

... throughout the modules

Modules 10, 12, and 13 specifically focus on food choices throughout the lifecycle

4. discuss fluid needs of and compare fluid choices for exercising people.

Module 7 emphasizes this objective. It will also be emphasized in Modules 12 and 13.
Fluid management and hydration is of utmost importance in sports nutrition

WebCT. They will be available during a limited basis regarding dates/time to complete.

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

Gail Schuist 4/1/08
Signature of Committee Co-Chair 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

D. Wene (m) 4/8/08
Signature of Provost Date

Forward form and supporting materials to Associate Provost.

I. Catalog Description

FN 245 Sports Nutrition

3 credits
3 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.
5. evaluate research about vitamins and minerals and their relationship to athletic performance.

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

C. Carbohydrate and Performance (4 lectures)

1. Dietary carbohydrate as source of glycogen
2. Simple and complex carbohydrates in the diet
3. Solid vs. liquid consumption

F. Fluid Replacement: Issues and Recommendations (4 lectures)

1. Function of water and electrolytes

2. ~~Mechanisms 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)

1. ~~Pharmacologic ergogenic aids~~

2. Nutrition ergogenic aids

~~(Notes discussions to include topical issues such as blood doping)~~

K.. The Role of Nutrition for the School-Age Athlete (2 lectures)

1. Nutrient needs of growing children
2. Incorporating the healthy diet for growth with sports performance
3. Sports nutrition as a vehicle for nutrition education in schools

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.
7th St., Wilkes Barre, PA 18773-7600 800-524-1013

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

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

Aspen Publishers, Inc, Gaithersburg MD, 1991.

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

Journals and Serial Publications

The following journals and serial publications will be used to develop primary reference lists

American Journal of Clinical Nutrition, Bethesda, MD: The American Society for Clinical

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.

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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

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) Assignment: Sports Supplement Posting | Quiz/ Assignment due Sunday of Week (date 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 Assignment: Part | Quiz/ Assignment due Sunday of Week (date |

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.

F. ~~Keep a record and a copy of material that you submit through WebCT.~~

case there are computer problems.

G. Read your WebCT email at least every other day.

H. ~~Incomplete grades will only be earned by students who work, which is~~

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.

In this module students are introduced to a variety of topics that sports nutritionists encounter. These include: answering questions about supplements, evaluating diets, and providing correct recommendations for fluid replacement. Students will use reputable websites for sports nutrition information. This introduction also alerts students to the recommended credentials of individuals who claim to be sports nutritionists.