

## APPLICATION FOR NEW COURSE

1. Submitted by College of Agriculture Date 9/14/08

Department/Division offering course Nutrition and Food Science

2. Proposed designation and Bulletin description of this course

a. Prefix and Number NFS 315 b. Title\* Nutrition Issues in Physical Activity

\*NOTE: If the title is longer than 24 characters (including spaces), write  
A sensible title (not exceeding 24 characters) for use on transcripts \_\_\_\_\_

c. Lecture/Discussion hours per week 3 d. Laboratory hours per week \_\_\_\_\_

e. Studio hours per week \_\_\_\_\_ f. Credits \_\_\_\_\_

g. Course description

This course explores the special nutritional needs of a person engaged in regular physical activity. Emphasis will be placed on selecting a diet to achieve optimal performance and overall wellness. Athletic performance enhancing supplements will be examined to determine the efficacy and safety of such products.

h. Prerequisites (if any)

NFS 212 and restricted to Dietetics or Human Nutrition Majors

i. May be repeated to a maximum of n/a (if applicable)

4. To be cross-listed as

\_\_\_\_\_ Prefix and Number \_\_\_\_\_ Signature, Chairman, cross-listing department

5. Effective Date Spring 2008 (semester and year)

6. Course to be offered  Fall  Spring  Summer

7. Will the course be offered each year?  Yes  No  
(Explain if not annually)

8. Why is this course needed?

Physical inactivity is a major contributor to the rising incidence of obesity and other chronic medical conditions in the US. It is imperative that

Nutrition and Dietetics students be educated on the importance of physical activity and nutrition. This class will be a requirement in the Nutrition program and will fill a gap for dietetics students.

9. a. By whom will the course be taught? Dr. Tammy Stephenson

b. Are facilities for teaching the course now available?  Yes  No  
If not, what plans have been made for providing them?

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10. What enrollment may be reasonably anticipated? 30
11. Will this course serve students in the Department primarily?  Yes  No  
Will it be of service to a significant number of students outside the Department?  Yes  No  
If so, explain.  
\_\_\_\_\_  
\_\_\_\_\_
- Will the course serve as a University Studies Program course?  Yes  No  
If yes, under what Area? \_\_\_\_\_
12. Check the category most applicable to this course  
 traditional; offered in corresponding departments elsewhere;  
 relatively new, now being widely established  
 not yet to be found in many (or any) other universities
13. Is this course applicable to the requirements for at least one degree or certificate at the University of Kentucky?  Yes  No
14. Is this course part of a proposed new program:  Yes  No  
If yes, which?  
\_\_\_\_\_
15. Will adding this course change the degree requirements in one or more programs?  Yes  No  
If yes, explain the change(s) below  
This course will be required for Human Nutrition majors. It will replace KHP/NFDS 240 which is dropped and does not meet the needs of Nutrition students.  
\_\_\_\_\_
16. Attach a list of the major teaching objectives of the proposed course and outline and/or reference list to be used.
17. If the course is a 100-200 level course, please submit evidence (e.g., correspondence) that the Community College System has been consulted.
18. If the course is 400G or 500 level, include syllabi or course statement showing differentiation for undergraduate and graduate students in assignments, grading criteria, and grading scales.
19. Within the Department, who should be contacted for further information about the proposed course?  
Name Dr. Tammy Stephenson Phone Extension 7-3800

\*NOTE: Approval of this course will constitute approval of the program change unless other program modifications are proposed.

Signatures of Approval:

  
Department Chair

3/7/07  
Date

  
Dean of the College

12/6/07  
Date

  
\*\*Undergraduate Council

11/29/07  
Date of Notice to the Faculty  
3/18/08  
Date

\_\_\_\_\_  
\*\*Graduate Council

\_\_\_\_\_  
Date

\_\_\_\_\_  
\*\*Academic Council for the Medical Center

\_\_\_\_\_  
Date

\_\_\_\_\_  
\*\*Senate Council

\_\_\_\_\_  
Date of Notice to University Senate

\*\*If applicable, as provided by the Rules of the University Senate.

ACTION OTHER THAN APPROVAL

\*\*\*\*\*

The Minor Change route for courses is provided as a mechanism to make changes in existing courses and is limited to one or more of the following:

- a. change in number within the same hundred series;
- b. editorial change in description which does not imply change in content or emphasis;
- c. editorial change in title which does not imply change in content or emphasis;
- d. change in prerequisite which does not imply change in content or emphasis;
- e. cross-listing of courses under conditions set forth in item 3.0;
- f. correction of typographical errors. [University Senate Rules, Section III - 3.1]

## **NFS 315 -- Nutrition Issues in Physical Activity COURSE SYLLABUS**

**Instructor:** Tammy J. Stephenson, PhD  
**Office:** Room 121 Funkhouser Building  
**Mailbox:** Room 202 Funkhouser Building  
**Office Hours:** Tuesday 1:00-1:45 or by appointment  
**Office Phone:** 859-257-2353  
**E-Mail:** tjhann00@uky.edu (best way to reach me)  
**Lectures:** TR 3:30-4:45

### **Required Text**

Williams MH. Nutrition for Health, Fitness, and Sport, Seventh Edition, 2005. McGraw-Hill Higher Education, New York, New York.

### **Supplemental Readings**

Article packet available at Johnny Print on Limestone Street (across from B&E building)

### **Course Description**

This course explores the special nutritional needs of a person engaged in regular physical activity. Emphasis will be placed on selecting a diet to achieve optimal performance and overall wellness. Athletic performance enhancing supplements will be examined to determine the efficacy and safety of such products.

### **Student Learning Outcomes**

Upon completion of this course students will be able to:

- (1.) Describe the health benefits of sound nutrition and regular exercise.
- (2.) Describe the general physiology behind physical activity.
- (3.) Make general recommendations to athletes regarding their eating habits.
- (4.) Calculate the energy, fat, carbohydrate, and protein needs of an athlete.
- (5.) Describe the key "problem" nutrients in athletes and how these nutrient problems can be corrected.
- (6.) Critique athletic performance supplements and describe the use, efficacy, and safety of such products.
- (7.) Describe the special needs of adolescent, high school, collegiate, professional, and elderly persons who participate in regular physical activity.
- (8.) Explore and describe the unique problems of women athletes, including eating disorders and bone disorders.

### **Instructional Strategies**

This course will consist of lecture sessions of approximately 75 minutes given Tuesday and Thursday afternoons in Erikson Hall and independent reading/study of course material. It is expected that students will read the textbook and assigned articles prior to class and will complete textbook quizzes and exercises to verify understanding of the material. Lecture sessions will allow for discussion of chapters and review of practical applications of material. As such, lectures will involve case studies and oral projects.

Students will need to access Blackboard (<http://elearning.uky.edu>) for use of the NFS 315 course website. The website will be a key source of communication during the semester. Please check the website weekly for any announcements that may be posted. As well, use the website for links to important course documents and assignments. The external links are carefully chosen to help you when completing work in this course. Please read all of the information provided.

## Student Responsibilities & Criteria for Evaluation

### *In-Class Activities*

Class attendance and participation is mandatory for this course. It is expected that students come to class prepared to discuss weekly reading assignments. Students will be actively involved in the completion of case studies and projects in class. These assignments will hopefully allow the student to more completely understand the relevance and importance of course reading. Students can earn a total of 50 points for class attendance and participation. **TEN** points will be deducted for each unexcused absence.

### *Independent Reading*

Students will independently be reading the assigned textbook chapters and relevant articles. After completing the readings students will complete the Chapter Review Questions (multiple choice and essay) and questions prepared by the Instructor to test their comprehension of the course material. These assignments will not be graded, but will be collected to verify that they are being completed.

### *Exam Policy*

Students must be present for all exams at the times scheduled. Two in-class exams will be given. Students will have 75 minutes to complete the exams. Exams will consist of 50 points of multiple choice and matching questions and 50 points of short answer and fill-in-the-blank questions. The final exam will be comprehensive and take-home. The exam will be given out two weeks ahead of time and will be due at the day and time of the regularly scheduled exam as outlined in the Spring Schedule of Classes.

Make-up exams may only be given for absences **excused within 7 days** of the exam. Students must submit documentation for such absences. Please call my office or home phone if illness or unforeseen circumstances cause you to miss an exam. If you have questions concerning exam grading please submit your question in writing to the Instructor no later than one week after the exams are returned.

### *Case Studies*

Each student will be responsible for completing five case studies during the semester. Case studies will require both in-class participation and at-home preparation. Assignments are due at the beginning of class on the day that they are due. The day that they will be handed out is included on the course schedule. **NO** late assignments will be accepted.

Dietary needs of winter Olympic athletes  
Caffeine to improve carbohydrate utilization in cyclists?  
Vegetarian diet for a female basketball player  
How important is water in preventing muscle cramps?  
Weight issues at the racetrack – eating disorders in jockeys

### *Project*

Students will be responsible for completing one course project. Each student will chose an ergogenic agent to research. Students will write a 3-5 page paper discussing the supplement (history, use, efficacy, safety, etc). As well, students will present a 10-minute oral summary of their ergogenic agent to the class. Details of this project will be discussed later in the semester.

### Course Grading

	<u>Possible Points To Be Earned</u>
Exams (2 @ 100 points each)	200 _____
Case Studies (5 @ 25 points each)	125 _____
Project	100 _____
Class Participation	50 _____
Final Exam	100 _____

TOTAL POSSIBLE POINTS = 575

***Grading Distribution:***

<u>Percentage Earned</u>	<u>Grade</u>
90 – 100 %	A
80 – 89 %	B
70 – 79 %	C
60 – 69 %	D
below 60 %	E

**Academic Dishonesty**

Cheating, plagiarism, or unauthorized possession of exams are prohibited under the University Senate rules and the minimum punishment for any of these offenses is a 0 score on the assignment. The University of Kentucky does not tolerate dishonesty in any form. Please read a copy of the Student Rights and Responsibilities which is available at <http://www.uky.edu/Student Affairs/Code/>.

**NUTRITION ISSUES IN PHYSICAL ACTIVITY  
COURSE SCHEDULE - SPRING**

<b>WEEK</b>	<b>Reading (to be completed PRIOR to class)</b>	<b>Exams/Assignments</b>
January 17		
24	Ch 1 - Overview of sports nutrition Ch 2 - General diet for an athlete Article - ADA position paper	
31	Ch 3 - Energy requirements Article - Torino 2006	Case Study: Dietary needs of winter Olympic athletes
February 7	Ch 4 - Carbohydrates Article - Caffeine & team sports Article - Caffeine & carb oxidation	Case Study: Caffeine to improve carbohydrate utilization in cyclists?
14		<b>EXAM # 1</b>
21	Ch 5 - Fats	
28	Ch 6 - Proteins Article - Vegetarian athletes	Case Study: Vegetarian diet for a female basketball player
March 7	Ch 7 - Vitamins Ch 8 - Minerals Article - Iron status and exercise	
21	Ch 9 - Water Article - Position statement on heat illness	Case Study: How important is water in preventing muscle cramps?
28		<b>EXAM # 2</b>
April 4		Project Presentations
11		
18	Article - Eating disorders in dancers Article - Disordered eating in college athletes Articles - Jockey injury & diet	Case Study: Weight issues at the racetrack - eating disorders in jockeys
25	Obesity in US children - what can we do? Pamphlets - Growing Healthy Kids in KY KY Obesity Epidemic KY PA State Action Plan	
May 5	<i>Turned in to my mailbox by 10:30 am</i>	<b>FINAL EXAM DUE</b>