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**Course Title/Number: ES 402/Exercise Nutrition**

**Department Name: Exercise and Nutrition Sciences**

**Program Name: BS in Exercise Science**

Semester: Fall  **Year:** 2013

| **Class Day/Time:** | Tuesday and Thursday 11:00 to 11:50 | | | |
| --- | --- | --- | --- | --- |
| **Class Location:** | DFN 203 | | | |
| **Format(s):** | LEC | Click here to choose an item. | Click here to choose an item. | Click here to choose an item. |
| **Prerequisite(s):** | Human Nutrition or other basic nutrition course and Exercise Physiology | | | |

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| --- | --- | --- | --- |
| **Instructor(s) of Record:** | Peter Horvath, Ph.D. | Click here to enter text. | Click here to enter text. |
| **Office:** | 12 Sherman Hall | Click here to enter text. | Click here to enter text. |
| **Phone Number(s):** | 829-5665 | Click here to enter text. | Click here to enter text. |
| **Email:** | phorvath@buffalo.edu | Click here to enter text. | Click here to enter text. |
| **Office Hours:** | Tuesday 1-2 | Wednesday 2-3 | By appointment and in Virtual space (at all times <http://ublearns.buffalo.edu>) |
| **Teaching Assistant (TA):** | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| **TA Office:** | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| **TA Phone Number:** | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| **TA Email:** | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| **TA Office Hours:** | Click here to enter text. | Click here to enter text. | Click here to enter text. |

**I. (a) Course Description:**

This course will cover the basic aspects of nutrition and its relationship to physical activity, and detailed knowledge in energy metabolism and the effects that exercise has on digestion, absorption and storage of nutrients. The relationship between nutrition, physical activity and aging and various disease states will be explored.

The students will be able to understand the current research in energy nutrition and exercise nutrition, describe the basics of energy metabolism during rest and exercise, and develop diets based on various goals involving energy metabolism and performance.

**II. Course Objectives / Competency / Instructional Method(s) / Assessment of Student Learning**

|  |  |  |  |
| --- | --- | --- | --- |
| **Competency** Should be able to: | **Objectives:** knowledge, skills, and behaviors | **Instruction method** | **Assessment** |
| Describe the relationship between structure and function of various organ systems as related to movement patterns and exercise responses and adaptations in response to exercise training in healthy and diseased states | Discuss the interaction of diet and exercise in energy metabolism and in maintaining a healthy lifestyle | Lecture | Exam |
| Discuss the interaction of diet and exercise in energy metabolism and in maintaining a healthy lifestyle | Discuss the interaction of diet and exercise in energy metabolism and in maintaining a healthy lifestyle | Lecture | Exam |
| Describe the basic mechanisms that underlie the adaptive response of the various body systems to exercise training | Describe the basics of energy metabolism during rest and exercise | Lecture | Exam |
| Describe the basic mechanisms of common sport- or exercise-related injuries and repair. | Describe the basics of energy metabolism during rest and exercise. | Lecture | Exam |
| Discuss the interaction between exercises and various diseases or conditions through the lifespan. | Apply the principles of exercise science to adult exercise training and evaluation. | Textbook readings. | Multiple choice examination. |
| Demonstrate proficiency in the use of various information systems to search and retrieve scientific and non-scientific literature. | Apply current research findings to the existing knowledge base in energy nutrition and exercise nutrition. | Lectures and class discussions | Review paper |
| Explain the role of physical activity and diet in the prevention and management of chronic disease. | Apply current research findings to the existing knowledge base in energy nutrition and exercise nutrition. | Lectures | Exam, class discussions and review paper |
| Demonstrate effective oral and written communication, problem solving and personal interaction skills. | Apply current research findings to the existing knowledge base in energy nutrition and exercise nutrition. | Lectures | Exam and review paper |

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**III. Textbooks /Equipment /Required Technologies**

| Resource | Required | Notes |
| --- | --- | --- |
| *Practical Applications in Sports Nutrition. Fink, HH, AE Mikesky, and LA Burgoon, 3rd Jones and Bartlett, 2012 (9781449646431)* | **Yes** | Click here to enter text. |
| *Biochemistry Primer for Exercise Science*. 3rd Edition, Michael Houston, Human Kinetics 2006 (9780736056120) | **Recommended** |  |

**IV. Course Learning Activities**

* 1. Students will be required to take two exams, write a term paper (with a preliminary/draft abstract) and complete a mypryamid.gov assignment.
  2. Each exam will be multiple-choice.Exams will be based on lectures. Students will be expected to develop a thorough understanding of the concepts and factual material presented in lecture. Student ID is required for all exams.
  3. Paper will be a review paper (10 pages, double spaced) of a current topic in the areas covered in the course. The topic must be approved by the instructor (there is a posting on UBLearns of some “suggested” topics, but this is a not restrictive list). A detailed description of format is provided online in UBlearns. Endnote **must** be used for the references.
  4. The paper and draft is submitted through UBLearns. It may be checked for originality/plagiarism/proper citations by a software package (safeassignment). This is available for student submission prior to being submitted.

**V. Course and Instructor Eval**

Each student who submits a completed online evaluation as reported to the Course Coordinator by the SPHHP CoursEval Administrator will be awarded a 1% increase in his/her overall course average. CourseEval procedures protect the anonymity of student respondents – the Course Coordinator will receive a list of names of students who have submitted evaluations, but no faculty member receives evaluation reports (ratings and comments) before grades are submitted, and student names are not included on evaluation reports.

**VI. Grading**

Each exam is worth 30 %, term paper 30%, submission of draft 1%, abstract 1%, topic approval 1%, mypyamid.gov assignment 1%, Research Day Report 1% and Pre-lecture quizzes (5%). See schedule for due dates.

**Final Grade Determination**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| A | 93 or greater | B- | 80 > 83 | D+ | 65 > 70 |
| A- | 90 > 93 | C+ | 77 > 80 | D | 60 > 65 |
| B+ | 87 > 90 | C | 73 > 77 | F | < 60 |
| B | 83 > 87 | C- | 70 > 73 |  |  |

**VII. Other course related information**

1. Make-up exams will be scheduled ***ONLY*** for valid reasons, i.e. a **DOCUMENTED** medical or family emergency.
2. There will be absolutely NO extra credit assignments offered at any time.
3. Following exams, grades will be posted on the UBLearns website. ***Grades will not be released by telephone or Email.***

**VIII. Communication**

If you have multiple email accounts, please be sure that you access (or forward) your UB email. Your UB email is the account I will use to send course-related materials.

**IX. Policy Regarding Absences, Attendance, Assignments, Exams, and**

**University Policy on Incompletes in Courses**

• **Class Attendance and Absences**

As many in-class activities will be completed throughout the semester, class attendance   
is expected. In the case of exceptional circumstances that result in you being late or absent,   
you must contact me prior to the start of class (either by email or by leaving a telephone message). Please be aware that an absence from class under these circumstances does not excuse you from any required assignments.

• **Late Assignments**

Points will be deducted for late paper, abstract and approval of topic (1% off total grade per day). If there are circumstances that will preclude you from turning in assignments on the due date, it is imperative that you discuss the situation with the instructor prior to the due date.

• **Policy on Incomplete Grades for the Course**

Incomplete grades will be given only if there are extenuating circumstances (i.e. severe illness) that preclude the student from completing the course. The student must have satisfactorily completed all course work and successfully passed all exams (B or better) up until the time an incomplete is requested.

• **University Policy on Incomplete Grades**

A grade of incomplete (“I”) indicate that additional course work is required to fulfill the requirements of a given course. Students may only be given an “I” grade if they have a passing average in coursework that has been completed and have well-defined parameters to complete the course requirements that could result in a grade better than the default grade. An “I” grade may not be assigned to a student who did not attend the course. Prior to the end of the semester, students must initiate the request for an “I” grade and receive the instructor’s approval. Assignment of an “I” grade is at the discretion of the instructor.

The instructor must specify a default letter at the time the “I” grade is submitted.   
A default grade is the letter grade the student will receive if no additional coursework is completed and/or a grade change form is not filed by the instructor. “I” grades must be completed within 12 months. Individual instructors may set shorter time limits for removing an incomplete than the 12-month time limit. Upon assigning an “I” grade, the instructor shall provide the student specification, in writing or by electronic mail, of the requirements to be fulfilled, and shall file a copy with the appropriate departmental office.

Students must not re-register for courses for which they have received an “I” grade.

Applicable dates regarding the 12-month provision:

Courses taken in (semester): Will default in 12 months on:

Fall December 31

Spring May 31

Summer August 31

The “I” must be changed to a grade before the degree conferral date if the students plans to graduate in that semester. At any time prior to the default date, students may elect to change the “I” grade to the default grade using the Grade Retrieval Form.

A default grade an be “A-,” “B+,” “B-,” “C+,” “C-,” “D+,” “D,” or “F.” (If a student selected an S/U grading option, it will replace the default letter grade when the grade defaults.)

**Disability Policy**

If you have any disability which requires reasonable accommodations to enable you to participate in this course, please contact the Office of Accessibility Resources, 25 Capen Hall, 645-2608, and also the instructor of this course during the first week of class. The office will provide you with information and review appropriate arrangements for reasonable accommodations. <http://www.ub-disability.buffalo.edu/>

**Netiquette**

This course may utilize UBlearns to facilitate online communication between course participants. Please keep in mind the following “Rules of Netiquette” when communicating online.

1. **The rules of the classroom are the same regardless of location.** Remember just because you’re interacting online, doesn’t mean you stop having respect for your professors, and fellow classmates. You’re communicating with a real person, not a computer screen.
2. **Remember your audience.** When communicating online it’s important to remember who you’re communicating with. When sending a message to a professor, please refrain from using “text speak”. For example, Shakespeare never intended for you to type “2B or not 2B”. Also, stay away from typing in all capital letters; it will appear as if you’re shouting.
3. **Avoid strong language.** Language can easily be misinterpreted in an online setting. Be sure to review your work before submitting, making sure the reader won’t be able to misinterpret it as strong, or offensive. Sarcasm doesn’t translate well online. Your audience can’t see your facial expressions, or body language. Try to be as straight forward and professional as possible.
4. **Read everything, twice.** Be sure to thoroughly read all course materials before beginning to work on your assignments. If you have a question, or need clarification, re-read the materials. You may have glanced over an important detail the first time. If you’re still having difficulties, then e-mail your professor.
5. **Review all materials before submitting.** When responding to discussion board posts,  
    be sure to read all previous postings before you post your own. This way you won’t duplicate someone else’s comments. Also, it’s a good idea to write, and save your work in Microsoft Word first. In case of a technical issue, you have a backup copy.

**Academic Integrity**

Students who are suspected of academic dishonesty will be dealt with severely in accordance with the Department and University Policy. This may include a grade of 0 for an assignment and/or failure in a course.

***Academic Dishonesty****:* Actions that compromise academic integrity include, but are not limited to the following examples:

* *Previously submitted work:* Submitting academically required material that has been previously submitted – in whole or in substantial part – in another course, without prior and expressed consent of the instructor.
* *Plagiarism.* Copying or receiving material from any source and submitting that material as one’s own, without acknowledging and citing the particular debts to the source (quotations, paraphrases, basic ideas), or in any other manner representing the work of another as one’s own.
* *Cheating.* Soliciting and/or receiving information from, or providing information to, another student or any other unauthorized source (including electronic sources such as cellular phones and PDAs), with the intent to deceive while completing an examination or individual assignment.
* *Falsification of academic materials.* Fabricating laboratory materials, notes, reports, or any forms of computer data; forging an instructor’s name or initials; resubmitting an examination or assignment for reevaluation which has been altered without the instructor’s authorization; or submitting a report, paper, materials, computer data, or examination (or any considerable part thereof) prepared by any person other than the student responsible for the assignment.
* *Misrepresentation of documents.* Forgery, alteration, or misuse of any University or Official document, record, or instrument of identification.
* *Confidential academic materials.* Procurement, distribution or acceptance of examinations or laboratory results without prior and expressed consent of the instructor.
* *Selling academic assignments.* No person shall sell or offer for sale to any person enrolled at the University at Buffalo any academic assignments, or any inappropriate assistance in the preparation, research, or writing of any assignment, which the sellers knows, or has reason to believe, is intended for submission in fulfillment of any course or academic program requirement.
* *Purchasing academic assignments.*No person shall purchase an academic assignment intended for submission in fulfillment of any course or academic program requirement.

***Student Handbook****:* All students are required to read the student handbook. An online version is available on the ‘Information For Current Students’ page of your department website.

**COURSE SCHEDULE**

This schedule is subject to revision due to unforeseen events. Any course schedule changes or additional readings will be posted on UBlearns and will be announced in class as time permits. Note: Additional required readings may be assigned and will be assigned at least one week prior to the class for which they are assigned.

|  |  |  |
| --- | --- | --- |
| Lecture | Date | Topic |
| 1 | 8/27 | Introduction |
| 2 | 8/29 | Sports Nutrition |
| 3 | 9/3 | Nutrients and Energy Metabolism |
|  | **9/5** | **Rosh Hashanah** |
|  | **9/10** | No class – Mushroom Summit in DC |
| 4 | 9/12 | Carbohydrates **and MyPyramid.gov due** |
| 5 | 9/17 | “ |
| 6 | 9/19 | “ |
| 7 | 9/24 | “ |
| 8 | 9/26 | “ |
| 9 | 10/1 | Lipids |
| 10 | 10/3 | “ |
|  | **10/8** | **No class but Paper topic due** |
| 11 | 10/10 | “ |
| 12 | 10/15 | “ |
| 13 | 10/17 | “ |
| 14 | 10/22 | **Exam 1 (through Lipids)** |
| 15 | 10/24 | Protein |
| 16 | 10/29 | “ and **Paper abstract due** |
| 17 | 10/31 | “ |
| 18 | 11/5 | “ |
| 19 | 11/7 | Blood, Bone and Female Triad |
| 20 | 11/12 | “ |
| 21 | 11/14 | Water/Electrolytes |
| 22 | 11/19 | Antioxidants |
| 23 | 11/21 | Ergogenic Aids and **Paper Due** |
|  | 11/26 | **No Class** |
|  | **11/28** | **Thanksgiving – EAT (but not too much)**  **No Class** |
| 26 | 12/3 | Eating on the road and other practical sports nutrition  **2nd MyPyramid.gov due** |
| 29 | 12/5 | **Research Day – report due 12/7 by 5 PM** |
| Final exam period | | **Exam 2** |