul>	Bernadot, Chapter 4
13	Tuesday – 11/15/16 Thursday – 11/17/16	The Road to Weekend Warrior <ul style="list-style-type: none"> <li>• From fat to fit</li> <li>• Building an athlete from the ground up</li> </ul>	D&D, Chapter 13
14	<b>Thursday – 11/22/16</b>	<b>Exam 2</b>	
	Thursday – 11/24/16	<b>Thanksgiving holiday</b>	
15	Tuesday – 11/29/16	Building the perfect athlete <ul style="list-style-type: none"> <li>• Role of genetics in sports performance</li> <li>• “Personalized” nutrition for sport</li> </ul>	Selected readings
	Thursday – 12/1/16	Course review <b>Extra credit #3 due 12/1/16</b>	
	<b>Monday – 12/5/16</b>	<b>Case Study Reports Due</b>	
	<b>Thursday – 12/8/16</b>	<b>FINAL EXAM</b>	