Course Description:
The objective of this course is to apply the principles of sports nutrition to improve the health and functionality of special populations. (3 credits)

Instructor: Jamie Krzykowski, PhD, LAT, CISSN, TNC
Email: jkrzykow@carrollu.edu
Office Phone: 951-3035
Office: PT124
Office Hours: By appointment

Prerequisites: ESC 210 and ESC 303

Required Readings:
4. Online apps – ‘About Herbs’ and ‘Epocrates’

Recommended References:

Learning Objectives: After completion of this course, students will:
1. Be able to make general public health recommendations for diet and exercise to prevent obesity in children and adults.
2. Recognize the positive outcomes of proper nutrition and exercise for children, adults, and the elderly with various illnesses and diseases.
3. Demonstrate an understanding of exercise and diet modifications for individuals with diabetes, hypertension, cardiovascular disease, arthritis, ADD/ADHD, cancer, headaches along with other assigned topics. This includes application of how both timing and type of nutrient intake may help minimize side effects.
4. Identify the signs and symptoms of anorexia nervosa, anorexia bulimia, and compulsive overeating.
5. Be knowledgeable in physiological and psychological effects of eating disorders.
6. Implement the steps in referral and treatment of an eating disorder and members of the treatment team.
7. Identify and evaluate related research and scholarly information.
8. Effectively assess a client’s needs and prescribe appropriate nutrition and exercise programs, communicated clearly to the client.

Attendance:
Students are expected to attend and participate in each class. Individuals are responsible for obtaining information presented in a missed class session. Make-up work will not be allowed.

Assignments:
Students are expected to turn in assignments by the due date and time. Late assignments will not be accepted, unless prior arrangements have been made. Required readings should be completed prior to class. Case studies, classroom discussion and activities, collaborative group work and community experiences may be incorporated throughout the course. Further details regarding the assignments will be discussed in class. Due to the short SUI session, students should be prepared to complete daily assignments.

Requirements for this course include:
1. Attendance and participation in class (5 points each day)
2. Collaborate on case studies and in-class activities.
3. Participate in a field trip(s).
4. Participate in a culinary experience with Chartwells Dining Services.
5. Present educational information to a proposed special population (TBD).

Evaluation:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Point Value</th>
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<tbody>
<tr>
<td>Attendance/Participation 5pts x 9 days</td>
<td>45</td>
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<tr>
<td>Obesity-related topic presentation</td>
<td>30</td>
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<tr>
<td>Nutrient of the day worksheets 10pts x 5</td>
<td>50</td>
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<tr>
<td>Case Studies 25pts (TBD)</td>
<td>TBD</td>
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<tr>
<td>Nutrition Education Presentation</td>
<td>60</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>185</strong></td>
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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

Statement on Academic Integrity:
The Carroll College Academic Integrity Policy is located in your student handbook (pages 17-21). Please familiarize yourself with it. If a student is found in violation of the Carroll College Academic Integrity Policy, I reserve the right to fail the student on the assignment/exam or fail the student in the course.
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, Ms. Martha Bledsoe, no later than the first week of class. Ms. Bledsoe can be reached by calling 524-7335 or via email at mbledsoe@carrollu.edu.
*The instructor and the University reserve the right to modify, amend, or change the syllabus (course requirements, grading policy, etc.) and the class schedule as the curriculum and/or program require(s).

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Activity and Readings</th>
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| Thu | May 11 | Syllabus: Overview of topics
Obesity                                                                                 | **Read:** Stengler/Balch – Obesity section
**Review:** On-line lecture – review (watch video links)
**Class prep:** become familiar with bariatric surgery, Rx weight loss medications and programs
**Class activity:** obesity treatment and management |
| Mon | May 15 | Obesity-related topic presentation work day                               |                                                                                      |
| Tues| May 16 | Obesity related presentations:
Genetics/Toxicity, Diabetes, Hypothyroidism and Gallbladder disorders          | **Read:** Stengler/Balch – diabetes, gallbladder problems, hypoglycemia and hypothyroidism, syndrome X
**Price** – entire book
**Class prep:** assigned topic presentation due; upload herb-vitamin-drug interaction worksheet
**Class activity:** assigned topic presentations, case scenarios |
| Wed | May 17 | Obesity related presentations:
Adrenal imbalance
Depression & Anxiety
Medications                                                                    | **Read:** Stengler/Balch – adrenal fatigue, anxiety and depression
**Class prep:** Watch trailer for ‘Fat, Sick and Nearly Dead 2’
**Class activity:** assigned topic presentations, case scenarios |
| Thu | May 18 | CVD, Dyslipidemia, Hypertension & Stroke                        | **Read:** Stengler/Balch – CVD, high cholesterol, high blood pressure & stroke
**Class prep:** ‘nutrient of the day’ worksheet, Watch trailers for “Escape Fire” and “Bought” |
| Mon | May 22 | Osteoporosis, Arthritis, Inflammatory disease and Fibromyalgia Syndrome | **Read:** Stengler/Balch – Arthritis, lupus, fibromyalgia, gout, osteoporosis, sprains and strains, surgery prep and recovery, restless leg syndrome, bone fractures, muscle aches and cramps
**Class prep:** ‘nutrient of the day’ worksheet, Watch trailer for ‘Doctored’
**Class activity:** case study |
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<th>Date</th>
<th>Topic</th>
<th>Reading/Review/Class Prep/Activity</th>
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</table>
| Tue   | May 23     | Eating Disorders OCD and PTSD         | **Read:** Stengler/Balch – eating disorders, depression, anxiety, memory problems, seasonal affective disorder, substance abuse  
**Review:** Rogers Memorial Hospital website at [http://rogershospital.org/](http://rogershospital.org/)  
**Class prep:** ‘nutrient of the day worksheet’, Watch trailer for ‘[Hungry for Change](#)’ |
| Wed   | May 24     | ADD/ADHD Autism Spectrum Disorders    | **Read:** Stengler/Balch – ADD/ADHD, Autism, food allergies and sensitivities  
**Class prep:** ‘nutrient of the day’ worksheet, Watch trailer for ‘[Food Matters](#)’  
**Guest Speaker** – Ann Roob community member  
**Class activity:** Nutrition education handout mini presentations – rough draft review in class! |
| Thu   | May 25     | Cancer Anti-angiogenesis              | **Read:** Stengler/Balch – cancer  
**Class prep:** ‘nutrient of the day’ worksheet, Watch trailer for ‘[The Gerson Miracle](#)’ |
| Tue   | May 30     | Cancer Anti-angiogenesis              | **Read:** Varona – review entire book  
**Review:** [www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com) website  
**Class prep:** prepare summary on assigned chapter, Watch trailer for ‘[The Truth About Cancer](#)’ – The Quest for the Cures – Episode #1  
**Class activity:** case study |
| Wed   | May 31     | Chartwells Dining Services Educational Presentations | Culinary skills session with Chef Moe  
**On-campus wellness event (11-12:30pm)** |
| Thu   | June 1     | Final Wrap Up - Topics TBD            | **Class prep:** TBD  
**Class activity:** Final Case Study |