

UNIVERSITY OF WISCONSIN-MILWAUKEE
College of Health Sciences
Departments of Biomedical Sciences & Kinesiology

NUTR/KIN 580: SPORTS NUTRITION
Summer 2022 (May 31 – July 9) – 3 credits – ONLINE

Weekly Schedule: Assignments/Discussions/Quizzes due by 11:59 pm on Tuesdays, Wednesdays, Thursdays, and Fridays

Exam 1 due Sunday, 6/20 by 11:59 pm

Exam 2, course wrap-up, and extra credit due by 7/9 at 11:59 pm

Instructor: Professor Susan Kundrat, M.S., R.D., C.S.S.D., L.D.N. (she, her, hers)

Office Location: Enderis Hall Room 415

Email: kundrat@uwm.edu

Office Hours: Available online via Canvas site and as requested in person or over Collaborate Ultra; periodic office hours on Canvas as requested

Course Website: UWM Canvas:

Prerequisites: Junior standing; Grade of C or better in BMS 232 or NUTR 235

Catalog Description

This course covers the integration and application of nutrition and exercise science principles related to physical health and sport.

Course Description

Integration and application of nutrition and exercise science principles related to physical health and sport. Students will examine macro- and micro-nutrient needs, energy systems, nutrition and sport supplements, weight management, health enhancement and wellness. The course will emphasize foods, nutrients, and food components designed to enhance health and boost sport performance.

Student Learning Outcomes

Upon completion of NUTR/KIN 580, students should be able to:

- 1) Apply current exercise and nutrition science research to real life exercise situations.
- 2) Identify the nutrient and fluid needs of individuals with varying sport/performance goals.
- 3) Identify key vitamins, minerals and ergogenic aids used by athletes.
- 4) Evaluate current research on sports nutrition.
- 5) Develop educational materials for athletes and sports professionals.
- 6) Communicate sports nutrition messages to peers and to the public.
- 7) Discuss and debate current topics in sports nutrition online.
- 8) Design the components of a food product to improve health or sport performance and develop a nutritional ergogenics presentation.

Course Materials:

- Various readings and research articles on the Canvas course site

Course Schedule:

The course schedule may be adjusted per the instructor's discretion to fit the needs of the class.

***ALL ASSIGNMENTS ARE DUE AT 11:59 PM**

Date Due	Topic / Assignment
6/1	Module 1: Read Module 1 readings / watch Module 1 video Post in Discussion for Module 1
6/2	Post response for Module 1 Complete Assignment 1
6/3	Module 1 Quiz due
6/7	Module 2: Read Module 2 readings / watch Module 2 video Post in Discussion for Module 2
6/8	Post response for Module 2 Complete Assignment 2
6/9	<i>Research Paper Study 1 Abstract and Q/A due – UG</i>
6/10	Module 2 Quiz due
6/14	Module 3: Read Module 3 readings / watch Module 3 video Post in Discussion for Module 3
6/15	Post response for Module 3 Complete Assignment 3
6/16	<i>Research Paper Review of Studies Check Sheet due - UG</i> <i>Nutrition Ergogenics Abstract due - GRAD</i>
6/17	Module 3 Quiz due
6/19 - SUNDAY	EXAM 1 DUE
6/21	Module 4: Read Module 4 readings / watch Module 4 video Post in Discussion for Module 4
6/22	Post response for Module 4 Complete Assignment 4
6/23	<i>Research Paper draft due for peer review - UG</i> <i>Nutrition Ergogenics final project due - GRAD</i>
6/24	Module 4 Quiz due
6/28	Module 5: Read Module 5 readings / watch Module 5 video Post in Discussion for Module 5 <i>Peer reviews due on papers - UG</i>
6/29	Post response for Module 5 Complete Assignment 5
6/30	<i>Research Paper Final Submission DUE - UG</i> <i>Food Product Project DUE - GRAD</i>
7/1	Module 5 Quiz due
7/5	Module 6: Read Module 6 readings / watch Module 6 video Post in Discussion for Module 6
7/6	Post response for Module 6 Complete Assignment 6
7/7	<i>Sports Food Video and Handout DUE - UG</i>
7/8	Module 6 Quiz due
7/9	EXAM 2 DUE Class Wrap Up Due Extra Credit Due (20 points possible)

Assessment

Quizzes (20 points each or 120 points or 30% UNDERGRADS / 22% GRADS of final grade)

There will be a 20-point quiz for each module. Quizzes will consist of 20 points of multiple choice/true and false questions (timed at 20 minutes) Quizzes are due by 11:59 pm on the due date listed. No late submissions will be accepted. Students are responsible to take quizzes fully on your own and in an area with reliable WIFI.

Exams (40 points each or 80 points or 20% / 15% of final grade)

There will be two 50-point essay / case study exams. Exams will be open for a set period of time (48 hours) and will not be timed. Exams are due by 11:59 pm on the due date listed. No late submissions will be accepted. Students are responsible to complete the exams fully on your own and in an area with reliable WIFI.

Assignments (10 points each or 60 points or 15% / 11% of final grade)

You will be assigned six Assignments throughout the semester **to be submitted online** on various nutrition topics. Complete the questions correctly and thoroughly and submit **by 11:59 pm on the due date** to receive full points. No late submissions will be accepted.

Discussion responses (10 points each or 60 points or 15% / 11% of final grade)

There will be six (6) original discussion posts. All posts include original posts and at least 2 responses. Posts must be made first, and both posts and responses must be completed by the due date. Posts and responses should be thoughtful and respectful of peers. *Please be on schedule and make your original post at least one day before the deadline*, as final discussion responses are due on the due date.

Sports Food Challenge - Undergraduates (30 points or 7.5 % of final grade)

Individually or in pairs, you will design a recipe for a raw or baked solid sports food (bar/bites, etc.). The sports food should comply with the following nutritional guidelines: (1) whole food ingredients, (2) simple recipe, (3) at least 20 grams of carbohydrate and 5 grams of protein per serving, and (4) a bar that would serve as either (or both) a pre-workout fuel or a recovery fuel after exercise. You will submit a short (~1-2 minute) video preparing the sports food and a one-page overview of the sports food using the template provided.

Sports Nutrition Research paper - Undergraduates (50 points or 12.5% of final grade)

For this paper, you will write an APA- style paper on a sports nutrition topic to be chosen from a list of approved topics. At least three peer-reviewed original research studies from 2010 - 2021 (not reviews or meta-analyses) will be utilized for this 1,200 - 1,500 - word paper. You will receive points for your research checklist, original submission, feedback provided to your peer review group, and final paper submission.

Nutritional Ergogenics Project (80 points or 15% of final grade - Graduate students only)

You will be assigned a case study about a specific athlete and a dietary supplement (ergogenic aid) he or she plans to use to enhance performance. You will complete this project and develop a 12-15-slide voice-over-Powerpoint (6-8 minutes long) on your case study for all students to review online. You should include at least 2 current (2010 - 2021) peer-reviewed research articles on this dietary supplement that support your case study recommendations for the presentation, including at least one from the online *Journal of the International Society of Sports Nutrition* (<http://www.jissn.com>).

Food Product Development Project (140 points or 26% of final grade - *Graduate students only*)

You will create a new food or beverage product that contains three or more nutrients/ingredients that have been shown to improve sports performance. Research the product ingredients you include and provide scientific research (at least 2 current (2010-2020) research studies for *each* of the three ingredients) that substantiates the sports performance benefit. You will design the food label that includes appropriate and required label information (updated food label) and develop a marketing strategy for the product. You will develop a voice-over Powerpoint Presentation (20-25 slides / 10-12 minutes long) to post for class review by the due date. In addition, you will write a 4-6-page (1,500 - 2,000 words) paper (APA style) that summarizes the research you found to create your food product with at least six peer-reviewed studies cited.

***For U/G courses, graduate students are required to complete 33% additional work (or points) than undergraduate students.**

Extra credit (20 possible points): see posted options

Evaluation: Grades will be calculated on a points system using the following distribution:

Evaluation

Each student has the opportunity to earn up to 400 (530 for graduate students) points through projects, class participation, quizzes, and examinations. Points are distributed as follows:

Assessment Component	Points by Student Status	
	Undergraduate Students	Graduate
	Students	
7 Online Quizzes (20 points each)	120	120
2 Exams (40 points each)	80	80
6 Assignments (10 points each)	60	60
6 Discussion posts (10 points each)	60	60
Homemade Sports Food Challenge	30	--
Sports Nutrition Research Paper	50	--
Ergogenics Project	--	80
Food Product Development Project	--	140
<i>Total Possible Points</i>	400	530

92 - 100%	A	72 - 77.99%	C
90 - 91.99%	A-	70 - 71.99%	C-
88 - 89.99%	B+	68 - 69.99%	D+
82 - 87.99%	B	62 - 67.99%	D
80 - 81.99%	B-	60 - 61.99%	D-
78 - 79.99%	C+	Below 60%	F

Borderline grades (e.g., 79.995%) will be determined by rounding up to the next grade (80%). Letter grades will be assigned based on the percentage of total possible points earned using the following breakdown. The extra credit is an opportunity to boost total point score for the semester. No changes will be made to final percentages or grades after extra credit is added to the final point total.

Course, Department and College Policies

1. **Attendance:** This is a 100% online course. Students are expected to complete assignments, papers, and quizzes on their own time. However, all assignments, quizzes, and papers should be completed by the due date provided. If an issue arises that you need to talk with me about, please do so and modifications can be made if needed.
2. **The CHS Honor Code:** The Honor Code provides a framework for moral, ethical, and professional behavior for all members of the College of Health Sciences, including students, faculty, and staff. With all members of the College committed to upholding and promoting the tenets of the Honor Code, we will continue to work and learn in a supportive and stimulating environment. Commitment to this Honor Code supports the mission of the College of Health Sciences to prepare future health professionals, and conduct nationally recognized research in the health sciences. See the following website for more information: http://www4.uwm.edu/chs/students/current_students/honor_code.cfm.
3. **Late Assignments:** Assignments are due at the time and date, and in the manner specified in the assignment or project. No late assignments will be accepted. No penalty will be given if extreme circumstances (e.g., major illness, death in the family, etc.) arise. Please let your instructor know *well in advance* of any significant, known conflict.
4. **Email Policy:** In general, e-mail will be answered during normal work hours (8am – 5pm) Monday through Friday. Meetings may be set up with Professor Kundrat via Collaborate Ultra, as well.
5. **Coffee Hours:** Periodic online coffee hours will be posted with Professor Kundrat. I encourage you to attend if you are able if you have questions or want to discuss material in the class in more detail.

University Policies:

1. **Academic Misconduct:** Academic misconduct is taken very seriously by the College of Health Sciences and the University of Wisconsin-Milwaukee. UWM defines misconduct as follows:
 - a. “Academic misconduct is an act in which a student seeks to claim credit for the work or efforts of another without authorization or citation, uses unauthorized materials or fabricated data in any academic exercise, forges or falsifies academic documents or records, intentionally impedes or damages the academic work of others, engages in conduct aimed at making false representation of a student's academic performance, or assists other students in any of these acts.”

(Chapter UWS 14 and the UWM implementation provisions; Faculty Document 1686).

- b. Please see: http://www4.uwm.edu/acad_aff/policy/academicmisconduct.cfm for more information.
2. Religious Observance: Students may miss class without penalty for religious observance with advance notification.
3. Discriminatory Conduct: Discriminatory conduct will not be tolerated by the University.
4. Title IX/Sexual Violence: Title IX is a federal law that prohibits sex discrimination in education programs or activities and UWM prohibits such conduct. This includes sexual violence, which may include sexual harassment, sexual assault, relationship violence, and/or stalking in all educational programs and education-related areas. UWM strongly encourages its students to report any instance of sex discrimination to UWM's Title IX Coordinator (titleix@uwm.edu). For more information, please visit: <https://uwm.edu/sexual-assault/>.
5. LGBT+ Resources: Information to support inclusivity of students who identify as LGBT+ or allies can be found at the LGBT+ Resources Center on campus at <http://uwm.edu/lgbtrc/> or in the UWM Union room WG89.
6. Special Accommodations: Individuals with disabilities and/or health conditions that may affect full participation in this course must contact the instructor during the first week of classes. This information is confidential.
7. UWM has established a credit hour policy. The UWM Faculty Document 2838 identifies the time students need to invest in a course to be successful. A general rule is 1 credit hour = 3-5 hours of work per week (9-15 hours of work per week over a 16-week semester). Thus, this 3-credit course requires 24+ hours of work per week in this condensed course. Students should anticipate devoting no less than 144 hours of time over the entire 6-week semester to completing the course requirements.
8. Panther Community Health and Safety Standards: UWM has implemented reasonable health and safety protocols, taking into account recommendations by local, state, and national public health authorities, in response to the COVID-19 pandemic. As a member of our campus community, you are expected to abide by the Panther [Interim COVID-Related Health & Safety Policy](#), which was developed in accordance with public health guidelines. These standards apply to anyone who is physically present on campus, UWM grounds, or participating in a UWM-sponsored activity:
 - All individuals visiting UWM facilities must wear face coverings while indoors;
 - Unvaccinated students coming to campus are required to test weekly for COVID-19; and,
 - You should check daily for COVID-19 symptoms and not come to campus if you are feeling sick.

Details about student and employee expectations here: [UWM COVID- 19 webpage](#).

For other UWM policies, see <http://www4.uwm.edu/secu/SyllabusLinks.pdf>.