

FCS 608 – SPORTS NUTRITION
College of Health and Human Development
Fall 2010
Monday 4:00-6:45 PM
Location: SQ 102

Instructor: Dr. T. Lisagor, EdD, MS, RD
Office: SQ 200F
Telephone: Office: (818) 677-3119
FCS Office: 677-3051 (leave message)
Email: terri.lisagor@csun.edu
Class website: <http://www.csun.edu/~lisagor>

Office Hours: Monday: 9:00-10:00 AM; Tuesday: 2-3:00 PM; Wednesday: 9:15-10:15 AM; or by appointment. You may also send questions by email.

Required Text: Dunford, M (Ed). *Sports Nutrition: A Practice Manual for Professionals*. 4th ed., Chicago, American Dietetic Association. 2006.

Additional: Class notes, handouts.

Optional Textbooks and other resources:

- Williams, MH. *Nutrition for Health, Fitness & Sport*, 7th ed. Boston. McGraw-Hill. 2005.
- McArdle, WD, Katch, FI & Katch, VL. *Exercise Physiology*, 5th ed. Philadelphia. Lippincott Williams & Wilkins. 2001.
- Ivy, J & Portman, P. *The Future of Sports Nutrition, Nutrient Timing*. (Go to <http://www.amazon.com/exec/obidos/ASIN/1591201411> [<\$10.00 + shipping])
- Manore, M & Thompson, J. *Sport Nutrition for Health and Performance*. Champaign, IL. 2000.
- *International Journal of Sport Nutrition and Exercise Metabolism* (Print or on-line version, student rates to subscribe.) <http://www.humankinetics.com/IJSNEM/journalAbout.cfm>
 - Use Human Kinetics journals in classroom
 - Three-month student ~ only \$30. Sent earlier email of information.
- Website of interest on coaching tips: <http://www.brianmac.demon.co.uk/>
- An absolute must see: <http://www.eatright.org/Public/content.aspx?id=7088>
- Also of interest: http://www.gssiweb.com/Article_List.aspx?topicid=2
- And more: <http://www.nlm.nih.gov/medlineplus/sportsfitness.html#cat10>
-

Course Description: This course is designed to provide an overview of nutrient use in exercise and nutrition strategies to improve exercise performance. The course includes thorough review of current literature in Sports Nutrition.

Course prerequisites: Majoring in Nutrition, Athletic Training, or Kinesiology. Graduate-standing required. Strong biological science understanding suggested. Strongly recommend completing FCS 207, 307 and 407/308, (or equivalent) as well.

Course Objectives: Upon completion of this course, each student will be able to:

1. Describe the nutrient requirements during the various types of sports and exercise, along with the rationale for those requirements;
2. Describe the biochemistry of nutrients during exercise;
3. Describe the effects of excesses and/or deficiencies of the nutrients;
4. Evaluate and discuss current literature in sports nutrition;
5. Have a working knowledge of Nutrition software;
6. Work with athletes to improve the athlete's nutritional intake;
7. Describe the benefits and risks of ergogenic aids;
8. Describe nutritional issues pertaining to individual sports;

9. Describe the benefits of a lifelong interest and participation in nutrition and exercise

FINAL EXAM AND HOMEWORK**

Exams will cover all information in the reading and from class lectures. The exams will be multiple choice (objective), and short answer, and will involve critical thinking skills.

Homework is due at the beginning of each class period, TYPED. Late assignments will not be accepted.

****NO MAKE-UP EXAMS WILL BE GIVEN.**

GRADING/EVALUATION:

Tentative point allocation:

Sport-related Dietary Analysis	100 points
2 Topic Oral Presentations	50 points (25 points each)
2 Topic Papers	50 points (25 points each)
Final-Take Home	100 points
Attendance	(-10 pts/absence)

TOTAL PTS.

300 Points possible

Course grades, using a **plus/minus** grading system, will be assigned as follows:

	A: 94-100%	A-: 90-93%
B+: 87-89%	B: 84-86%	B-: 80-83%
C+: 78-79%	C: 74-77%	C-: 70-73%
D+: 68-69%	D: 64-67%	D-: 60-63%
	F: <60%	

*****Academic dishonesty on exams and assignments will not be tolerated and constitutes grounds for failure in the course. (Refer to the California Code of Regulations, Section 41301, Title 5, as found in the University catalog.)**

GRADING AND EVALUATION DETAILS:

- 1. Participation:** The class will be run like a seminar, thus complete participation by all of the students is crucial. At each meeting, students will be prepared to present and discuss various topics relevant to our course materials. In addition to graded assignments, your contribution to class discussion is an important part of the academic growth of all students in the class and will be considered in your final grade.
- 2. *Final (100 points):**
A **comprehensive** (multiple choice, short answer, and essay questions) final will be given on last formal class meeting and will be due no later than: **Monday, December 14th, 7:15 PM.**
- 3 Attendance:** The student is expected to attend all required sessions. (Up to **10 points** will be deducted for each missed session.)

4. Additional assignments:

a) **ADOPT AN ATHLETE: A Two-Day Dietary Analysis of an Athlete**

You will be doing a 2-day dietary analysis of an athlete. More detailed instructions will be presented in class, but will involve interviewing and counseling the athlete (**100 points**).

b) **Research TOPIC presentations: (GROUP PROJECTS)**

Investigative topic reports: You will be assigned to investigate a variety of topics relating to nutrition and specific sports. You may also address general fitness and health as part of your topic discussion. You will give oral presentations and submit a written report, based on your findings, and lead class discussion for your topics. Your topics will include research with at least **5 primary research articles**. Other reliable sources may add to the information you present.

- As part of your topic discussion, incorporate discussions of the primary research articles, including methods of research and findings.
- Two research presentations: **25 points each**, oral; **25 points** each, written
- 10% of the grade on these projects will be based on **peer evaluation**.

RECAP:

- ◆ Assignments are to be turned in at the beginning of the class period on the day they are due.
- ◆ Late assignments will **not** be accepted.
- ◆ Missing assignments will be entered as **zero**.
- ◆ Assignments must be **typed** unless otherwise noted.

FIRST selected topic: _____	
Presentation date: _____	
Topic partners	Email address:
_____	_____
_____	_____
_____	_____

SECOND topic: _____	
Presentation date: _____	
Topic partner	Email address:
_____	_____
_____	_____
_____	_____

CLASSROOM POLICIES

- ◆ Assignments are to be turned in at the **beginning** of the class period on the day they are due.
- ◆ **NO ASSIGNMENTS WILL BE ACCEPTED AFTER THE DUE DATE; the grade will be recorded as “zero.”**
- ◆ **Assignments must be typed** unless otherwise noted.
- ◆ **Class attendance and punctuality** are *mandatory*. Attendance will be taken. (-10 pts/absence; -2 pts. if late)
- ◆ If you miss class, you are still responsible for the assignments that are due on that day.
- ◆ Just reading the texts cannot capture the information and discussion that take place during class; you will be responsible for all information.
- ◆ **No make-up or early exams**
- ◆ **Cell phones** are to be “off” during class and in sessions with your athlete.
- ◆ **Plagiarism and cheating will not be tolerated, and will result in an automatic” fail” in the course. The student may be subject to more severe University discipline. (Refer to the California Code of Regulations, Section 41301, Title 5, as found in the University catalog.)**
- ◆ **Honesty, ethical, and respectful behavior** are expected of each student.
- ◆ Requests for an Incomplete (I) must conform to University policies. Among other requirements, an “I” is possible only for instances in which a student is demonstrating passing work in the class.

Special Needs

- **Requests for accommodation in test taking or other special needs must be made to the instructor by the second class meeting.**

AGREEMENT

I, _____, have read, understood, and agree to the conditions as presented in the FCS 608 course syllabus.

Signature

Date