

Southeast Missouri State University Course Syllabus

Department of: Human Environmental Studies

Course No: FN 601

Title of Course: Sports Nutrition

New: Spring, 2006

I. Course Description:

Theory and application related to nutrition for athletic performance. Application of sports nutrition concepts for recreational and elite athletes. (3 credit hours)

II. Prerequisite(s):

FN 235/255, HL 303 or permission of the instructor

III. Course Objectives:

The student will be able to

- A. Differentiate the various fuel sources for muscle and exercise metabolism and compare and contrast aerobic and anaerobic energy systems with emphasis on the types of fuel utilized.
- B. Evaluate the macro- and micronutrient requirements of athletes; analyze the role of commercially available dietary supplements using peer reviewed scientific literature.
- C. Analyze the relationship between exercise and weight management, body composition alterations induced by exercise, and the effects of eating disorders on athletic performance

IV. Expectations of Students:

Regular attendance is an important component of this class.

Practical applications will be discussed in class and participation will be required.

All assignments are expected to be turned in on time using the format(s) provided.

V. Course Outline/ Content

- A. Carbohydrates and fats as fuels.....4 hours
- B. Protein requirements of athletes.....4 hours
- C. Micronutrient requirements of athletes.....4 hours
- D. Physiologic adaptations to exercise and the relationship to nutritional needs.....4 hours
- E. Energy balance, body composition analysis, and body weight issues for athletes.....4 hours
- F. Eating disorders in athletes.....4 hours
- G. Hydration issues.....4 hours
- H. Supplements used by athletes: energy supplements, protein, creatine, vitamins, minerals, antioxidants, herbals, ergogenic

- aids.....4 hours
- I. Special concerns: the child athlete, athletes with disabilities.....4 hours
- J. Assessment of the nutritional needs of athletes.....4 hours
- K. Sports specific nutritional needs (i.e. endurance versus power.....5 hours
Sports)

TOTAL 45 HOURS

VI. Textbook:

Fink HH; Burgoon LA, Mikesky AE. Practical Applications in Sports Nutrition (2006).
Sudbury MA: Jones and Bartlett. Inc.

VII. Basis for Student Evaluation:

Exams, Quizzes	50%
Assignments, Projects	45%
Class Participation	<u>5%</u>
TOTAL	100%

The weight of the evaluation criteria may vary according to each instructor and will be communicated at the beginning of the course.

VIII. Grading Scale:

100-90%	= A
89-80%	= B
79-70%	= C
Below 69%	= F

IX. Academic Policy Statement:

Students will be expected to abide by the University Policy for Academic Honesty regarding plagiarism and academic honesty. Refer to: <http://www6.semo.edu/judaffairs/code.html>.

X. Student with Disabilities Statement:

If a student has a special need addressed by the Americans with Disabilities Act (ADA) and requires materials in an alternative format, please notify the instructor at the beginning of the course. Reasonable efforts will be made to accommodate special needs.