**SYLLABUS**

**MISSISSIPPI VALLEY STATE UNIVERSITY**

**COLLEGE OF EDUCATION**

**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND, RECREATION**

**PED 527/1 – Sport Nutrition CREDIT HOURS: 3**

**Fall 2018**

**Instructor: Dr. Benedict Atakpu**

**Office Location: HPER ROOM 30**

**Class Meetings Location/Time: R / 6-8:40PM**

**Contact Information: 662-254-3557**

**Office Hours:** Office Hours: **TR 8-9am:F 9-10am: MW 10-11am: MWR 11-12: TW 4-5pm: By Appointment**

**COURSE DESCRIPTION**

PED **527 – Sport Nutrition is designed for proper sports nutrition and eating to fuel workouts and improve sports performance. Favorite foods for exercise recovery, eating healthy on a budget, eating before exercise, foods for athletic competition, energy pathways for excise, how carbohydrate, fat and protein fuels exercise, post-exercise meal, high protein diets and sports performance.**

**REQUIRED TEXTS AND OTHER RECOMMENDED MATERIALS**

**Text:** **Asker Jeukendrup, Michael Gleeson (2010). Sport Nutrition (2ndEdition). Human Kinetics Bookstore, MA**

**PREREQUISITE:** BS

**PURPOSE & RATIONALE:**

The Holistic Transformer Model (HTM) will be employed as the basis for instruction and practical application experiences provided in PE 402. This course is designed to enhance the teacher candidates’ abilities as scholars, facilitators and reflective thinkers, and responsible professionals. Once exposed to and having the ability to develop the measurement, testing and evaluation skills of a researcher, teacher candidates will be able to develop testing procedures to measure and evaluate their students in relation to the social, physical, mental and health needs, traits, and social realities of the Mississippi Delta.

*Transforming and developing scholars, reflective thinkers, and responsible professionals*

*who will change and transform the Delta and the society beyond.*

**GOALS for PED 527**:

1. To develop an understanding of the Nutrients and Recommended intakes
2. To develop an understanding of the Fuel Sources for muscles and exercise metabolism
3. To develop an understanding of Nutrients and Recommended intakes

4 To develop an understanding of the Gastric Emptying, Digestion, and Absorption

5. To develop an understanding of the Eating Disorders in Athletes/ Nutrition and Immune Function in Athletes

**STUDENT LEARNING OBJECTIVES:**

1. To develop competency in the Nutrients and Recommended intakes

2. To develop techniques and skills Fuel Sources for muscles and exercise metabolism

3. To develop competency in Nutrients and Recommended intakes

4. To develop competency in Gastric Emptying, Digestion, and Absorption

5. To conduct research and compose a literature review of Nutrition and training adaptations

6. To develop competency in Eating Disorders in Athletes/ Nutrition and Immune Function in Athletes

**Course Schedule and Topic Outline**

The following schedule/activities are tentative and subject to change by the instructor

Chapt.1. Nutrients

Chapt. 2. Nutrients and Recommended intakes

Chapt. 3. Fuel Sources for muscles and exercise metabolism

Chapt. 4 Energy

Chapt. 5. Gastric Emptying, Digestion, and Absorption

Chapt. 6. Fat

Chapt. 7. Protein and Amino Acids

Chap 8. Protein and Mino Acids

Chapt. 9 Water requirements and fluid balance

Chapt. 10. Vitamins and minerals

Chapt. 11. Nutrition Suppliments

Chapt. 12. Nutrition and training adaptations

Chapt. 13. Body Composition

Chapt. 14. Weight Management

Chapt. 15 & 16. Eating Disorders in Athletes/ Nutrition and Immune Function in Athletes

**ATTENDANCE**

Class attendance and participation is vital to your success and development as a competent, effective administrator. Attendance is mandatory. Participation is a requirement of this course. Participation means you must be actively involved in the discussion and presentations by both instructor and students.

**CHEATING AND PLAGIARISM**

***\*\*\*Mississippi Valley State University will not tolerate cheating in any form. Cheating and plagiarism compromise the process of fair and equitable evaluation of students’ academic performance and erode the quality and value of degrees conferred by the University. [*2007-2008 catalogue 112]**

**MAKE-UP POLICY**

Make up may be allowed depending on the circumstances with an official excuse from the MVSU Student Affairs office. In addition, all students are allowed 24 hrs after the missed day(s) to make up any missed assignments**.**

**TEACHING /LEARNING STRATEGIES**

Teaching methods employed in PED 527 include lectures, direct instruction, inquiry-based instruction, various group work strategies, student research presentations, critical thinking, demonstrations, class discussions, video presentations, power point presentations, and handouts.

**TECHNOLOGY**

Internet assignments, ERIC research exercises, video analysis, power point presentations, word processing for all written assignments, EXCEL competency, calculators, and computer programs, CD-ROM; VCR. Teacher Web Site assignments, and online test. Students also will develop skills in the use of the statistical software SPSS and Fitnessgram.

**EVALUATION AND GRADING CRITERIA**

 **Grades for the course will be calculated based on rubrics and data from**:

 1. Attendance ………………………………………………………….10 points

 2 Reviews and critiques of literature................................................. 20 points

 3. Research………………………………… ………………………. 20 points

 5. Article Summaries……………..................................................... 10 points

 6. Mid Term Examination……...............................................................20 points

 7. Final Examination ………………………………………………… 20 points

 TOTAL: 100 points

 **GRADING SCALE**

**90 - 100 = A**

**80 - 89 = B**

**70 - 79 = C**

**60 – 69 = D**

**59 and below = F**

**GENERAL RUBRIC**

 A. Excellent: Full Accomplishment

 B. Proficient: Substantial Accomplishment

 C. Marginal: Partial Accomplishment

 D. Unsatisfactory: Little Accomplishment

**ADA Statement**

Any student requiring accommodations or services due to a disability must contact the University College, Office of the ADA Coordinator, located in office #2 of the Earnest A. Boykins, Jr. Academic Skills Parlor. The coordinator can be contacted directly at 662.254.3446 or through the University College office number at 662.254.3442. The student requiring special instructional strategies should, in writing, make these special needs known to the instructor during the first week of the course.

**READING/RESEARCH/SUPPLEMENTAL MATERIALS**

Burke, L. M. 2001. Energy needs of athletes. Canadian Journal of Applied Physiology 26: S202-219

Burke, L, M., Loucks, A. M.,, and Broad. N. 2006. Energy and Carbohydrate for training and recovery.

Journal of Sports Sciences. 24 (7): 675-685.

Loucks, A. B. 2004. Energy balance and body composition in sports and science. Journal of Sports

Sciences. 22 (1): 1-14.

Green, H. J. 1991. How important is endogenous muscle of glycogen to fatigue in prolonged exercise?

Canadian Journal of Physiology and Pharmacology 69: 290-297

Sjogaard, G. 1991. Role of exercise – induced potassium fluxes underlying muscle fatigue: Abrief review.

Canadian Journal of Physiology and Pharmacology 69:238-245