

**Mary Baldwin University**

**Chem 120WA ONLINE: Nutrition for Health, Fitness and Sport**

Summer 2020

**Professor:** Sharon Spalding, M.Ed.

**Phone:** 540-337-1327

**Email:** [sspalding@marybaldwin.edu](mailto:sspalding@marybaldwin.edu)

**Credit:** 3 Semester Hours, This class does fulfill a Natural Science credit for LO1

**Required Text:** **We will be using an open free educational resource. This is the link for for the download:** <http://hdl.handle.net/10790/3487>

**Course Description:** Nutrition for Health, Fitness and Sport will cover nutrients and how they are processed by the body at rest and during activity. Topics will include energy metabolism, intake and expenditure. The course will specifically look at macronutrient metabolism in exercise and training. Students will investigate their own nutritional and activity habits, research scientific literature on nutrition, and write a paper on a nutrient. Nutrition is a fascinating subject, and the class will have practical application to the student's life.

**Course Objectives:** At the completion of this course students should be able to:

1. Demonstrate knowledge of the chemical structure, composition and properties of macronutrients and micronutrients.
2. Demonstrate knowledge of dietary intake and energy expenditure assessment and evaluation.
3. Calculate equations related to macronutrient metabolism and percentage of each macronutrient in given meals.
4. Differentiate what fuel sources are used for muscle and exercise metabolism.
5. Calculate equations related to body mass index, percent body fat, and energy expenditure
6. Understand how the basics of nutrition relate to sport performance and explain how nutrition can influence exercise performance, training and recovery from exercise.
7. Demonstrate research and information literacy through a research paper on a student chosen nutrient.
8. Be able to evaluate nutrition claims that we hear and see every day in a critical method which incorporates what you learn through your reading, in class and research.

**Course Requirements:** Students are held to the standards of the Mary Baldwin Honor Code. You are expected to attend all class sessions, read before coming to class, actively participate in class discussions, complete all in-class work, participate in class discussion and complete all assignments. Assignments must be turn in on the due date, or they will be counted late and will not receive full credit. Assignments WILL NOT be accepted one week after the due date and will receive a zero.

**Evaluation Methods:**

***Readings***

The required readings from the text will be listed in the course schedule.

***Discussions***

There will be an introductory discussion and then 6 more on class topics. **For discussions, each student needs a first post on the topic and then must comment on at least two other posts to receive full credit.**

***Assignments:***

Introduction Discussion	10 pts
Six Topic Discussions	80 pts
Digestive Research Review	25 pts
Mindful Eating Paper	25 pts
Visual Food Diary	50 pts
Energy Expenditure Assignment	50 pts
Paper Topic and Resource list	10 pts
GSSI Article Review	25 pts
Athlete Fueling Assignment	25 pts
Nutrient Expert Paper	100 pts
Final Paper	100 pts
<b><i>TOTAL</i></b>	<b><i>500 POINTS</i></b>

**Grading Scale (%)**

<b>A</b>	<b>93-100</b>	<b>C+</b>	<b>77-79</b>
<b>A-</b>	<b>90-92</b>	<b>C</b>	<b>73-76</b>
<b>B+</b>	<b>87-89</b>	<b>C-</b>	<b>70-72</b>
<b>B</b>	<b>83-86</b>	<b>D+</b>	<b>67-69</b>
<b>B-</b>	<b>80-82</b>	<b>D</b>	<b>63-66</b>
		<b>D-</b>	<b>60-62</b>

## Professionalism

All students are expected to behave in a professional manner. Working with others in the future will demand that you are professional. For this course I will expect the following:

**Attendance** – Please check in with the course on a regular basis. I try to send announcements as reminders of due dates and missed work. I also use the reminders that are in BB.

**Communication**- You may be in contact me in the Ask a Question Discussion, by email. I should only be expected to respond to communication during the regular week workday. I typically check email in the morning, noon and at the end of the workday.

**Participation in Discussions**– Participate in all class discussions. Respect the position of your classmates. Demonstrate that you have read the subject matter in your discussion comments.

**Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur by completing assignments on time, submitting work that is of appropriate quality, honoring commitments.

**Due Dates** – Due dates are listed in each module.

**Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals act in an ethical way and also cite references in APA format to avoid plagiarism.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly strive to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their skills sets. I hope to be a resource for you and you have others in the MBU community to assist.

## Other Important Items

1. Please stay up to date with the assignments. Participating in discussions in a timely matter is important to everyone in the class.
2. **Discussions posts WILL NOT be accepted late! All other work submitted 1 week after the due date will not earn more than 50% of the total. Late work will not receive comments.**
3. Let me know if you need an extension due to issues beyond your control. I am a reasonable person and know that life happens. Please do this before the due date.
4. I understand that you are working, may have families and are going to school. I know that this is truly difficult but will also be so rewarding for you. Please let me know if there is a way I can be of help.