

University of Louisiana at Lafayette
College of Education
Class Syllabus

Course: HLTH 405

Semester: Fall 2006

Schedule: Tuesdays, Thursdays 3:00 – 4:15pm

Location: Bour 157B

Instructor: Praphul Joshi, Phd, MPH

Office: Bourgeois 109A

Telephone: 482-6463

Office Hours:

Mon – Thu: 9 – 11:30 am

Email address: joshi@louisiana.edu

By appointment only

Course Description:

HLTH 405G: Nutrition for Fitness and Sports

This course is designed for the application of the science of nutrition to exercise and human performance. Special emphasis will be on exercise nutrient interaction, energy, metabolism, proper diet, supplementation, energy balance, body composition, and electrolyte balance.

Required Text:

Williams, Melvin H. Nutrition for Health, Fitness and Sport. 7th Ed. McGraw Hill Publishers, 2005.

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Teacher candidates are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a ***Responsive Professional***. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Objectives and Corresponding Unit Outcomes

1. To define sports nutrition and review the concepts of food metabolism, RDA, food faddism, and nutritional quackery through class discussion and current media advertisement.
2. To understand human energy and metabolism as it relates to energy sources, nutrients, metabolic rate, and body composition by lecture and on-hands experience through

laboratory assessments and computer applications.

3. To analyze the nutrients (carbohydrates, fats, proteins, vitamins, minerals, and water) by understanding their chemical composition, metabolism, specific nutrient interaction and role in a proper diet through lecture, literature review, and case studies which evaluate food sources, diet plans and pre/post-competition meals, supplementations, energy needs, nutrient requirements, and fluid replacement.
4. To develop an understanding of the link between human performance and nutritional supplementation, to include carbohydrates, vitamins, fluid and electrolytes, and nutritional ergogenic aids through student discussion of current publications and literature research.
5. To emphasize the importance of body weight and composition, weight maintenance, weight loss, and weight gain through proper nutrition and exercise by a review of weight loss techniques, diets, behavior modification, and exercise – weight reduction/maintenance programs.
6. To provide guidance for the professional working with the active person with diabetes, cardiovascular problems, athletic induced anemia, anorexia nervosa, the ultra-athlete and the adolescent through lecture, class discussion, and guest speakers.

Course Requirements:

E-mail account- Students are required to set up an email account for this class. It will take the help desk 24 hours to activate your account, so please keep this in mind. **Always provide your NAME, CLASS, and SECTION # in the subject of your emails to the instructor. Emails without this information will be deleted!**

1. **Exams** – 2 exams worth 100 points each. Content for exams will come from, but is not limited to, readings, articles, assignments, and PowerPoint notes from topic areas covered. Attendance for each part of semester accounts for 15 points in the exam (So, in reality you will have to answer only for 85 points in each exam!).
2. **Class Assignments** – 5 worth 20 points each for a total of 100 points. The students will submit assignments as email attachments. Assignments can be found in the *Assignments* folder in Moodle.
3. Follow directions on each assignment – Complete the assignment using MS Word or RTF (rich text format). Save the file on your hard drive, disk or CD, saving the file as: **last** name, first name, assignment number. When you submit the file into Moodle or as an email attachment, in the title box, use the title: last name, first name, assignment number.

Example: **Doe, Jane, Assignment 1**

Follow all directions for maximum points.

Every assignment is due by 6am on the due date (see calendar).

No late assignments accepted.

4. **Article Reviews** – 2 worth 50 points each for a total of 100 points. Directions can be found in *Assignments* Link. Submit the article reviews through Moodle. Complete the article review assignment using RTF (rich text format). Save the file on your hard drive, disk or CD, saving the file as: last name, first name, article review number. When you submit the file through Moodle, in the title box, use the title: last name, first name, article review number.
Example: **Doe, Jane, Article Review 1**
Follow all directions for maximum points.
Review the grading rubric.

Every assignment is due by 6am on the due date (see calendar).

Not accepted late.

5. **Announcements & Emails** – YOU are responsible for visiting the course Moodle site and checking the *Announcements* and your email daily for any posted information or any emailed information pertaining to the course.
6. **Posting of Grades** - Grades will be posted in your Blackboard course site within three days after an assignment or project is due, barring any unforeseen circumstances. If you do not have a grade posted for an assignment or project you have submitted or you have a grade of “0” and you believe you did the assignment on time, it is your responsibility to contact me by email. You must have adequate proof of date submitted.
7. **Due Dates - All assignments, article reviews, and projects are due on the due date by 6AM!!**
Assignments and projects will NOT be accepted late. This is a reminder that it is your responsibility to submit your assignments and projects on time – that includes posting them on time. It is your responsibility to find a computer that works to do this. You are given the course calendar with due dates posted for assignments and projects on the first day of class.
8. **Code of Conduct**
I do not tolerate expressions of bigotry, hatred, harassment; stalking or other abusive behavior. Your right to speak freely must be exercised with courtesy and self-restraint. I expect you to be well mannered and respectful of the rights of others. The etiquette and laws of the "real world" apply, and I have the right to remove you just as in the "real world" if you fail to comply with the rules. Because I encourage discussion and exchange of ideas, I do not allow threatening,

defamatory, abusive, tasteless or indecorous statements. For the same reason, I do not allow vulgar material in discussions.

PASS-PORT Artifacts

N/A

Field Experiences

N/A

Technology Integration

The course will use Moodle system, and a lot of emphasis will be given on electronic communication and web-based research.

Evaluation

Learning Assignments (5 – 20 points each)	100points
Article Reviews (2 – 55 points each)	100points
Exam 1	100points
Exam 2	100points
Total	400points
90-100%	= A
80-89%	= B
70-79%	= C
60-69%	= D
Below 60%	= F

Resources

Professional Associations

Louisiana Association of Health, Physical Education, Recreation, and Dance (LAHPERD)
 American Association of Health, Physical Education, Recreation, and Dance (AAHPERD)
 American College of Sports Medicine (ACSM)

Professional Journals

Journal of the American Medical Association
 Nutrition Research
 American Journal of Clinical Nutrition

Related Materials and Resources

National Institutes of Health: <http://www.nih.gov/>
 Population Reference Bureau: <http://www.prb.org/>
 Medical Advice: http://www.healthandenergy.com/medical_advice.htm

References

Office of Global Health Affairs: <http://www.globalhealth.gov/>

Center for Disease Control: http://www.cdc.gov/nchstp/dstd/disease_info.htm

About Alcoholism: <http://alcoholism.about.com/>

National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/>

American Cancer Society: www.cancer.org

National Cancer Institute: www.nci.nih.gov

World Health Organization: <http://www.who.int/en/>

Course Policies and Procedures**Emergency Evacuation Procedures**

A map of this floor is posted near the elevator marking the evacuation route and the Designated Route Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Students who may need assistance should identify themselves to the teaching faculty.

Attendance Policy

Attendance is mandatory for all classes, and will account for 20 points (5% of the grade). (Fifteen points in each exam accounts for attendance towards each half of semester!)

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate Bulletin (2003-2005).

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of Services for Students with Disabilities and provide official documentation to the instructor in a timely manner.

Tentative Schedule

Calendar

Date	Topics/Activities/Assignments/Due Dates
Tuesday Aug 22	Formal Class, Introduction to Blackboard, Syllabus, and Calendar Review, Etc. Class Project topic assigned.
Thursday Aug 24	Introduction to Nutrition Due: Introductory Assignment
Tuesday Aug 29	Basis of healthy diet
Thursday Aug 31	Sports Nutrition Due: Assignment 1
Tuesday Sept 5	Carbohydrates
Thursday Sept 7	Fats and Cholesterol
Tuesday Sept 12	Protein and supplements Due: Assignment 2
Thursday Sept 14	Vitamins
Tuesday Sept 19	Water, Electrolytes, Temperature
Thursday Sept 21	Minerals Due: Assignment 3
Tuesday Sept 26	Nutritional Ergogenic Aids
Thursday Sept 28	Body Weight and Composition Due: Article Review 1
Tuesday Oct 3	Nutritional Needs for the Diabetic Athlete
Thursday Oct 5	FALL BREAK
Tuesday Oct 10	Exam 1
Thursday Oct 12	Energy Balance and Weight Control
Tuesday Oct 17	Weight Maintenance and Loss
Thursday Oct 19	Weight Gain
Tuesday Oct 24	Cultural aspects of obesity Due: Assignment 4
Thursday Oct 26	Eating disorders
Tuesday Oct 31	Eating disorders (cont.)

Thursday Nov 2	Economic impact of obesity
Tuesday Nov 7	Nutritional needs for athletes
Thursday Nov 9	Nutritional needs for athletes Due: Assignment 5
Tuesday Nov 14	Nutrition in Elderly
Thursday Nov 16	Nutrition in Pregnancy and Lactation Due: Article Review 2
Tuesday Nov 21	Alcohol
Thursday Nov 23	THANKSGIVING
Tuesday Nov 28	Jobs in Sports Nutrition
Thursday Nov 30	Conclusion
Thursday Dec 7	Exam 2