

KINE 3317 - Nutrition for ExerciseSports: Nutrition for ExerciseSports (SSII - July 08 to Aug 08)

Summer 2024 Syllabus, Section 480, CRN 51462

Instructor Information

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Office Hours:

By appointment

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Times and Location

Does Not Meet Face-to-Face

Course Description

Additional Course Information

No late work will be accepted. Students are responsible for submitting work on the due date and time specified.

Work must be submitted via Blackboard. Emailed submissions will not be accepted. Only your last attempt will be graded. Work shown as "In progress" will count as a "0" after the due date. Make sure you complete your submission correctly to get credit for your work. Google documents and Mac documents are not compatible with Blackboard and will not be accepted for a grade.

Feedback about work grades will be in the comment box or rubric comment sections. Read it before asking questions about your grades.

No extra credit work will be assigned.

All university excused absences documentation and make-up assignments must be submitted by the last class day.

I will only round up your final average to the next number if your average is .5 or higher.

I will reply within forty-eight hours to course messages/emails; except on weekends. Therefore, please send your questions/requests in a timely manner.

For technical difficulties call OIT and have them email me for proof if necessary.

Student Learning Outcomes

Upon successful completion of this course, each student will:

CO1: Identify functions of nutrients in sport and exercise.

CO2: Apply the principle of nutrition in sport and exercise settings.

C03: Design a quality wellness program for the individual.

C04: Argue current issues in health, physical activity, and nutrition.

Important Dates

Visit the Academic Calendar (tamiu.edu) (<https://www.tamiu.edu/academiccalendar/>) page to view the term's important dates.

Textbooks

Group	Title	Author	ISBN
Required	Nutrition for Sport and Exercise (5th Ed.)	Marie Dunford and J. Andrew Doyle	9780357448151

Grading Criteria

GRADE	PERCENTAGE
A	90-100
B	80-89
C	70-79
F	Below 70

KINE Grading

CNHS has established grading policies specific to each program. The KINE adopted University Grading Policies without D as the passing grade. Therefore, to pass a Kinesiology course and progress in the program, a student must attain an overall course average of 70% or higher.

ASSIGNMENT	VALUE
Quizzes	30%
Midterm Exam	25%
Final Exam	25%
Term Paper (Nutrition Program)	20%

Schedule of Topics and Assignments

Week of	Agenda/Topic	Reading(s)	Due
7/8	Ch 1. Introduction to Sports Nutrition Ch 2. Defining and Measuring Energy Ch 3. Energy Systems and Exercise	Ch 1. Introduction to Sports Nutrition Ch 2. Defining and Measuring Energy Ch 3. Energy Systems and Exercise	Quizzes 1, 2 and 3 due July 14 at 11:59pm
7/15	Ch 4. Carbohydrates Ch 5. Proteins Ch 6. Fats	Ch 4. Carbohydrates Ch 5. Proteins Ch 6. Fats	Quizzes 4, 5 and 6 due July 21 at 11:59pm
7/22	Ch 7. Water and Electrolytes Ch 8. Vitamins Ch 9. Minerals	Ch 7. Water and Electrolytes Ch 8. Vitamins Ch 9. Minerals	Midterm Exam due July 22 at 11:59pm Quizzes 7, 8 and 9 due July 28 at 11:59pm
7/29	Ch 10. Diet Planning: Food First, Supplements Second	Ch 10. Diet Planning: Food First, Supplements Second	Quiz 10 due August 4 at 11:59pm Nutrition Program due August 4 at 11:59pm
8/5	Ch 11. Weight and Body Composition Ch 12. Disordered Eating and Exercise patterns in Athletes Ch 13. Diet and Exercise for Lifelong Fitness and Health	Ch 11. Weight and Body Composition Ch 12. Disordered Eating and Exercise patterns in Athletes Ch 13. Diet and Exercise for Lifelong Fitness and Health	Quizzes 11, 12 and 13 due August 7 at 11:59pm Final Exam due August 8 at 11:59pm

Distance Education Courses

Online Courses and On-Campus Meetings

Texas Administrative Code (TAC), Title 19, Part 1, Chapter 2, Subchapter J, Section 2.202 ([https://texreg.sos.state.tx.us/public/readtac\\$ext.TacPage/?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=19&pt=1&ch=2&rl=202](https://texreg.sos.state.tx.us/public/readtac$ext.TacPage?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=19&pt=1&ch=2&rl=202)), defines distance education as the formal educational process that occurs when students and instructors are not in the same physical setting for the majority (more than 50%) of instruction. Distance education includes hybrid and 100% online courses and programs as defined by the Texas Higher Education Coordinating Board (THECB):

- **Hybrid Course** - A distance education course in which more than 50 percent but less than 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations.
- **100-Percent Online Course** - A distance education course in which 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations. **Requirements for on-campus or in-person orientation, testing, academic support services, internships/fieldwork, or other non-instructional activities do not exclude a course from this category.**

In this online course, be sure to confirm what in-person meetings may be required of you (if applicable).

Course Structure

This class is fully on-line. That is, self-oriented and directed study is crucial to pass this class. Please carefully read the course syllabus and mark the important due dates.

This course consists of thirteen modules, and each module covers one chapter in the textbook. After studying each chapter, you need to complete a quiz related to the chapter (module). There are two exams: mid-term exam (Exam 1) and final exam. There is also one writing assignment. You have the detailed information in the course syllabus and on Blackboard.

1. All you need to successfully pass this course will be found under "CONTENT" tab, which you can find under the course menu bar.
2. To reach teaching materials and the quiz, click each module. You will see PDF files, video clips, and a quiz after that.
3. You can take each quiz twice and highest score will be recorded as your grade.
4. Mid-term Exam and Final exam will be found below module 6 and module 13 folders, respectively.
5. Term-paper will be found below module 10 folder.
6. All exams require Respondus Lockdown Browser and Monitor.

Keep in mind that there will be no make-up exams because you will have enough days for each module and exams! No late writing assignment will be accepted as well! That's why you need to mark the due dates on your calendar!

Student-Instructor Communication Policy and Response Time

Announcements/Course Messages/Emails

Announcements will be posted regularly on Mondays. The instructor will respond to students' questions or requests within 2 days after receiving students' email or message except on weekends. In case the student requests a live chat, it will be also scheduled in two days.

Assignments and Assessments

The instructor will provide feedback in two days for the quizzes or exams. Also, students will get feedback regarding the written assignment in a week after the assignment is submitted.

Course Communication Guidelines (Netiquette)

There are course expectations concerning etiquette or how we should treat each other online. We must consider these values as we communicate with one another. Visit **Instructional Technology and Distance Education Services' web page on Netiquette** (<http://www.tamui.edu/distance/students/netiquette.shtml/>) for further instruction.

Accommodations/Accessibility Policy

Texas A&M International University seeks to provide reasonable accommodation for all qualified persons with disabilities. This University will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to register with the Director of Student Counseling and to contact the faculty member

in a timely fashion to arrange for suitable accommodation. For more information, contact the online at **Office of Disability Services for Students (DSS)**, via phone at 956.326.3086 or by visiting the staff at the Student Center, room 118. A link to the Disabilities Services for Students site has also been included under the "Resources" tab inside the course.

Student Support Resources

The University wishes to have all students succeed in their courses. To provide support to our students, an array of services in the areas of technology support, academic support, student support, and accessibility support may be found at the University. For more information, visit the Instructional Technology and Distance Education Services page on **University Resources and Support Services**.

Computer/Technology Requirements

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Online students will need regular access to a personal computer that runs on a broadband Internet connection.

It is recommended that you meet the technical requirements listed on the Instructional Technology and Distance Education Services' webpage when using the learning management system (LMS) of the University.

Additional Hardware. For this class, you will need the following additional hardware: **a webcam and microphone**. Recently purchased laptops may have these built-in web cameras. If you do not have this equipment, it is recommended to purchase a stand-alone webcam, microphone, or a webcam with a built-in microphone from your local electronic store or any online store.

NOTE: Instructional Technology and Distance Education Services may check out available webcams to students on a first-come, first-served basis. To check out a webcam, please stop by Killam Library, Room 259, and request an available webcam.

Additional Software. You will need the following additional software: Microsoft PowerPoint for viewing lesson presentations and Microsoft Word for viewing course files and submitting assignments. TAMIU Students may access online versions of this software through their Dusty Office 365 account at <https://dusty.tamiau.edu/>. This site also provides students access to download the Microsoft suite for educational use. **See instructions for downloading the Microsoft Office suite.**

Note: Students, if you do not own the required hardware or software or do not have access to the Internet, it will be highly challenging for you to make any progress in this class. However, my goal is to assist you in finding solutions and guide you appropriately most of the required materials can either be found free of charge at TAMIU's library, classrooms, and available computer labs. **Visit Media Services' web page on the availability of on-campus computer labs.** In addition, you may also purchase any of these items at any electronic store.

Learning Management System (Blackboard)

Students are provided with an orientation (*eLearning (Blackboard) Student Orientation*) and access to guides on how to use the Blackboard LMS. Guides may be available at **Instructional Technology and Distance Education Services' Student eLearning Tutorial Videos page** or by contacting the eLearning team at elarning@tamiau.edu.

Minimum Technical Skills Expected

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Students in distance education should have knowledge of basic computer and Internet skills, as mentioned on the **Instructional Technology and Distance Education Services' webpage**.

Technical Support Services

Because of the nature of distance education courses, the Office of Information Technology (OIT) computing and information services are vital to the success of online students. This webpage covers contact information for Distance Education Services (Blackboard Support), the OIT Help Desk, and E-mail support: **Technical Support Services**.

Grading Scale/Schema (after Grade Breakdown section)

In determining the final course grade, the following scale is used in percentage or point value.

- 90 - 100 = A
- 80 - 89 = B
- 70 - 79 = C
- 69 and below = F

Rubrics (may be included here and in the Syllabus and Overview in the course)

The writing assignment rubric will be found in the folder named "Nutrition term Paper", which is one of the folders in the "CONTENT" section.



Late Work Policy

No late work will be accepted. Students are responsible for submitting work on the due date and time specified.

(Exceptions: if you are absent because of school-sponsored activity (you need to notify me at least one week in advance) or illness with doctor's excuse. In which case, you need to take the exam on specific date & time that I will assign)

Course Evaluation

At the end of this course, students are encouraged to complete a course evaluation that will be distributed to them via email and through a course link.

Turnitin Policy Or Other Types of Assignments in Other Systems

Term Paper will only be accepted via Turnitin.

Proctoring

Respondus LockDown Browser/Monitor. Contact elarning@tamiu.edu for the syllabus statement and other information.

Accessibility and Privacy Statements on Course Technologies

At Texas A&M International University, we believe that all students should have equal technology opportunities in the classroom. These technologies/sites may also require user data, such as the creation of a username and password. You may find the accessibility and privacy policies of the technologies used in this class on the following pages: **[Accessibility Statements and Privacy Statements](#)**.

In this class, we will utilize: Blackboard and Turnitin.

Syllabus Subject to Change

While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.