



**DOANE**  
UNIVERSITY

## Course Syllabus

### Course Information

HHP 342: Sports Nutrition  
3 Credit Hours

### Instructor Information

### Communicating With the Instructor

This course uses a “three before me” policy in regards to student to faculty communications. When questions arise during the course of this class, please remember to check these three sources for an answer before asking me to reply to your individual questions: 1. Course syllabus

2. Announcements in Canvas
3. The “Question Center” discussion board

This policy will help you in potentially identifying answers before I can get back to you and it also helps your instructor from answering similar questions or concerns multiple times.

### Question Center Discussion

The Question Center Discussion is a great place for you to ask questions and get answers from your peers and from me. You are encouraged to post your questions here before reaching out directly to me unless it is a time sensitive matter. If you have questions of a personal nature such as relating to a personal emergency, questioning a grade on an assignment, or something else that needs to be communicated privately, you are welcome to contact me directly via email or phone.

### Response Time

If you need to contact me directly, my preference is that you will email me. Please allow 24 hours for me

to respond to emails Monday through Friday and 48 hours on the weekend.

If you have a question about the technology being used in the course, please contact the Doane University Service Center for assistance, their contact information is listed later in the syllabus.

## Course Catalog Description

This course is designed to provide the basic principles of sports nutrition for exercise/athletic performance with an emphasis on nutrition strategies for maximum performance and altering body composition; and nutrition before, during and after competition. Major topics explored include fluid and electrolytes, dietary supplements, hormones, performance enhancing substances and methods, and feeding and eating disorders. Upon completion of this course, the student will understand the role of sports nutrition professionals and be able to apply the basic principles of sports nutrition for exercise and athletic performance.

## Course Prerequisites

None

## Course Textbook and Materials

### Required

Dunford, M. & Doyle, A. (2022). Nutrition for Sport and Exercise. Cengage. ISBN: 9780357448182. The **Digital** version with MindTap of the text must be purchased/rented.

### Required Technology

- Canvas
- Cengage MindTap access
- Zoom

## Learning Objectives

1. Describe general metabolic principles and fuel sources for the working muscle during exercise.
2. Develop knowledge of the macronutrient principles of sports nutrition for different types of athletes based on their goals, specifically related to training and recovery.
3. Discuss how the frequency, duration and intensity of activity influence the type of fuel used by the body.
4. Apply hydration guidelines and know how to assess proper hydration status.
5. Describe the role of vitamins and minerals for athletes.
6. Evaluate the quality of an athlete's diet and make recommendations for them to meet the nutritional demands of their sport.

7. Identify the techniques to safely and effectively monitor and alter weight and body composition.
8. Evaluate the potential benefits and/or risk of ergogenic aids/supplements.
9. Recognize the impact of eating disorders and disordered eating behaviors in athletes and identify appropriate interventions.

## Course Requirements

This is an online course and there will not be any face-to-face class sessions. All assignments and course interactions will utilize internet technologies. You must have a reliable internet connection throughout the duration of the course.

This course uses Canvas for the facilitation of communication between faculty and students, submission of assignments, and posting of grades. The Canvas Course Site can be accessed at <https://doane.instructure.com>

Attendance in an online course means logging into the Canvas on a regular basis and participating in all of the activities that are posted in the course. In addition, check your Doane University email account regularly, as your instructor may send important information via email.

### Attendance/Participation

Doane University expects active participation by a student in a course, whether the course is on-ground or online. A student is expected to be prompt and regularly attend on-ground classes in their entirety. Regular engagement is expected for online courses.

You should plan to work on this course every day. This is a condensed, fast-paced, course. Expect to spend approximately 18 hours a week preparing for and actively participating in this 8-week course.

### Class Preparation

Preparation for class means reading the assigned readings and reviewing all information required for that week.

### Computer Requirements

For the successful use of Canvas please refer to Doane University's [minimum computer requirements](#). This also

includes:

- Reliable computer and internet connection
- A web browser (Chrome or Mozilla Firefox)
- Adobe Acrobat Reader (free)
- Word processing software—Microsoft Word or Google Docs
- Webcam and mic

## Campus Network or Canvas Outage

When access to Canvas is not available for an extended period of time (greater than one entire evening - 6pm till 11pm) you can reasonably expect that the due date for assignments will be changed to the next day (assignment still due by midnight).

## Drop and Add Dates

If you feel it is necessary to withdraw from the course, please contact your advisor for full details on the types of withdrawals that are available and their procedures.

## Academic Integrity

Fundamental to our mission, our core values, and our reputation, Doane University adheres to high academic standards. Students of Doane University are expected to conduct themselves in a manner reflecting personal and professional integrity. Disciplinary actions may be taken against students whose academic behavior is not congruent with the expectations of the

University. Students are responsible for adhering to the standards detailed in this policy. Not being familiar with these standards does not mean that the students will not be accountable for adherence to them. Additional details on the Academic Integrity policy for violating academic integrity are published in the undergraduate and graduate catalogs.

[http://catalog.doane.edu/content.php?catoid=18&navoid=1448#Academic\\_Dishonesty](http://catalog.doane.edu/content.php?catoid=18&navoid=1448#Academic_Dishonesty)

## Course Grading

### Submitting Assignments

All assignments, unless otherwise announced by the instructor, must be submitted via Canvas.

Each assignment will have a designated place to submit the assignment. All material, assignments, and deadlines are subject to change with prior notice. It is your responsibility to stay in touch with your instructor and review the course site regularly to learn about changes to assignments or due dates.

## Grading Scale

Assignment of letter grades is based on a percentage of points earned. The letter grade will correspond with the following percentages achieved. All course requirements must be completed before a grade is assigned.

## Grading Scheme

	<b>POINT VALUE</b>
<b>MODULE 1</b>	
Discussion Board	20
Exam	50
Ch 1 A Closer Look	10
Ch 1 Athlete Spotlight	15
Ch 2 Powerpoint Activity RMR equations	15
Ch 2 Calculate Energy Needs Application	10
<b>MODULE 2</b>	
Discussion Board	20
page 5 of 9	
Exam	50
Ch 3 A Closer Look	10
Ch 3 Video Quiz	3
Creaitne Assignment	15
<b>MODULE 3</b>	
Exam	50
Ch 4 Carbohydrate meal plan - peer reviewed	25
Ch 5 Application exercise - peer reviewed	25
Ch 5 Athlete Spotlight	15
Ch 5 Calculating protein needs	10
<b>MODULE 4</b>	
Discussion Board	20
Exam	50
Ch 6: A Closer Look	10
Ch 7 Athlete spotlight	15
Ch 7 Urine color assessment & paper	25
<b>MODULE 5</b>	
Exam	50
Athlete food log - peer reviewed	35
Ch 9 A Closer look	10
Ch 9 Athlete spotlight	15
<b>MODULE 6</b>	
Exam	50
Discussion Board	20
Ch 10 Video Quiz	3
Meal planning activity: Before/during/after	25
Caffeine activity	15
<b>MODULE 7</b>	
Exam	50
Ch 11 Activity: Body Comp methods - peer reviewed	25
Ch 11 A Closer look	10
Ch 11 Athlete	

spotlight 15 **MODULE 8**

Exam 50 Ch 12 Activity: Carmen 15 Ch 12 A Closer

look 10 FINAL PROJECT 100

**TOTAL POINTS AVAILABLE 961**

### Late or Missed Assignments

All assignments must be completed and turned in to finish the course. Unless you discuss a late assignment with me prior to the assignment due date, your assignment will lose 10% each day it is late. Assignments turned in after 7 days will not be accepted and given a 0%.

Students are required to complete 75% of the course material in order to receive credit for the course. If students fall more than two weeks behind, they cannot meet this requirement and will receive a withdrawal (W) for the course if this occurs within the first four weeks of the course. If this happens after the fourth week students will receive an F for the course.

### Complete/Incomplete Assignments

Complete/Incomplete assignments are graded on completeness. If any component of the Complete/Incomplete assignment is missing, it will be graded as incomplete. If it is turned in late, it will be graded as Incomplete.

### Feedback

Please allow 4-6 days for feedback on assignments. Please review instructor feedback for assignments and assessments, this will help you reflect on what you have learned while receiving suggestions for improvement.

### Academic Support

Doane offers a range of academic support services for students.

For students taking courses online or for our Non-Residential students:

<https://www.doane.edu/graduate-and-adult/academic-support>

For students taking courses on our Crete campus:

<https://www.doane.edu/students/resources/academic-support>

### Technical Support

If you are in need of technical assistance please access the [Self Service Portal](#). You may reach the help desk at 402-826-8411 or by email at [helpdesk@doane.edu](mailto:helpdesk@doane.edu).

## Disability Services

[Doane University's Disability Services Office](#) will provide guidance on accommodations and universal access. To request accommodations please complete the [Self-Identification Form](#) and visit the website for additional information.

## Accessibility Statement

In compliance with the Rehabilitation Act of 1973, Section 504, and the Americans with Disabilities Act of 1990, professional disability specialists and support staff at Doane University facilitate a comprehensive range of academic support services and accommodations for qualified students with disabilities. Doane University staff coordinate student transitions from high schools and community colleges, conduct in-service training for faculty and staff, enable the resolution of accessibility issues, conduct community outreach, and facilitate collaboration among Doane University staff on disability policies, procedures, and accommodations.

## Instructional Technology Accessibility and Privacy Policies

If your course uses additional technology tools, you can refer to information on the [technology's accessibility and privacy](#) available on our website.

## Title IX Requirements: Mandatory Reporting

At Doane, all university employees, including faculty, are considered Mandatory Reporters. As a Mandatory Reporter, I am required to report incidents of sexual misconduct and relationship violence to the Title IX Coordinator and, thus, cannot guarantee confidentiality. This means that if you tell me about an incident of sexual harassment, sexual assault, domestic violence, dating violence, stalking and/or other forms of prohibited discrimination, I have to share the information with the University's Title IX Coordinator. My report does not mean that you are officially reporting the incident. This process is in place to ensure you have access to and are able to receive the support and resources you need. For additional information, including confidential resources, please visit the [Campus Advocacy, Prevention, and Education \(CAPE\) Project](#).

## Syllabus Disclaimer

The instructor and Doane University views the course syllabus as an educational contract between the instructor and students. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. The instructor reserves the right to make changes to the syllabus as deemed necessary. Students will be notified in a timely manner of any syllabus changes via email or in the course site Announcements. Please remember to check your Doane University email and the course site Announcements often.

## Doane Syllabus Addendum

Each student is responsible for being aware of the policies, resources, and expectations as specified in the Doane Syllabus Addendum located at: <https://www.doane.edu/Syllabus>