Carroll University
Division of Natural and Health Sciences
ESC202A Hybrid: Advanced Sports Nutrition
Syllabus - Spring 2017

Course Number and Title: ESC202: Advanced Sports Nutrition
Credit Hours: 4
Section: HY
Prerequisites: ESC201, ANP140 and ESC303, or consent of the instructor
Time and Days: 8:00-9:50 TR, hybrid formatting*
Location: PT105
Instructor: Jamie Krzykowski, PhD, LAT, CISSN, TNC
Email: jkrzykow@carrollu.edu
Phone: 262-951-3035
Office: PT 124
Office Hours: By appointment

Required Readings:

*Additional required readings as indicated in the course outline and on LMS.

Recommended Reading:

Course Description:
This course offers an in-depth study of acute and chronic metabolic adaptations to exercise, followed by a study of diet manipulations to optimize exercise metabolism and improve performance.

Learning Objectives: After completion of this course, students will:
1. Recognize alterations in metabolism during acute exercise and chronic metabolic adaptations to training.
2. Document techniques to alter fat metabolism and understand their effect on endurance performance.
3. Understand common nutritional deficiencies in athletes and how to prescribe an appropriate eating plan.
4. Demonstrate an understanding of altered nutrition needs for athletes with special needs.
5. Discuss and apply nutritional guidelines to enhance performance in specific sports and positions.
6. Recognize alternatives to the Western diet and how to prescribe appropriate eating plans.
7. Comprehend research design to study the effects of dietary manipulation on exercise metabolism.
8. Explore the relevance of nutrition education within the community and how it ultimately relates back to sports nutrition.
9. Successfully assess, prescribe, and follow-up with a student athlete client throughout the semester, demonstrating application of each of the above objectives as it relates to the individual.

Hybrid Format
Due to the hybrid nature of this course much of the course work will be completed independently and online. Students should expect to spend a minimum of 8-10 hours per week outside of normal class time working on
requirements for this course. As described on Wikibooks, “Hybrid” is the name commonly used nationwide to describe courses that combine face-to-face classroom instruction with computer-based learning. Hybrid courses move a significant part of course learning online and, as a result, reduce the amount of classroom seat time. The goal of Hybrid courses is to join the best features of in-class teaching with the best features of online learning to promote active, independent learning and reduce class seat time.' There are many advantages and disadvantages of the hybrid course format. Please refer to the Wikibooks website for more information and to gain a better understanding of the purpose and structure of hybrid courses. Please consult with the course instructor as needed throughout the semester.

**Attendance**

Students are expected to be prompt and regular in attendance at all scheduled classes, labs, service learning and outside experiences. Absence from class can only detract from your learning; however, if a student is unable to attend a class or lab due to illness, or a legitimate emergency/ university-approved excused absence, he or she must notify the instructor in a timely fashion. Faculty do not grant permission for class absence, and the student is responsible for the work missed to include getting the information covered in class from classmates and turning in any homework and/or learning activities for scheduled class sessions. Learning opportunities that cannot be replicated will not be rescheduled for planned absences. The faculty believe that consistent attendance at all scheduled course activities will support the student's individual effort in meeting course objectives.

If a student is dealing with extenuating circumstances, then it is the student’s responsibility to personally meet with the instructor as soon as possible (before the assigned due date) to discuss and make alternative arrangements. Alternative arrangements/assignments are at the discretion of the instructor.

**Due to the nature of the course objectives, a portion of the class experience will take place outside normal class time through online and independent work with clients, case studies and service learning. Students will consistently meet with their assigned clients while being supervised by the instructor and completing appropriate coursework.**

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case Study Portfolio</td>
<td>25%</td>
</tr>
<tr>
<td>Homework and Worksheets</td>
<td>20%</td>
</tr>
<tr>
<td>Service Learning</td>
<td>20%</td>
</tr>
<tr>
<td>Research Design Project</td>
<td>15%</td>
</tr>
<tr>
<td>Peer Education Presentation</td>
<td>15%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Grading Scale:**

The assignment of a letter grade is based on the following percentage scale:

- A  92 – 100
- A/B 88 – 91
- B  82 – 87
- B/C 78 – 81
- C  70 – 77
- D  60 – 69
- F  0 – 59

**Student Assessment**

**Student Athlete Client Case Study Portfolio (25%)** – Students will work with an individual client throughout the semester. Each student will maintain a portfolio of all interactions with clients including: completed assessment forms, table of measurements taken, list of goals and steps to reaching those goals, nutritional and exercise plans, etc. The case study portfolio will be considered as the equivalent to a final exam in this course. Further details will be discussed in class and provided on LMS.

Case Study Mini Presentations – Students will present their case studies to the class periodically throughout the semester, providing a brief description of their client including their nutritional and activity background and goals, motivation strategies that are or are not working, etc.
**Homework and Worksheets (20%)** - This course will utilize a student-centered approach to learning. This approach requires active preparation and participation from students. Throughout the semester various homework assignments, case studies and worksheets will be utilized to enhance student comprehension and learning of the course material. This part of your grade will include, but not be limited to, the following components:

- Being prepared with completed homework assignments by due date
- Performance on in-class activities/worksheets.
- Demonstrating on-task behavior and a positive attitude in class and actively engaging in class discussions/activities. This would include your professional behavior in class.

**Service Learning (20%)** – Students will present a nutrition-related topic to an organization or group outside of the Carroll University community. Topics should be relevant to the given crowd and evidence of completion must be provided. Further details will be discussed in class and provided on LMS.

**Research Design Project (15%)** - In the allied health field, it is essential for practitioners to be able to develop evidence-based treatments and to use a problem-oriented approach. Therefore, students will explore the breadth of current literature available on specific sports nutrition topics and develop a research question. Students are encouraged to cultivate their ideas with a partner. Further details will be discussed in class and provided on LMS.

**Peer Education (15%)** - These will be geared toward a specific topic and will be incorporated throughout the semester. The intent is to educate and instruct other students in the class regarding a specific sports nutrition topic and provide recommendations for sports medicine staff. Further details will be discussed in class and provided on LMS.

**Quizzes (5%)** - There will homework and assessment quizzes during the semester. Quizzes may be completed in class or online (you will be informed prior to the quiz date) and are designed to keep you focused on your understanding of the course material. A missed quiz may not be made up unless prior arrangements with the instructor have been made.*

**Assignments**

1. All written assignments must be completed using proper grammar, spelling, punctuation, etc. Failure to do so will result in a loss of points for the assignment.
2. Required readings for each week should be completed prior to class as indicated on the course outline.
3. Case studies, mini presentations and other classroom activities will be incorporated throughout the semester.
4. Excuses for not turning in an assignment will be considered only if notification of absence is given prior to the class in which the assignment is due.
5. For specific due dates, please refer to the course outline.
6. All write-ups will be computer-generated. Hand-written pages will be accepted on some worksheets as indicated by the instructor.

In general, assignments will be graded within 3 weeks from the due date. All students will be graded using the same criteria based on the grading rubric, and your final grade will be based on the points you earned.

**Standards for written work** - The following criteria will be used to evaluate all submitted written work:

1) Independent research and inquiry, incorporating evidence from credible resources. This includes the proper AMA citation.
2) Ability to compare and contrast/evaluate research findings and make direct connections to course materials/content.
3) Synthesis of knowledge from various sources to define a conclusion, and then reflect and apply the information appropriately based on the assignment.
4) Overall ability to write descriptively and clearly articulate ideas.
5) Overall organization and completeness of work based on written directions as well as in-class verbal instructions.
6) Demonstration of proper English, including accurate spelling, grammar, and punctuation.
7) Use of proper citations (AMA style) every time a reference is used. Use of scholarly articles is expected. Please refer to the Carroll University library online full-text journal database.

Note. A separate grading rubric will be provided. Therefore, limited responses, vague generalizations, personal opinion and a lack of flow/organization in writing will not receive full credit.

Policy on Late Work Late assignments will not be accepted for credit in this course. Let’s face it: technology breaks, servers go down, transfers time out, files become corrupt. The list goes on and on. These are not considered emergencies. They are part of the normal production process. An issue you may have with technology is no excuse for late work. You need to protect yourself by managing your time and backing up your work.

All assignments are due at the beginning of the class period they are due. If you need to miss class, any assignment that is due must be emailed to me or put in my box in the PT building by class time.

Statement on Academic Integrity:
The Carroll University Academic Integrity Policy is located in your student handbook (pages 21-26). I encourage you to familiarize yourself with it. If it is found that you have violated the policy in any way I reserve the right to impose a sanction of failure on the assignment and/or failure in the course. If you have questions, please ask.

Accommodations for Disabilities:
Students with documented disabilities who may need accommodations or any student considering obtaining documentation should make an appointment with the disabilities coordinator, Mrs. Martha Bledsoe, no later than the first week of class. Mrs. Bledsoe can be reached by calling 524-7335 or via email at mbledsoe@carrollu.edu

Communication policy If you have a question about a grade or your overall academic performance in this class, you need to set up an appointment or plan to meet with the instructor during office hours. The instructor will not discuss grades by email. In order to effectively manage the volume of incoming Emails, students are asked to use proper Email etiquette. For information on Email etiquette, please go to www.emailreplies.com. This is a skill that would be expected in the workplace so practice it now. Please note that Emails related to class assignments and projects are not confidential. Students are encouraged to Email short, specific questions to the instructor.

Modifications to the Syllabus The University and instructor reserve the right to change the syllabus (including requirements, scheduling, and grading policy) if necessary during the semester.

Final class meeting: Wednesday, May 10, 2017 at 8:00am in PT105

Students encountering difficulty are urged to consult with the instructor. Cell phones and/or distracted personal electronic devices (i.e., tablet, iPad, laptop) usage will not be tolerated in class.