

NUTR 2021 NUTRITION FOR FITNESS AND SPORTS

SALT LAKE COMMUNITY COLLEGE

Instructor:

Contact (email):

Office:

COURSE DESCRIPTION:

The purpose of this class is to address advanced fitness and sport nutritional issues, examining physiological aspects and lifestyle practices of athletes and fitness participants. Students will be introduced to the field of sports nutrition and the principles behind ergogenic aids. Nutrient metabolism will be emphasized as it pertains to fitness and optimizing athletic participation. Changes in body composition to achieve optimal competitive efforts will be discussed. Students will learn fundamentals of human nutrition and their application to a healthy lifestyle.

PREREQUISITES: NUTR 1020

CREDIT HOURS: 3

REQUIRED TEXT: *Nutrition for Health, Fitness and Sport 13th Ed.* Eric Rawson.
McGraw-Hill Connect

OBJECTIVES/OUTCOMES

Student's will:

1. Describe the macro and micronutrients of nutrition and the food sources of each.
2. Explain the role nutrition has in enhancing performance and health in physically active individuals
3. Evaluate ergogenic aids and the pros and cons of their use in enhancing performance and recovery.
4. Evaluate an athlete or fitness participant's diet and make recommendations for improved performance.
5. Evaluate various weight gain and weight loss programs.
6. Complete a dietary analysis
7. Evaluate body composition and weight management
8. Research and present on a sports nutrition topic from the literature to the class

COURSE REQUIREMENTS:

All students are required to:

1. Attend and participate in class
 - *Make-ups for absences will not be allowed
 - *If you choose not to attend, you accept the responsibility for what you miss.
2. Take exams based upon required text, class lectures, and handouts.
3. Complete reading assignment prior to attending class.
4. Complete and pass all written exams and assignments.
5. Research and present on a sports nutrition topic.
6. Complete sports nutrition profile.

7. Practice mutual respect and cooperation.

POLICIES

Grading Policies **Exams:** No makeups will be arranged unless dire circumstances are present.
Quizzes: No makeups will be allowed.
Late assignments: All assignments must be turned in on time. **No late work will be accepted.**
Grades: Student performance is based on a percentage of the possible points. Students can check their scores on the Canvas gradebook. Students should discuss grade concerns with their instructor throughout the semester. Graded work is not on file indefinitely.
Incompletes: An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstance beyond their control such as major illness/injury or a death in the family. Written documentation from your physician will be required.

Grade Scale Grades are based on a percentage of the total possible points earned in the class. The final grade for this course will be computed as follows:

	Points Possible*
Connect Orientation Video	5
SmartBook 2.0 – Student Orientation	7
Adaptive Learning Assignment Orientation Video	5
Chapter Assignments (13 x 10)	130
Case Studies (4 x 10 pts)	40
Energy Systems Worksheet	10
Energy Systems Diagram Assignment	23
Evaluating Supplements (2 x 10 points)	20
Pre-workout Assignment	20
Sweat Rate Assignment	10
Dietary Analysis	50
Research Presentation	30
Pop Quizzes	?
Quizzes (13 x 10 pts)	130
Exams (3, 50 pts)	150
Comprehensive Final Exam	100
	Total 730 +

A	95-100%	C	73-75
A-	90-94	C-	70-72
B+	86-89	D+	66-69
B	83-85	D	60-65
B-	80-82	D-	55-59
C+	76-79	E	Below 55%