Course Title: Nutrition and Optimal Performance
Course Number: HHPH - 531
Credit Hours: 3
Instructor: Dr. Tara Tietjen-Smith
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Office Hours: TBA
Phone: (903) 468-8196
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Course Description:
This course is a study of nutrition as it relates to optimum performance and health. Nutrient needs, sources, functions, and interactions will be reviewed according to the latest scientific findings. Principles of body conditioning will be emphasized with attention to diet and lifestyle practices that promote health and decrease risks of nutrition-related diseases.

Course Objectives:
The course will primarily focus on nutritional needs of the physically active individual. The major concepts to be learned from this course are as follows:
1. Digestion, Absorption, and Assimilation of Nutrients
2. Sound Guidelines Relative to Both Exercise and Nutrition for Optimal Health and Physical Performance
3. Energy and Energy Pathways in the Body
4. Implications of the Basic Nutrients on Health and Physical Performance
5. Optimal Nutrition for Sports and Exercise
6. Thermoregulation and Fluid Balance
7. Ergogenic Aids
8. Body Composition and Weight Control
9. Female Athlete Triad

Course Requirements:
( NOTE: NO LATE ASSIGNMENTS WILL BE ACCEPTED!!!)

A. Research Paper:
   Students will submit one research paper covering a nutrition and performance topic approved by the instructor. Possible topics are as follows:
   Supplements and Performance
   Vitamins and Performance
   Minerals and Performance
   Antioxidants and Performance
   The Role of Protein in Performance
   The Role of Fat in Performance
   The Role of Carbohydrates in Performance
   The Role of the Glycemic Index, Electrolytes, and Hydration on Performance
Effects of Nutrition on Respiration and Cardiac Output During Exercise
Effects of Anabolic Steroids on Short-Term Versus Long-Term Performance
Effects of Caffeine, Alcohol, and Sodium Intake on Exercise Performance
Effects of Nutrition and Exercise and on Body Composition and Sport Performance
Effect of Eating Disorders on Exercise Performance

(This list is not all-inclusive. If you have other topics in which you are interested, please share them with the instructor. Please do some preliminary research on your topic to make sure that you can find enough information for this paper.)

Guidelines for this paper are as follows:
5-8 pages (actual writing not including the cover page, references, etc.)
APA format – 12 pt, Times New Roman font, one-inch margins, double-spaced; all references in APA format; APA referencing throughout paper (I have provided a sample under the Doc Sharing icon in eCollege).
At least 6 references (at least 4 of them current (2007 – 2012), professional, refereed journal articles)

NOTE: Each student should have a separate topic. (If you have a topic in mind, please let me know ASAP.)

WATCH OUT FOR PLAGIARISM!!! IF YOU USE A DIRECT QUOTE, IT MUST BE PUT INTO QUOTATIONS WITH THE REFERENCE IMMEDIATELY AFTER!!!

The research paper is worth 200 points (20%).

B. Exams (2):
A mid-term and final exam will be administered throughout the semester, covering all information covered in home assignments, web discussions, and the book (200 points each, 40%)

No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided.

C. Participation and Homework: (40%)
The student will be responsible for obtaining all materials presented online, assigned readings from the textbook, and outside assignments given by the instructor. Students are also REQUIRED to participate in class discussions online. Since this class is online, a major portion of time management is up to the student. You are responsible for making sure your assignments are in on time. Lack of professional participation will be reflected on the final grade. You may work ahead, but NO LATE ASSIGNMENTS WILL BE ACCEPTED.

Students with any type of disability that may interfere with learning in this course should negotiate a reasonable accommodation with the instructor early in the semester.

Grading:

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<th>Points</th>
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<tr>
<td>Exams (2 @ 200 points each)</td>
<td>400 points (40%)</td>
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<tr>
<td>Research Paper</td>
<td>200 points (20%)</td>
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<tr>
<td>Discussion Participation and Homework (includes Ch. Questions)</td>
<td>200 points (20%)</td>
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<tr>
<td>TOTAL</td>
<td>1000 POINTS (100%)</td>
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Grade Scale:

- 90 - 100 = A
- 60 - 69 = D
- 80 - 89 = B
- 0 - 59 = F
- 70 - 79 = C

All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See Student’s Guide Book.)

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Halladay Student Services Building, Room 303D, (903) 886-5835.

Character Expectations:

Integrity has been identified as the single most important characteristic of a scholar. One goal of your education is the development of professional and scholarly characteristics. Integrity includes ethical behavior such as academic honesty. Academic honesty is essential to the goals of education and it enhances the spirit of learning and teaching. Students, together with faculty, exemplify their integrity by freely assuming responsibility for encouraging honesty and integrity. Academic dishonesty includes, but is not limited to, acts of fraud or deception on an examination, laboratory work, or class assignment; acts of forgery or unauthorized alteration of any official academic record or document; and attempts to gain credit for work that the student has either not actually completed or has plagiarized from another person's work. Plagiarism is defined as the act of using writings from another person and presenting them as one's own work. Quotation marks, page numbers, and author references are required for adequate acknowledgment of word-for-word copying of another person's work. An author reference is sufficient acknowledgment for rephrasing in your own words the work of another person. Furthermore, submitting any paper for academic credit in more than one course without the instructor's permission is considered an act of academic dishonesty. Work you submit should represent your effort, and unless specified by the assignment, you should work independently (e.g., do not use work completed by others as your own). When you have collaborated (worked with others), clearly state this. It is in your best interest to gain prior permission of the instructor before working with another student.