

Course at a Glance

Summer 2018

Course Title: Sports Nutrition

Course Number: HUN 3272

Dept: CPH

Credits: 3

Traditional Section: 310

CRN: 55783

Instructor Name: Dr. L. Preston Mercer, Ph.D.

Instructor Email: Canvas

Course Description:

This course explores nutrition in the enhancement of health and fitness. Discussion includes the nutrient requirements for attainment and maintenance of health, disease prevention and sports performance. The appropriate use of dietary supplements, popular diets, and causes and treatment of eating disorders and obesity will be studied. Claims targeted to the exercising population will be evaluated.

Format of content presentation, activities and/or instructional methods:

Web-based (in Canvas). The course web site provides Narrated PowerPoint presentations, videos, cases, copies of the instructor's presentations and other course materials, instructions, and grades.

Course content organization:

Course is organized by week with a total of 10 units. Exams are available online Friday – Monday in their corresponding week.

Textbook and Ordering materials:

***Nutrition for Sport and Exercise, 4th Edition* AUTHORS: Dunford/Doyle - ©2019**

- **ISBN10: 1-337-55676-9, ISBN13: 978-1-337-55676-7**

https://www.cengagebrain.com/shop/ProductDisplay?urlRequestType=Base&catalogId=10057&categoryId=&productId=1038749&errorViewName=ProductDisplayErrorView&urlLangId=-1&langId=-1&top_category=&parent_category_rn=&storeId=10151

You can rent or get an eBook at this site.

Topics:

1. Introduction to Sports Medicine
2. Defining and Measuring Energy
3. Energy Systems and Exercise
4. Carbohydrates
5. Proteins and Amino Acids
6. Fats/Lipids
7. Water and Electrolytes
8. Vitamins
9. Minerals
10. Diet Planning

11. Weight and Body Composition
12. Diet and Exercise/Lifelong Fitness
13. Disordered Eating

Types of assessments and activities in the course:

This course has multiple choice exams, quizzes, as well as discussion topics to be done in assigned groups, an individual diet analysis assignment. There is also an optional extra credit paper assignment.

Course Expectations:

The course is divided into 6 segments. Most weeks include narrated lecture(s), reading, videos, and practice activities. All students are required to:

- Check the course website for announcements and any updates to the syllabus.
- Read the textbook and supplemental readings
- Access and read selected content from web sites
- View videos, Narrated PowerPoints and movie (when applicable)
- Complete practice activities (non-graded)
- Collaborate with other students on group discussions.
- Interact online (group discussion board or group chat) with their group members to enhance their understanding of the course material. Students are encouraged to begin discussion threads and pose questions or issues to the entire class.
- All course assignments and exams must be completed as scheduled. Assignments will not be accepted after the assigned class time.

For more information about the Course, Contact:

Name: Dr. L. Preston Mercer, Ph.D.
Contact Info: Canvas

Note: For problems accessing the course materials and other computer technical problems, click the **Tech Assistance** button in your course website and fill out a "Technical Problem Report Form". Tech Assistance button links to the Technical Assistance page of the Office of Educational Technology & Assessment website at: <http://health.usf.edu/publichealth/eta/techsupport.html>. Students can also receive assistance via telephone at 813-974-6666, Mon-Fri 8:30am-5pm, or via email at eta@health.usf.edu.

Technology Requirements (e.g. software or hardware):

Visit this website for software requirements and downloads:
http://health.usf.edu/publichealth/eta/students_tech_requirements.htm

Optional for this course (used for completing the Diet Analysis assignment):

Diet Analysis Plus 10.0 Windows/Macintosh CD-ROM (or latest edition)

<http://www.cengagebrain.com/shop/en/US/storefront/US?cmd=catProductDetail&ISBN=978-0-538-49509-7> (Links to an external site.)

Please Note: The information on this document is subject to change. The course instructor has the right to change any information posted in this document. Students should check the official course syllabus released during the first week of classes for any updates to this document.