

**UNIVERSITY OF NEVADA LAS VEGAS
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF KINESIOLOGY & NUTRITION SCIENCES
NUTR 605- Advanced Sports Nutrition
Fall 2022**

Professor: Laura Kruskall, PhD, RDN, CSSD, LD, FACSM, FAND

Office: BHS 330 or UNLV Nutrition Center (UAB 101)

Main office: BHS 323. Only one person may be in the office at a time.

Phone: (702) 274-0370. This is my cell phone for NUTR students only. Email or text preferred.

E-mail: WebCampus-Canvas.

Office Hours: By appointment via Webcampus Chat or WebEx. I will also remain in person after our NUTR 426 in person class meetings ending at 2:15 pm when my schedule permits.

Class credits & meeting time: 3 credits, M/W 11:30-12:45, Web Live Learning

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 a presentation summarizing your literature review at the graduate level. This means you must translate your scientific literature into an application for practice. You will also be required to lead at least one class discussion in a topic approved by your professor. 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 prepare a sports nutrition handout and a second final summary of your dietary supplement project in the form of a handout. These will be made available to your classmates for peer review. Unless you object, these will be used by the UNLV Nutrition Center and UNLV Athletics. You will receive authorship credit for your work.

Course Texts/Readings:

If you are enrolled in NUTR 426, you DO NOT need to purchase a separate Cengage Unlimited Subscription.

If you are NOT enrolled in NUTR 426, this course requires the purchase of Cengage Unlimited, 4-month subscription at a minimum. You may purchase a longer subscription at a reduced cost. Many NUTR courses use Cengage Unlimited and we will use Cengage Unlimited textbooks again in Spring 2023.

The textbook to be used is "Nutrition for Sport & Exercise, 5th edition." DOT NOT purchase this textbook alone from another vendor. You will only be purchasing Cengage Unlimited for this course. Hard copies available to rent via Cengage.

1. [Purchase Cengage Unlimited Here](#)

Note: create a Cengage account with your UNLV email address and NOT your personal email address

2. UNLV Bookstore (no physical book is available for purchase, just the access code provided on your receipt that you will use when prompted in your online Cengage account)

After purchasing Cengage Unlimited go to your Canvas page and click on any MindTap link within Modules. You'll be prompted to log in with your Cengage account. If you have yet to create a Cengage account up to this point, then CREATE AN ACCOUNT USING YOUR UNLV EMAIL ADDRESS, which should be the same email address used to purchase your Cengage Unlimited account.

THERE IS NO OTHER WAY TO GAIN ACCESS TO THIS COURSE, TAKE YOUR QUIZZES, ETC.

You will be required to obtain peer-reviewed articles via library services. Additional readings may be required and will be assigned in class and/or in WebCampus.

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

This course includes the following ACEND Foundation Knowledge Requirements and Learning Outcomes:

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence- based practice decisions.

KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols

KRDN 1.3 Apply critical thinking skills.

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.

KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.

Course Evaluation:

Item	% of Total Grade	Points
Dietary Supplements Project Part 1	10%	100
Dietary Supplements Project Part 2	20%	200
Sports Supplement Handout	15%	150
Chapter Assignments (13 chapters @ 2.7% each)	20%	200
Module Discussions	5%	50
Chapter Quizzes (13 quizzes @ 1.5% each)	20%	200
Final Exam	10%	100

Item	% of Total Grade	Points
Total Points	100%	1000

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

Course Policies

1. Attendance. Students are allowed to miss **up to 3 Live Class Sessions (online or in-person)** without a penalty. From the fourth absence on, a 10% deduction will be taken from your overall grade at the end of the semester. NOTE: Recorded Live Class Sessions may or may not be available and will NOT be automatically posted to WebCampus-Canvas, and you will need to communicate with your instructor in order to gain access to the Live Class Session Recordings which will be determined on a case-by-case basis. Failure to log in to 3 or more Live Class Sessions (online or in-person) will result in a 10% deduction from your overall course grade at the end of the semester.
2. You are responsible to take the Academic Integrity Verification “quiz” before you begin the course. Chapter Quizzes and the final exam is electronic format. Question format includes multiple choice, true/false, matching, and/or fill in the blank (pulldown menu). Academic integrity is expected. The quizzes and final exam will be available for several days for your convenience and are timed.
3. Assigned readings are to take place before the WebEx class meeting. It will be the student’s responsibility to ask questions in the WebEx class or during a virtual appointment if any information is unclear.
4. The instructor will not repeat information discussed in class during an appointment, unless there is a legitimate excuse for a student missing that virtual class period.
5. Missed quizzes/exams, assignments, 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 and are subject to a 10% per day penalty.
6. 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 virtual class periods will not be tolerated. If you engage in any of these behaviors, you will be asked to leave the class/WebEx meeting. 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.

7. To assist students with more thorough comprehension of certain topics, assignments will be given. Students are required to work independently to generate answers. Students should rely on main texts for assignments, but are permitted or required to use other resources as indicated in the instructions. Sometimes the subject matter of classes overlap and an assignment can meet the requirements for more than one class. If this is the case, standards of academic honesty require that you inform your instructors of your intentions and get written approval before pursuing the assignments. All electronic submissions for your sports supplement projects will go through Turnitin. This is a plagiarism check tool and will identify any and all text that has been copied from professional sources (articles, book chapters) and from other student's papers. Plagiarized work will result in a zero on the assignment and will be reported to The Office of Student Conduct.

UNLV Policies

Public Health Directives

Face coverings are currently optional for all faculty and students in the classroom.

Students must follow all active UNLV public health directives while enrolled in this class. UNLV public health directives are found at [Health Requirements for Returning to Campus](https://www.unlv.edu/coronavirus/health-requirements), <https://www.unlv.edu/coronavirus/health-requirements>. Students who do not comply with these directives may be asked to leave the classroom. Refusal to follow the guidelines may result in further disciplinary action according to the [UNLV Student Conduct Code](https://www.unlv.edu/sites/default/files/page_files/27/StudentConduct-Code.pdf), https://www.unlv.edu/sites/default/files/page_files/27/StudentConduct-Code.pdf, including being administratively withdrawn from the course.

Academic Misconduct

Academic integrity is a legitimate concern for every member of the University community. We 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 to always take the ethical path whenever faced with choices. Students enrolling at UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's educational mission. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another person, from the Internet or any other source without proper citation of the source(s). See the [Student Conduct Code](https://www.unlv.edu/studentconduct/student-conduct), <https://www.unlv.edu/studentconduct/student-conduct>.

Auditing a Course

Auditing a course allows a student to continue attending the lectures and/or laboratories and discussion sessions associated with the course, but the student will not earn a grade for any component of the course. Students who audit a course receive the same educational experience as students taking the course for a grade, but will be excused from exams, assessments, and other evaluative measures that serve the primary purpose

of assigning a grade.

Classroom Conduct

Students have a responsibility to conduct themselves in class and in the libraries in ways that do not interfere with the rights of other students to learn, or of instructors to teach. Use of devices such as cellular phones and pagers, or other potentially disruptive activities are only permitted with the prior explicit consent of the instructor.

Students are specifically prohibited to record classes without instructor authorization, including online/remote classes (either audio only, or video and audio). The instructor may rescind permission at any time during the class. If a student does not comply with established requirements or obstructs the functioning of the class, the instructor may initiate an administrative withdrawal of the student from the course.

Since the COVID-19 pandemic forced some instruction to be delivered remotely starting in Spring 2020, numerous students have asked instructors to record their synchronous classes, so that they can access them at their convenience. Instructors who agree to record their classes (audio only, or video and audio) should inform students in advance. Recorded lectures may not be broadly released to anyone, but made available exclusively to those students enrolled in the class during the particular academic term. Recorded lectures must be stored securely, and are subject to the Nevada System of Higher Education's Records Retention Policy, meaning that the recordings can only be deleted 120 days after the end of class (i.e., after grades are posted). Once this requirement is met, the recordings should be deleted. Class recordings are protected from disclosure, as they are deemed part of an educational record under the Family Educational Rights and Privacy Act (FERPA).

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 student or employee 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 [copyright policy information](https://www.unlv.edu/provost/copyright) is available at <https://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC)

For all accommodation determinations allowed under the Americans with Disabilities Act, please contact the <https://www.unlv.edu/drc>, <https://www.unlv.edu/drc>, located in the Campus Resource Center (CRC) 1st Floor, telephone (702) 895-0866 or email drc@unlv.edu.

The DRC provides resources for students with disabilities. Students who believe that they may need academic accommodations due to a permanent disability, temporary or permanent medical need, or academic support due to pregnancy are encouraged to contact the DRC as early as possible in the academic term. A Disabilities Specialist will discuss what options may be available to you. Students who are already registered with the

DRC should request their accommodations online each semester, and make an appointment to discuss their accommodations with their instructors.

Final Examinations

The University requires that final exams given at the end of a course occur on the date and at the time specified in the Final Exam schedule. The Final Exam schedule is typically available at the start of the semester, and the classroom locations are available approximately one month before the end of the semester. See the [Final Exam Schedule](https://www.unlv.edu/registrar/calendars), <https://www.unlv.edu/registrar/calendars>.

Identity Verification and Online Course Requirements

All UNLV students must use their Campus-issued ACE ID and password to log in to WebCampus-Canvas.

UNLV students enrolled in online or hybrid courses are expected to read and adhere to the [Student Academic Misconduct Policy](https://www.unlv.edu/studentconduct/misconduct/policy), <https://www.unlv.edu/studentconduct/misconduct/policy>, which states that “acting or attempting to act as a substitute for another, or using or attempting to use a substitute, in any academic evaluation or assignment” is a form of academic misconduct. Intentionally sharing ACE login credentials with another person may be considered an attempt to use a substitute, and could result in investigation and sanctions, as outlined in the Student Academic Misconduct Policy. UNLV students enrolled in online courses are also expected to read and adhere to the [Acceptable Use of Computing and Information Technology Resources Policy](https://www.it.unlv.edu/policies/acceptable-use-computing-and-information-technology-resources-policy), <https://www.it.unlv.edu/policies/acceptable-use-computing-and-information-technology-resources-policy>, which prohibits sharing university accounts with other persons without authorization. To the greatest extent possible, all graded assignments and assessments in UNLV online courses should be hosted in WebCampus-Canvas or another UNLV-managed platform that requires ACE login credentials for access.

Incomplete Grades

The grade of “I” (Incomplete) may be granted when a student has satisfactorily completed three-fourths of course work for that semester/session, but cannot complete the last part of the course for reason(s) beyond the student’s control and acceptable to the instructor, and the instructor believes that the student can finish the course without repeating it. For undergraduate courses, the incomplete work must be made up before the end of the following regular semester. 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 period indicated, a grade of “F” will be recorded, and the student’s GPA will be adjusted accordingly. Students who are fulfilling an Incomplete grade do not register for the course, but make individual arrangements with the instructor who assigned the “I” grade.

Library Resources

Librarians are available to consult with students on research needs, including developing research topics, finding information, and evaluating sources. To make an appointment

with a subject expert for this class, please visit the

[Libraries' Research Consultation](https://guides.library.unlv.edu/appointments/librarian) website,

<https://guides.library.unlv.edu/appointments/librarian>. You can also [ask the library staff](https://ask.library.unlv.edu/) questions via chat and text message at <https://ask.library.unlv.edu/>.

Nutrition Sciences Library Services- [Nutrition Sciences Website](#)

Missed Classwork

Any student missing class, quizzes, examinations, or any other class or laboratory work because of observance of religious holidays will be given an opportunity during that semester to make up the missed work. The make-up opportunity will apply to the religious holiday absence only. It is the responsibility of the student to notify the instructor within the first 14 calendar days of the course for Fall and Spring courses (except for modular courses), or within the first 7 calendar days of the course for Summer and modular courses, of their intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit the Missed Classwork policy, under Registration Policies, on the [Academic Policies](#) webpage, <https://catalog.unlv.edu/content.php?catoid=39&navoid=10666>.

In accordance with the policy approved by the Faculty Senate regarding missed class time and assignments, students who represent UNLV in any official extracurricular activity will also have the opportunity to make up assignments, provided that the student submits official written notification to the instructor no less than one week prior to the missed class(es).

The spirit and intent of the policy for missed classwork is to offer fair and equitable assessment opportunities to all students, including those representing the University in extracurricular activities. Instructors should consider, for example, that in courses which offer a "Drop one" option for the lowest assignment, quiz, or exam, assigning the student a grade of zero for an excused absence for extracurricular activity is both contrary to the intent of the Faculty Senate's policy, and an infringement on the student's right to complete all work for the course.

This policy will not apply in the event that completing the assignment or administering the examination at an

alternate time would impose an undue hardship on the instructor or the University that could be reasonably avoided. There should be a good faith effort by both the instructor and the student to agree to a reasonable resolution. When disagreements regarding this policy arise, decisions can be appealed to the Department Chair/School Director, College/School Dean, and/or the Faculty Senate Academic Standards Committee.

For purposes of definition, extracurricular activities may include, but are not limited to academic recruitment activities, competitive intercollegiate athletics, fine arts activities, liberal arts competitions, science and engineering competitions, and any other event or activity sanctioned by a College/School Dean, and/or by the Executive Vice President and Provost.

Rebelmail

Rebelmail is UNLV's official email system for students and by University policy, instructors and staff should only send emails to students' Rebelmail accounts. Rebelmail is one of the primary ways in which students receive official University communications, information about deadlines, major Campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the University. Sending emails within WebCampus-Canvas is also acceptable.

Title IX

UNLV is committed to providing an environment free of all forms of unlawful discrimination including sexual and gender-based discrimination, harassment, and violence like sexual assault, intimate partner violence, and stalking. If you, or someone you know, has experienced or is experiencing these types of behaviors, know that you are not alone. Resources and support are available. To learn more or to report an incident, please visit the [Office of Equal Employment and Title IX website](https://www.unlv.edu/compliance) at <https://www.unlv.edu/compliance>. Please be aware that as an instructor, I am not a confidential resource, and I will need to report incidents of sexual misconduct to UNLV's Title IX Coordinator.

You can also report concerns directly using the [online reporting form](https://cm.maxient.com/reportingform.php?UnivofNevadaLasVegas&layout_id=18), at https://cm.maxient.com/reportingform.php?UnivofNevadaLasVegas&layout_id=18, or [via email](mailto:titleixcoordinator@unlv.edu) at titleixcoordinator@unlv.edu or 702-895-4055. For confidential support in matters of sexual violence, relationship/family violence, or stalking, contact [the Care Center](https://www.unlv.edu/carecenter) at <https://www.unlv.edu/carecenter> or 702-895- 0602.

Tutoring and Coaching

The Academic Success Center (ASC), at the Claude I. Howard Building, 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, please visit the [ASC website](https://www.unlv.edu/asc), <https://www.unlv.edu/asc>, or call 702-895-3177. The ASC is located across from the Student Services Complex (SSC). Academic success coaching is located on the second floor of SSC A, Room 254. Drop-in tutoring is located on the second floor of the Lied Library, and on the second floor of the College of Engineering building (TBE A 207).

UNLV Writing Center

One-on-one or small group assistance with writing is available free of charge to UNLV students at the

[Writing Center](https://writingcenter.unlv.edu/), <https://writingcenter.unlv.edu/>, located in the Central Desert Complex, Building 3, Room 301 (CDC 3–301). Walk-in consultations are sometimes available, but students with appointments receive priority assistance. Students may make appointments in person or by calling the Center, telephone 702-895-3908. Students are requested to bring to their appointments their Rebel ID Card, a copy of the instructions for their assignment, and two copies of any writing they have completed on their assignment.

988 FREE 24/7 SUICIDE & CRISIS LIFELINE

In addition to campus resources such as the [Counseling and Psychological Services \(CAPS\)](https://www.unlv.edu/caps) website at <https://www.unlv.edu/caps>, visiting the [YOU@UNLV website](https://you.unlv.edu/) at <https://you.unlv.edu/>, and [Early Alert](https://www.unlv.edu/graduatecollege/academy/early-alert) (for graduate students, at <https://www.unlv.edu/graduatecollege/academy/early-alert>), you may now [call or text 988](tel:988) or [chat at 988lifeline.org](https://988lifeline.org) if you or someone you know is in crisis and in need of support.

Diversity Statement

As an institution of higher learning, UNLV represents a rich diversity of human beings

among its faculty, staff, and students, and is committed to aspiring to maintain a Campus environment that values that diversity. Accordingly, the University supports understanding and appreciation of all members of its community, regardless of race, sex, age, color, national origin, ethnicity, creed, religion, disability, sexual orientation, gender, gender identity, marital status, pregnancy, genetic information, veteran status, or political affiliation. Please see [University Statements and Compliance](https://www.unlv.edu/about/statements-compliance), <https://www.unlv.edu/about/statements-compliance>.

A successful learning experience requires mutual respect and trust between the students and the instructor. Accordingly, the instructor asks that students be willing to listen to one another's points of view, acknowledging that there may be disagreements, keep discussion and comments on topic, and use first person, positive language when expressing their perspectives.

UNLV Land Acknowledgement

UNLV is situated on the traditional homelands of Indigenous groups, including the Nuwu or Nuwuvi, Southern Paiute People, descendants of the Tudu, or Desert People. We honor and offer gratitude for those who have stewarded the land; for the land itself; and for the opportunity to cultivate a thriving, diverse, inclusive, and just scholarly community here today that works for a better tomorrow for all.

Tentative Course Outline

Date	Chapter/Topic
8/29	Course Introduction/The Profession of Sports Nutrition & Dietetics <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
8/29 to 9/12	Module 1 <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list. ● Scope of Practice. Read assigned article on understanding scope of practice. ● Complete SOP Discussion Posting in WebCampus. Due at 11:30 am on 8/31/22
8/31	Scope of Practice <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Academic Integrity Affirmation Due
9/5	Labor Day Recess- No Class
9/7	Anti-Inflammatory Eating <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
9/12	Literature Searching & Databases- Health Science Librarian- Xan Goodman <ul style="list-style-type: none"> ● WebEx class discussion. Access via WebCampus.
9/14 to 9/21	Module 2 <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list. ● Chapter 1- Introduction to Sports Nutrition ● Chapter 2- Defining and Measuring Energy ● Chapter 3- Energy Systems & Exercise ● For each chapter, read chapter and complete Cengage MindTap chapter activities/assignments & quiz. ● Chapters 1 & 2 assignments/activities due at 11:30 am on 9/14/22

	<ul style="list-style-type: none"> ● Chapter 3 assignments/activities due at 11:30 am on 9/21/22
9/14	<p>Energy Expenditure Calculations. This is also covered in NUTR 426. Some specifics to athletes will be covered here.</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Chapters 1 & 2 assignments/activities due at 11:30 am
9/19	<p>Kennedy Springer, Director of Performance Nutrition, UNLV Athletics</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
9/21	<p>Chapter 3- Energy Systems</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Chapter 3 assignments/activities due at 11:30 am ● Role of the Sports RDN Discussion Posting due at 11:30am
9/26 to 10/5	<p>Module 3</p> <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list. ● Chapter 4- Carbohydrates ● Read chapter and complete Cengage MindTap chapter activities/assignments & quiz. All due at 11:30 am on 9/26/22. ● Sports Supplement Project Part 1 Due on 10/5/22 at 11:30 am.
9/26	<p>Carbohydrate- Classification, digestion, absorption, metabolism</p> <ul style="list-style-type: none"> ● In Person (Maybe) at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Chapter 4 assignments/activities due at 11:30 am
9/28	<p>Carbohydrate & Physiological Performance</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
10/3	<p>Carbohydrate- Guidelines for Intake</p> <ul style="list-style-type: none"> ● WebEx class discussion. Access via WebCampus.

10/5	<p>Carbohydrate- Endurance Performance Application</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Sports Supplement Project Part 1 Due at 11:30 am.
10/10 to 10/19	<p>Module 4</p> <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list. ● Chapter 5- Proteins ● Chapter 6- Fats ● For each chapter, read chapter and complete Cengage MindTap chapter activities/assignments & quiz. ● Complete Discussion Posting due at 11:30 am on 10/10/22 ● Chapter 5 assignments due at 11:30 am on 10/10/22 ● Chapter 6 assignments due at 11:30 am on 10/17/22
10/10	<p>Protein</p> <ul style="list-style-type: none"> ● WebEx class discussion. Access via WebCampus. ● Chapter 5 assignments/activities due at 11:30 am
10/12	<p>Protein</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
10/17	<p>Fats/Lipids</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Chapter 6 assignments/activities due at 11:30 am
10/19	<p>Fats/Lipids</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
10/24 to 10/31	<p>Module 5</p> <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list.

	<ul style="list-style-type: none"> ● Chapter 7- Water & Electrolytes ● Chapter 8- Vitamins ● Chapter 9- Minerals ● For each chapter read chapter and complete Cengage MindTap chapter activities/assignments & quiz 5. ● Complete Discussion Posting. <p>All due at 11:30 am on 11/1/22</p>
10/24	<ul style="list-style-type: none"> ● Hydration Guidelines, Calculating Sweat Rates ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus
10/26	<ul style="list-style-type: none"> ● Vitamin & Mineral Issues in Athletes ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
10/31	<ul style="list-style-type: none"> ● Work on Chapter 7, 8, 9 assignments. Due at 11:30 am on November 1.

11/2 to 11/16	<p>Module 6</p> <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list. ● Chapter 10- Diet Planning: Food First, Supplements Second ● Read chapter and complete Cengage MindTap chapter activities/assignments & quiz. Due at 11:30 am on 11/9/22 ● Complete Discussion Posting. Due at 11:30 am on 11/16/22
11/2	<ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
11/7	<ul style="list-style-type: none"> ● WebEx class discussion. Access via WebCampus.
11/9	<ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Chapter 10 assignments/activities due at 11:30 am
11/14	<p>WebEx class discussion. Access via WebCampus.</p>
11/16	<ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Discussion Posting due at 11:30 am
11/21	<p>Sports Supplement Project Check In</p> <ul style="list-style-type: none"> ● WebEx class discussion. Access via WebCampus.
11/23 to 12/7	<p>Module 7</p> <ul style="list-style-type: none"> ● View Modules area in WebCampus. This is your complete “To Do” list. ● Chapter 11- Weight & Body Composition ● Chapter 12- Disordered Eating and Exercise Patterns in Athletes ● Chapter 13- Diet and Exercise for Lifelong Fitness & Health ● For each chapter, read chapter and complete Cengage MindTap chapter activities/assignments & quiz. ● Complete 2 Discussion Postings.

	All due at 11:30 am on 11/30/22
11/23	<ul style="list-style-type: none"> ● Work on Sports Supplement Part 2 Literature Review
11/28	<ul style="list-style-type: none"> ● Complete Chapter assignments
11/30	<p>Practical Application</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus. ● Chapter 11, 12, 13 assignments/activities due at 11:30 am
12/5	<ul style="list-style-type: none"> ● WebEx class discussion. Access via WebCampus.
12/7	<p>Practical Application</p> <ul style="list-style-type: none"> ● In Person at the UNLV Nutrition Center (UAB 101) OR Access via WebEx within WebCampus.
12/7	Sports Supplement Project Part 2 and Handout Due at 11:30 am.
12/12 to 12/16	Final Exam Week. Final Exam will be open until 11:30 am on Friday December 16th.