

UNIVERSITY OF NEVADA LAS VEGAS
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF KINESIOLOGY & NUTRITION SCIENCES
NUTR 605- Advanced Sports Nutrition
Fall 20XX

Instructor: Laura Kruskall, PhD, RDN, CSSD, LD, FACSM, FAND. Director, UNLV Nutrition Sciences.

Office: BHS 330

Main office: BHS 323. Audrey Coffee, AAIV. Dr. Kruskall's Administrative Assistant.

Phone: (702) 895-4985. Email preferred as I don't check messages daily.

E-mail: The preferred way to reach me is via WebCampus (use laura.kruskall@unlv.edu if you cannot access WebCampus).

Office Hours: M/W 4-5. Please make an appointment to guarantee time. Check WebCampus for any temporary changes.

Class credits & meeting time: 3 credits, M/W 11:30-12:45, BHS 133

Course Description:

Sports nutrition is an extremely broad field of study ranging from molecular biology and chemistry to human performance research. This course is designed to provide, at an advanced level, a nutrition science foundation in order to examine the current research in the field of sports nutrition and to translate these research findings into practical nutritional information for the coach, trainer, and/or athlete.

Prerequisites for this course include NUTR 311, or consent of the instructor. This course will be taught and graded at the appropriate level. No leniency will be made in covering of material or grading due to lack of prerequisite courses.

This course will require gathering of peer-reviewed journal articles, class discussion of the articles, and a literature review. **As a graduate student you are expected to complete a thorough literature review of your topic (Project Part 2), write the review, and deliver the presentation at the graduate level. Attention must be given to selection of most appropriate references, study design & methodology, statistical analysis, and research conclusions. Future directions for research must be discussed in your own words from your literature analysis.** You may have to rely on the interlibrary loan service and therefore need to request articles a minimum of 2 weeks prior to the in class due date. Check with a reference librarian for expected delivery dates throughout the semester.

You are required to present a final summary of your dietary supplement project to the class.

Course Texts/Readings:

- Sports & Exercise Nutrition, 4th Ed, Lippincott, Williams, & Wilkins 2013 (Recommended).
- You will be required to obtain peer-reviewed articles via library services. Additional readings may be required. Copies will be placed on WebCampus or will be available in BHS 319 for you to sign out.

Course Objectives:

Upon completion of the course the student will:

- Know the basic principles of nutrition science and how to apply them in real-life situations regarding food choices
- Learn the differences between lay nutrition information and peer-reviewed scientific literature
- Identify accurate nutrition information
- Be able to better interpret nutrition information
- Understand the scientific basis for dietary standards & guidelines
- Understand how nutrients are digested and metabolized in the body, with an emphasis on fuel utilization during exercise.
- Know the key components and biochemistry of energy metabolism, with an emphasis on fuel utilization during exercise
- Learn the role of energy balance in weight control and body composition
- Learn the current scientific literature on various sports supplements

Course Evaluation:

<u>Item</u>	<u>% of Total Grade</u>	<u>Points</u>
Dietary Supplements Project Part 1	5%	50
Dietary Supplements Project Part 2	25%	250
Dietary Supplements Project Presentation to the Class	10%	100
Exam 1	10%	100
Exam 2	25%	250
Final Exam	25%	250

Course Grade: 93-100% = A; 90-92% = A-; 87-89% = B+; 83-86% = B; 80-82% = B-; 77-79% = C+; 1000 total
73-76% = C; 70-72% = C-; 67-69% = D+; 63-66% = D; 60-62% = D-; <60% = F

Course Policies

1. You are responsible for providing your own Scantron form for each exam.
2. You will have the duration of the class period to take the exam. No more, no less. However, you may leave when you have completed the exam.
3. No talking during the exam.
4. You may use a calculator but it may **not** be in conjunction with a phone, PDA or other electronic device.
5. No eating during exams.
6. Turn off your cell phones or any other electronic devices. If your electronic device(s) rings or beeps during the exam, you will receive a zero for that exam.
7. Remove all notes, books and bags from table tops.
8. Remove, or turn the bill of, your ball cap.
9. Turn in both your exam and Scantron sheets.

10. If you are late to the exam (and at least one of your fellow classmates has completed the exam and left the classroom) you will not be permitted to take the exam and will receive a zero grade.
11. Assigned readings are to take place before the class meeting. It will be the student's responsibility to ask questions in class or during an appointment if any information is unclear.
12. If you miss a class, you are responsible for any announcements made and all material covered. The instructor will not repeat lectures during an appointment.
13. Missed exams or projects must be discussed with the instructor prior to the project due date. In the event of a legitimate emergency, the instructor must be contacted within a reasonable amount of time. Failure to do so will result in a zero. Any make-ups will be at the discretion of the instructor. A conflict with a work schedule will not be considered sufficient reason to be allowed to make-up exams/assignments. Late projects, if accepted, are subject to a 10% per day penalty. All late projects must be submitted to BHS 319 and date stamped. Leaving the project with anyone else may result in a delay. The official receive date is when the instructor receives the project (if delivered electronically) or the date stamp.
14. It is expected that all students will behave in a professional and courteous manner. Side conversations, use of cellular phones or other electronic devices, or other disturbing behavior during the class period (including exams) will not be tolerated. If you engage in any of these behaviors, you will be asked to leave the class. A student who chooses not to comply is subject to an administrative course drop. Participation via questions and comments directed toward the instructor and/or other students is encouraged.

Announcements:

Professional Behavior- It is expected that all students will behave in a professional and courteous manner when communicating with their instructor, teaching assistants, and fellow students. Rude behavior will not be tolerated. If you engage in any of these behaviors, and fail to correct the problem, a report will be sent to the UNLV Office of Student Conduct. A student who chooses not to comply is subject to an administrative course drop. Of course, professional participation via questions and comments directed toward the instructor, TA, and/or other student is encouraged. **Cell phones are prohibited during class periods. Tablets and laptops are permitted for notetaking purposes only. If you use any electronic device in a non-approved way, you will be asked to leave the classroom. Repeated offenses will result in an administrative drop from the class.**

Academic Misconduct—Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <https://www.unlv.edu/studentconduct/student-conduct>.

Copyright—The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. **You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws.** Violations of copyright laws could

subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC)—The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor in front of others to discuss your accommodation needs.

Religious Holidays Policy—Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor **within the first 14 calendar days of the course for fall and spring courses (excepting modular courses), or within the first 7 calendar days of the course for summer and modular courses**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Transparency in Learning and Teaching—The University encourages application of the transparency method of constructing assignments for student success. Please see these two links for further information: <https://www.unlv.edu/provost/teachingandlearning> and <https://www.unlv.edu/provost/transparency>

Incomplete Grades—The grade of I—Incomplete—can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving “I” grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

Tutoring and Coaching—The Academic Success Center (ASC) provides tutoring, academic success coaching and other academic assistance for all UNLV undergraduate students. For information regarding tutoring subjects, tutoring times, and other ASC programs and services, visit <http://www.unlv.edu/asc> or call 702-895-3177. The ASC building is located across from the Student Services Complex (SSC). Academic success coaching is located on the second floor of the SSC (ASC Coaching Spot). Drop-in tutoring is located on the second floor of the Lied Library and College of Engineering TEB second floor.

UNLV Writing Center—One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student’s Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>.

Rebelmail—By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. The suffix is always [@unlv.nevada.edu](mailto:unlv.nevada.edu). **Emailing within WebCampus is acceptable.**

Final Examinations—The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

Any other class specific information—(e.g., absences, make-up exams, status reporting, extra credit policies, plagiarism/cheating consequences, policy on electronic devices, specialized department or college tutoring programs, bringing children to class, policy on recording classroom lectures, etc.)

Ask questions, use the materials that have been provided and complete work on time! Good luck and enjoy!

Sample Course Outline

Date	Chapter/Topic
8/29	Course Introduction
8/31	Scope of Practice
9/5	Holiday
9/7	Chapter 6- Components of Energy Metabolism/Estimating Needs Bring Calculator
9/12	Micronutrient Needs of Athletes (Some of Chapter 7)/Nutrient Issues with Athletes/Nutrition for Injury & Rehabilitation
9/14	Anti-inflammatory Eating (including vitamin D, n-3)
9/19	Chapter 9- Supplement Regulation
9/21	Chapter 9- Supplement Regulation
9/26	Chapter 4- Bioenergetics
9/28	Exam 1 (Material through 9/21; Chapters 1-3, 4, 6, 7, 9)
10/3	Chapter 5- Carbohydrate Metabolism
10/5	Chapter 8- Carbohydrates for Performance & Recovery Sports Supplement Project Part 1 Due- Please bring to BHS 319 any time before class
10/10	Chapter 8- Carbohydrates for Performance & Recovery
10/12	Chapter 8- Carbohydrates for Performance & Recovery
10/17	Finding Peer-Reviewed Journal Articles & Electronic Referencing
10/19	Hydration- View Webcampus video lecture and read the posted articles
10/24	Chapter 8- Carbohydrates for Performance & Recovery
10/26	Chapters 5 & 8- Lipid Metabolism During Exercise & Dietary Lipid Requirements
10/31	Chapters 5 & 8- Lipid Metabolism During Exercise & Dietary Lipid Requirements
11/2	Chapter 8- Protein for Performance & Recovery
11/7	Chapter 8- Protein for Performance & Recovery
11/9	Chapter 8- Protein for Performance & Recovery
11/14	Chapter 8- Protein for Performance & Recovery
11/16	Exam 2 (Material through 11/7; Chapters 4, 5, 8)
11/21	Sports Supplement Presentations
11/23	Work on Sports Supplements Project
11/28	Sports Supplement Presentations
11/30	Sports Supplement Presentations
12/5	Sports Supplement Presentations
12/7	Sports Supplement Presentations Sports Supplement Project Part 2 Due
12/12	Final Exam Week. Date/time will post in MyUNLV.