

NUTR 3533 COIN5: Sports Nutrition

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Syllabus - web page

Course Description

This course will cover food and nutrient recommendations applied to athlete health and performance. There is no prerequisite for the online version of the course.

Prerequisites: No prerequisite (online course only).

Instructor

Tristaca Curley MSc, RD



Contact Information:

E-mail: tristaca.curley@acadiau.ca

Course Overview

This course is designed to introduce you to the major issues in sports nutrition, from nutrient requirements, to weight management, to supplements. If you are currently or are planning to work with athletes, or perhaps you are an athlete yourself, you will benefit from knowing nutrition recommendations specifically for this population.

The course uses science-based evidence to back up nutrient recommendations. This is something that is often lacking in conversations regarding diet in athletes. There is a lot of misinformation and there are expensive supplements marketed specifically to this population. After completing the course, you will be better able to differentiate between fact and fiction when it comes to deciphering sports nutrition messages.

NUTR 3533 is broken into *8 modules*, each with a specific focus. See the Course Schedule to access the modules.

There are *8 quizzes* and *1 assignment*. Study at your own pace (preparing for each module quiz and the assignment), keeping in mind that you have six months to complete the entire course.

At the end of this course, you should be able to do the following:

- Describe the fluid, macro- and micro-nutrient needs of athletes during training and competition.
- Understand the role of body composition and weight management in optimizing performance and health.
- Interpret emerging literature and evaluate new sports nutrition products marketed to athletes.

Course Materials

Text:

- Williams MH, Rawson ES and Branch JD. Nutrition for Health, Fitness and Sport. 12th ed. McGraw-Hill, Inc. 2019. ISBN 978-126-0547672.
 - An electronic copy of this text can be purchased [here](#). If you choose to enroll in some of the online text resources, it will ask you for a course url. There is no url for this course, so just skip this step.

See the [student handbook](#) for ordering information.

Other reading: This Position stand will be referred to frequently throughout the course. It is recommended that you read the entire article, as well as refer back to it as you learn more about each of the topics.

- Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance, 2016.

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Additional resources that are not directly referred to in the course, but that you may want to access through the Acadia Library to gain deeper knowledge about the concepts discussed:

- Burke, L., & Deakin, V. (2000). Clinical sports nutrition. Beijing; Boston: McGraw-Hill.
- Greenwood, M., Kalman, D., & Antonio, J. (2008). Nutritional supplements in sports and exercise. Totowa, N.J.: Humana.
- Beals, K. A. (2004). Disordered eating among athletes: A comprehensive guide for health professionals. Champaign, IL: Human Kinetics.

Evaluation

Participation	9%
Quizzes	32%
Supplement Assignment	27%
Final Exam	32%

Note: You must pass the Final Exam to pass the course

Assignments

Participation

Throughout the course there will be 3 forums where you will be asked to reflect on a specific issue and how it pertains to your current knowledge, experience, or life. Your participation mark will depend on your ability to critically analyze the topic question and integrate previous students' postings in your own posting. Each posting is worth 3% and you will be marked on only 1 posting per forum, so I suggest you read the forum topic, then read through the previous postings, and then reflect on your response for a couple of days. This will lead to a richer discussion and will improve your grade!

Quizzes

You are required to complete 8 quizzes for this course. Each quiz is comprised of multiple-choice and true /false questions, some of which may be calculations, and is worth 4% of your final grade. Make sure to read each question VERY CAREFULLY!

Be sure you are familiar with the material *before* taking the quiz as each quiz is only *15 minutes* in duration, and can only be *taken once*. The timer will begin counting down once the quiz is opened. When the 15 minutes have passed the quiz will no longer accept new entries. The quizzes will test both your recall and your ability to apply your knowledge. Be familiar with the terms defined within the textbook chapter. As dietitians, we rarely have clients ask us questions worded exactly like they came from a text book. As a result we need to be skilled in taking the basic knowledge we gain from reading texts, journal articles, research findings etc. and applying this to clients' particular question or scenario. You will need these same skills to apply what you learned to your everyday life! Hence, in every quiz there will be questions that ask you to apply the concepts you learned in the chapter to different scenarios. That also makes it interesting and should help you retain the information better. It is also important to do the chapters/modules and quizzes in order, as information given earlier in course provides the basis for information given later.

To prepare for quizzes, I suggest using the information provided in each module, the associated text chapters and the review activities listed on the textbook companion site. Your text also provides review questions at the end of every chapter which closely resemble the types of questions contained in the quizzes. You may find that the first couple of quizzes are quite challenging and will take longer to complete than later quizzes. As a result it is very important not to leave your assignments and quizzes to the last minute. It is also important to do the chapters/modules and quizzes in order. Some of the hardest material in this course is in the first few Modules and text book chapters. This is not done to deliberately make life challenging for you. It just happens that the basic skills you need to understand the second half of the course all need to be covered early in the course; and some of these skills can be a bit challenging. I would advise that you read the chapter, take some notes, practice the review questions at the end of the chapter and on the textbook companion website and THEN complete the quiz (with your textbook and notes in hand). Try to view the quizzes not just as a test, but also as a way to learn; a way of looking at the material differently and a way to **apply** your knowledge. The quiz questions were selected because they are most relevant to what we as dietitians deal with in our work. An important tip: Read the multiple choice and true/false questions and answers VERY CAREFULLY. ONE word can **completely** change the meaning of the sentence! The quizzes will test both your recall and your ability to apply your knowledge. As dietitians, we rarely have clients ask us questions worded exactly like they came from a text book. As a result we need to be skilled in taking the basic knowledge we gain from reading texts, journal articles, research findings etc. and applying this to clients' particular question or scenario. You will need these same skills to apply what you learned to your everyday life! Hence, in every quiz there will be questions that ask you to apply the concepts you learned in the chapter to different scenarios. That also makes it interesting and should help you retain the information better. At the conclusion of your quiz you have immediate access to your results. Make sure you refer back to the text to understand any incorrect answers you gave. These questions may appear again on the final.

Click *Quizzes* on the right of your screen to access the quizzes.

Assignment

The assignment for this course is to evaluate, based on recent scientific literature, a nutritional supplement that is marketed to athletes. This means you will not rely simply on anecdotal evidence such as that provided by the supplement manufacturer or your own personal history with a supplement. **You will have to seek out scientific sources to critically evaluate the product.** You may want to search through the Acadia Library scientific journals or use a site such as Pubmed.com. Chapter 1 in your text discusses ergogenic aids and how to identify accurate nutrition sources as opposed to nutrition quackery. You will select a sports nutrition product (supplement, Natural Health Product, functional food such as protein powder, energy bars etc) that is targeted or marketed to athletes and do a **thorough review of the scientific literature** pertaining to the product. It may be a supplement someone has recommended to you, one you currently or previously have taken, or one that you seek out in preparation for this assignment. If you need help deciding on a product, do a quick google search of 'sports nutrition supplements' and you will get over 2 million hits! Note that you may not find research on your specific product, but you must find research carried out on similar products with the same specific ingredients. For example, if you wanted to evaluate a preworkout supplement, you may not find research on your specific brand of preworkout but you will find research on some or most of the ingredients in the preworkout.

Write a **maximum 1500 word** paper on your chosen product and use **APA citation** for your references. Issues to address in your paper include (but are certainly not limited) to:

- Safety (such as side effects, safe dosage, reported adverse effects, interactions, adulterations etc)
- Effectiveness (Does the research demonstrate that it is effective? If so, what type of athlete might benefit, at what dose/timing etc)
- Mechanisms of action (How does the supplement work at a physiological level in the body?)
- Regulatory issues (in Canada, by WADA etc)
- Usage patterns and marketing (Who is it marketed to? How do the producers recommend athletes use the product? Cost?)

- Any other relevant and interesting information you discover in both scientific and media sources.

I would recommend not starting this assignment until after you have completed Module 1, where we will talk more about supplements and accurate sources of information. Be sure to incorporate information discussed in this course and your text. Note that sources such as Examine.com, WEBMD.com and other consumer-focussed sources are NOT permitted.

The assignments are delivered to the instructor via assignment drop-boxes in PDF format. I suggest saving your assignment as PDF in whatever software you use to create your assignment before submitting it. Please remember to put your name, student number, and assignment name and keep a copy in the event the original is lost.

The assignment should be received approximately **2 weeks prior** to the date you wish to write the exam. This will allow adequate processing time for the request and for marking the assignment.

Course Schedule

You have 6 months to complete this course. You may set your own schedule if you plan to complete the course in less than 6 months.

Please do not leave all of your course work until a few weeks before your completion date. Although I will make every effort to accommodate your schedule within reason, I need time to grade assignments and mark exams.

Quick Overview: Recommended Schedule

Week 1-2	Module 1
Week 3-4	Module 2
Week 5-6	Module 3
Week 7-8	Module 4
Week 9-10	Module 5
Week 11-13	Module 6
Week 14-15	Module 7
Week 16-19	Module 8 Submit Assignment
Week 20-24	Final Exam Prep

Exam

When you have completed all course work, a link to apply to write the final exam will appear in your course home page. Once you apply at that link, the exam will be available to you to write online at an agreed upon time.

The final exam will cover the material from the entire course. It will consist of approximately 65 multiple choice questions and 2-3 short answer questions (no choice will be given). The multiple choice questions will be very similar to the quiz questions in terms of topics and detail. Hence it is essential that you understand any errors you made on the quizzes. Among the short answer questions there will be a case study for you to review. You will be given a description of a particular type of athlete and asked to provide nutrition recommendations for them. The best way to prepare for this is to review the Position Paper listed above, and be sure you understand the *macro and micro nutrient* and *fluid* recommendations for various types of athletes. Be sure you can calculate an athlete's macronutrient requirement in both grams per kilogram of body weight, as well as percentage of calories. Make sure you show this work on the page, not just your final number. You will not be asked to memorize any energy requirement equations. I will be looking for you to showcase your ability to synthesize the material covered in the course by detailing SPECIFIC and comprehensive recommendations for this case study. In addition, review the course objectives listed in each module. They highlight what I feel are the most important concepts from each chapter. In fact, many of them would make excellent final exam questions stated just as they are. Also, the review questions at the end of each chapter in your textbook make excellent practice questions.

Student Handbook

You are responsible for becoming familiar with the contents of the Student Handbook. It contains important information about scheduling examinations (if applicable), applying for extensions, withdrawing from your course, ordering books, and computer and library services available to you. If you have questions about the policies outlined in the handbook (<https://courseware.acadiau.ca/openacadia/studenthandbook.html>), contact:

Open Acadia
21 University Avenue (Rhodes Hall)
Wolfville, NS B4P 2R6
Phone: 1-800-565-6568
Fax: 1-902-585-1068
Email: openacadia@acadiau.ca

Academic Integrity

Academic integrity demands responsible use of the work of other scholars. It is compromised by academic dishonesty such as cheating and plagiarism. A student who is uncertain whether or not a course of action might constitute cheating or plagiarism should seek in advance the advice of the instructor involved.

- Cheating is copying or the use of unauthorized aids or the intentional falsification or invention of information in any academic exercise
- Plagiarism is the act of presenting the ideas or words of another as one's own. Students are required to acknowledge and document the sources of ideas that they use in their written work.
- Self-plagiarism is also a form of plagiarism. It is the presentation of the same work in more than one course without the permission of the instructors involved.
- A student who knowingly helps another to commit an act of academic dishonesty is equally guilty.
- Penalties are levied in relation to the degree of the relevant infraction. They range from requiring the student to re-do the piece of work, through failure on that piece of work, to failure in the course, and to dismissal from the university.

[Click here to return to the Module](#)

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[◀ Course Introduction - video](#)

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[Suggested Schedule for NUTR 3533 N4 - pdf \(hidden\) ▶](#)

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