

Syllabus

**KSS 4900 – Special Topic: Exercise and Sport Nutrition**

Summer 2017

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**Course Description:**

This course is designed to provide an in depth study of the interaction between diet, supplements and exercise performance.

**Objectives:**

1. Describe the role nutrients (carbohydrate, fat, protein, vitamins, minerals and water) play in energy production during exercise.
2. Describe how changes in nutrient intake before, during and after exercise can impact exercise performance.
3. Understand how to evaluate common performance enhancing drugs and supplements as to their ability to alter exercise performance and/or personal health status.

**Course Content:**

1. Energy requirements, balance and availability.
2. Body composition and performance
3. Carbohydrate
4. Protein
5. Fat and alcohol
6. Micronutrients
7. Hydration Guidelines
8. Carbohydrate and protein intake
9. Special populations and conditions

**Requirements (subject to change)**

1. **Attendance:** Attendance is mandatory for the entire class time. (30 points)
2. **Presentation:** A resources article will be provided to each student ahead of time. Each student will present 5 minutes worth of information from the article to the class using power point. (30 points)
3. **Key Points:** Submit a list of five key points for each of the following topics (Energy, Body Composition, Carbohydrate, Protein, Vitamins & minerals and Fluids). Each key points should also contain 1-2 sentences that expound on the practical application or significance of the key point. Submit as a single file (doc., docx. or .rtf) through the dropbox assignment on D2L. Due within 5 days after the class end. (60 points)
4. **Summary Papers:** Choose any two Sport Science Exchange articles from the Gatorade Sport Science and submit through the dropbox assignment a popular press type paper that highlights important points and provides practical application idea to athletes. Due within 5 days after the class end. (30 points, 15 points each)
5. **Quiz:** Complete the online quiz within 5 days after the completion of the course. The quiz is open note and timed. You will not be able to skip questions. It will contain 25-30 multiple choice, fill in the blank, matching, etc. type questions. (30 points)

**Evaluation:**

Attendance (30 points)  
Presentation (30 points)  
Key Points (60 points)  
Participation (30 points)  
Quiz (30 points)  
Summary Papers (30 points)

**Grading:**

A 90-100% of total points  
B 80-89% of total points  
C 70-79% of total points  
D 60-69% of total points  
F < 60% of total points

**Text:** No textbook.

**Resources:**

1. ACSM Position Stand on Nutrition and Athletic Performance: <http://www.acsm.org/public-information/position-stands>
2. Dr. Asker Jeukendrup: <http://www.mysportscience.com>
3. Gatorade Sport Science Institute: <http://www.gssiweb.org/en/sports-science-exchange/sports-nutrition>
4. Dr. Nancy Clark : <http://blog.nancyclarkrd.com>