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	be assigned seven assignments, along with one longer review of an ergogenic aid.	
	5. How will academic honesty for tests and assignments be addressed?	
	Students will be expected to adhere to the University Academic Integrity Policy and the "honor code" statement appears at the beginning of every quiz. A random test bank and timed quizzes	
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Signature of Committee Co-Chair	- 4/1/08 Date		
Forward form and supporting materials to the Provost within 30 calendar days after received by committee.			
Step Four: Provost Approval			
Approved as distance education course	Rejected as distance education course		
Signature of Provost	4/8/08 Date		

Forward form and supporting materials to Associate Provost.

I. Catalag Description

FN 245 Sports Nutrition

3 credits3 lecture hours

0 lab hours (3c-0l-3sh)

Prerequisites: FN 145 or FN 212

Emphasizes knowledge and application of sports nutrition principles. The impact of the macro-and micro-nutrients on physical performance will be discussed in light of current scientific research and applied to realistic dietary recommendations for all types and levels of athletes.

II. Course Objectives

Upon completion of this course students will:

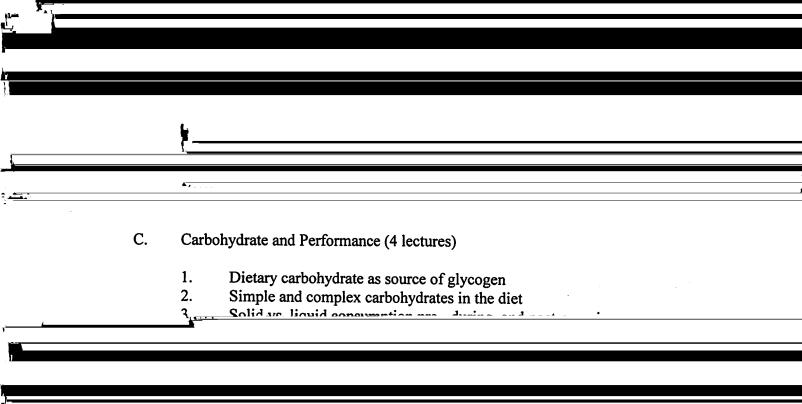
- 1. identify concepts of normal nutrition that relate to the needs of exercising individuals.
- 2. evaluate current research about carbohydrate, lipid, and protein to the actual needs of all types and levels of athletes.
- 3. recommend realistic food choices for all levels of exercising children, adolescents, and adults using current research.
- 4. discuss fluid needs of and compare fluid choices for exercising people.

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III. Course Outline

Note: 1 lecture = 1 hour

- A. Introduction/What is Sports Nutrition?/What is a Sports Nutritionist? (2 lectures)
 - 1. Sports nutrition as a special interest
 - 2. Recommended educational preparation for sports nutritionists
 - 3. References (re: books, journals) for sports nutritionists
 - 4. Professional organizations for sports nutritionists
- B. The Energetics of Exercise: Fuel Utilization of Carbohydrate, Fat, and Protein (3 lectures)
 - 1. Review of anaerobic and aerobic metabolism
 - 2. Effect of training on fuel utilization



- F. Fluid Replacement: Issues and Recommendations (4 lectures)
 - 1. Function of water and electrolytes
 - Machanians of water loss
 - 3. Fluid replacement guidelines
 - 4. Characteristics of fluid replacement beverages
 - 5. Barriers to fluid intake
 - 6. Case Study: Fluid Replacement
- G. The Role of Vitamin and Minerals in Performance (4 lectures)
 - 1. Overview of functions with emphasis on these as micronutrients
 - 2. Needs of athletes
 - 3. Assessment of supplement needs
 - 4. Iron nutriture of athletes
 - 5. Amenorrhea and risk to osteoporosis
 - 6. Research findings on vitamin and mineral supplementation on performance
 - 7. Case Study: The Over-Supplemented Athlete
- H. Evaluating Sports Nutrition Claims (4 lectures)
 - 1. The value of the scientific method
 - 2. Laws that regulate advertising and marketing of supplements
 - 3. Evaluation of advertisements
 - 4. Evaluating the written word vs. original research
 - 5. Case Study: The Case For and Against Chromium Piccolinate (This topic will change as the popular press promotes different products.)
- I. The Fallacies of Ergogenic Aids (3 lectures)

2. Nutrition ergogenic aids

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The Role of Nutrition for the School-Age Athlete (2 lectures) K.. Nutrient needs of growing children Incorporating the healthy diet for growth with sports performance 2.

Videotapes

Eating Healthy for Sports. (1992) Yardley, PA: Turner Multimedia. 10 N. Main St., Yardley, PA 19067-9986, 800-344-6219.

Nutrition and Eating Disorders Series. (1990) Wilkes Barre, PA: Karol Video, 350 N.

Benardot, D.. (1993). Sports Nutrition: A Guide for the Professional Working with Active People. 2nd edition. Chicago, IL: American Dietetic Association

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FDNT 245 – Sports Nutrition Syllabus (Distance Education)

Instructor:

Rita M. Johnson, PhD, RD, LDN

Phone:

724- 357-3281

Office Hours:

Posted on-line

Email:

Rita.Johnson@iup.edu

Telephone messages should be left at the number above. Answering machine is always on. Messages may also be left in the instructor's WebCT mailbox for FDNT 245.

I. Catalog Description

Emphasizes knowledge and application of sports nutrition principles. The impact of the macroand micro-nutrients on physical performance will be discussed in light of current scientific research and applied to realistic dietary recommendations for all types and levels of athletes.

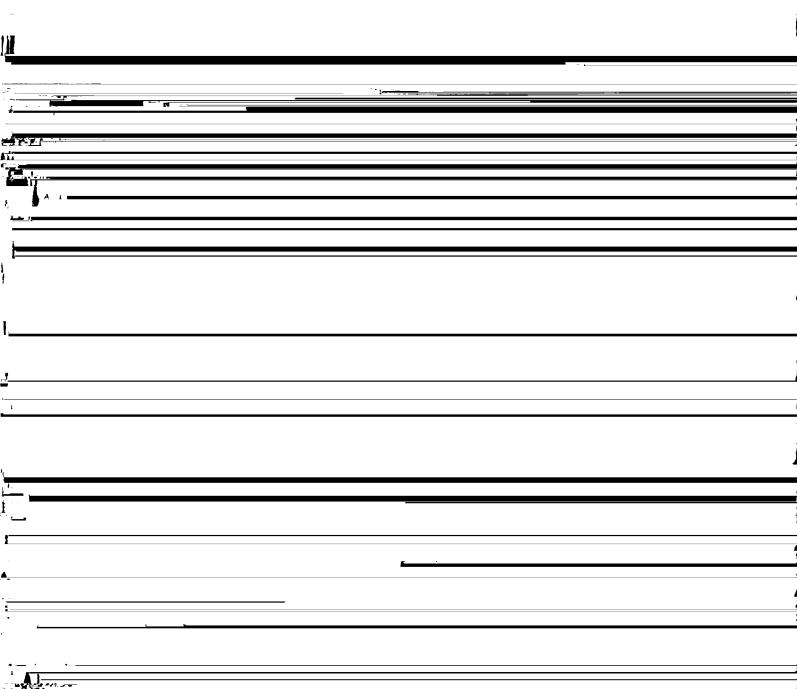
II. Course Objectives

Upon completion of this course students will:

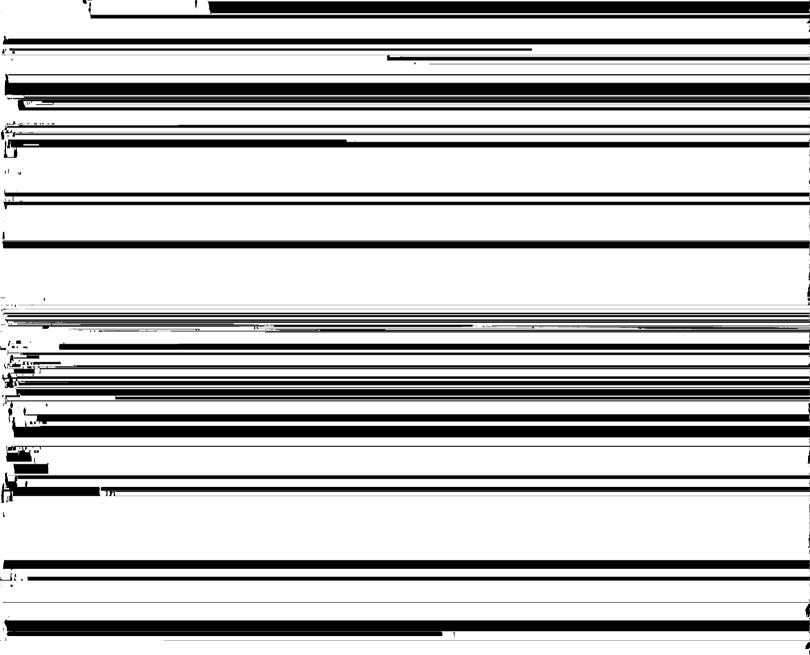
identify concepts of normal nutrition that relate to the needs of oversions in dividual.

Note that module quizzes and assignments are due by Sunday at 11:00 pm of the week assigned below. All assignments and the quiz for the last module are due by 11:00 pm on the last day of class, based upon the IUP course calendar.

Date	Topic	Text Reading and Assignment	Posting Requirements
Module 1	Introduction to Sports Nutrition and Evaluating Sports Claims	Chapter 1 and Chapter 10 (pp 327 – 336)	Quiz/ Assignment due Sunday of Week (date
		Assignment: Sports Supplement Posting	here)



		Quiz 7	
Module 10	Diet Planning: Food First	Chapter 10 and 12 Assignment: Eating On The Road Quiz 8	Quiz/ Assignment due Sunday of Week (date here)
Module 11	Body Weight and Body Composition	Chapter 11 and 13 Quiz 9	Quiz/ Assignment due Sunday of Week (date here)
Module 12	The School-Age Athlete	Posted Readings	Quiz/ Assignment due



	E.	All assignments must be posted within WebCT. While students may compose their assignments in another program, it shall be cut and pasted into WebCT for submission. DO NOT send attachments.
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Directions to Module 1 within Web CT

- 1. If the University Wide Undergraduate Committee logs into WebCT (http://webct.iup.edu)
- 2. Use "iupwuc" as the WebCT ID and "guest" as the Password.
- 3. See FDNT 245 Sports Nutrition listed on the account.
- 4. View Module 1 and its contents.

Recourse Available