Syllabus of Nutrition for Sport and Fitness

(140502373)

First Semester 2022 /2023

COURSE INFORMATION	
Course Name: Recent Methods of Nutritional Assessment and Counseling **Semester:** First Semester **Department:** Department of Clinical Nutrition and Dietetics **Faculty:** Applied Medical Sciences	**Course Code: 140502373** **Section:** 1 **Core Curriculum**: **Mandatory department**
Day(s) and Time(s): Monday: 9:00-12:00 **Classroom:** MS 311	**Credit Hours:** 3 **Prerequisites**:

COURSE DESCRIPTION

This course expands upon basic nutrition concepts by exploring the unique nutritional needs of athletes. Course topics include energy requirements for resistance and endurance athletes, principles of a balanced diet, timing and composition of pre- and post-activity meals, vitamins and minerals, ergogenic aids, hydration and unique needs for various athletic groups

DELIVERY METHODS

The course will be delivered through a combination of active learning strategies. These will include:

- PowerPoint lectures and active classroom-based discussion
- Collaborative learning through small groups acting in an interdisciplinary context.
- Encouraging the use of social media and communication between students to enhance the learning experience.
- Food models
- Online dietary assessment tools available at http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1325
- Anthropometric tools available in the Clinical Nutrition Unit of the Hashemite University

FACULTY INFORMATION	
Name	**Narmeen Al-Awwad**
Academic Title:	**Associated Professor**
Office Location:	**Medical Sciences building- L2; office #:**
Telephone Number:	**+962 (5) 3903333 Ext. 5391**
Email Address:	**narmeen@hu.edu.jo**
Office Hours:	**Sunday** 11:00-12:00 and 12:00-1:00 **Monday 12:00-13:00** **Tuesday** 11:00-12:00 Or to be determined by appointment

REFERENCES AND LEARNING RESOURCES

Required Textbook:

- **Dunford M and Doyle J. A. (2014). Nutrition for Sport and Exercise, 3rd Edition. Cengage Learning, USA**
- **Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. J Am Diet Assoc. 2009;109:509-527.**
- **Horton,WB and Subauste JS. Care of the Athlete With Type 1 Diabetes Mellitus: A Clinical Review. Int J Endocrinol Metab. 2016 April; 14(2):e36091. doi: 10.5812/ijem.36091.**

STUDENT LEARNING OUTCOMES MATRIX*

Core Curriculum Learning Outcomes	Program Learning Outcomes	Course Objectives	Course Student Learning Outcomes	Assessment Method
To provide students with the optimum educational standard in the field of clinical nutrition and general knowledge in food technology	**KP1:** Demonstrate a depth understanding of the basis of nutritional science and the nutrient composition of food and discover the links between diet and disease and health	Evaluate the potential benefits and/or risk of ergogenic aids.		exams
To provide optimal educational and training opportunities for students during their professional preparation for careers in nutrition.	**KP2:** demonstrate an understanding of food chemistry, technology, preparation, safety and correlates nutrition with food technology and future challenges**.**		K1- Know means of assessing dietary intake, body composition and growth, and micronutrient status and under what circumstances they would be used. K2- Describe performance characteristics (validity, reliability, dependability, sensitivity and specificity) of nutritional status indicators and measures and how they are assessed. K3- To gain an understanding of the rationales, advantages, and disadvantages of various approaches of nutritional assessment. K4- Identify principles of biochemical assessment focusing on selected Vitamins and minerals	exams
To participate in community services for health promotion and disease prevention programs	**KP3:** Explain the principles of cellular metabolic processes, the structure and function of the various physiological systems, and the principles of biochemistry	Discuss how the frequency, duration and intensity of activity influence the type of fuel used by the body. Describe the biochemistry of nutrients during exercise.		
To encourage creativity and innovation in solving problems of emerging cases in the field of clinical nutrition	**KP4:** Providing students with high levels of educational quality based on training on specific pathological conditions in therapeutic nutrition.			
	SP1: Evaluate critically scientific research from a variety of sources in relation to nutrition and health through working with others, communication, self-management, and problem-solving and reflect on the various components		S1- Know the techniques required to plan, conduct, analyze and interpret food and nutrition surveys of individuals, household and communities. S2- Gain an understanding of the appropriate applications of the various methods and the interpretation of results. S3- Identify and compare/contrast methods of assessing body size and composition, dietary intake. S4- Collect, analyze, and interpret nutritional status data and be able to summarize findings in a report. S5- Participate in discussions about current controversies in nutritional status assessment.	
To sustain the concept of collaboration to promote an appropriate diet solution in cases of health and disease	**SP2:** Communicate effectively with groups and individuals to promote the benefits of a balanced diet throughout the lifespan and demonstrate the ability to use scientific laboratory skills.			
	SP3: Assess diet, food and nutrient intake, and the consumption of food constituents in individuals and groups	Understand the effects of excess and/or deficiencies of various nutrients. Analyze fluid intake required for various levels and types of physical activity.		exams
	CP1: Demonstrate consistent professional behavior in accordance with the legal and ethical boundaries of the dietetic profession			
	CP2: Critically apply knowledge of diet and health to evaluate and communicate and comment on dietary or health information both from scientific sources.	Evaluate the quality of an athlete's diet and make recommendations for them to		exams

		meet the nutritional demands of their sport.		
	CP3: Utilize the methods of data analysis using computer software and apply these methods to analyze data obtained from a wide variety of sources and situations, and apply critical thinking, testing hypotheses, formulating suggestions in diet and health			

ACADEMIC SUPPORT

It is The Hashemite University policy to provide educational opportunities that ensure fair, appropriate and reasonable accommodation to students who have disabilities that may affect their ability to participate in course activities or meet course requirements. Students with disabilities are encouraged to contact their instructor to ensure that their individual needs are met. The University through its Special Need section will exert all efforts to accommodate for individual's needs.

Special Needs Section:
Tel:
Location:
Email:

COURSE REGULATIONS

Policy:

- Students are encouraged to prepare for class, using the scheduled outline: your understanding in class will be greatly enhanced if you are familiar with the information ahead of time**.**
- Students missing any class time are responsible for obtaining all information, including assignments and schedule changes**.**
- Students misses more than 15% of total lectures will be deprived from the final exam**.**
- All students should have the same opportunity to learn. There will be times throughout this course you will be encouraged to share personal experiences and opinions and likewise to listen to other students' comments. Friendly, courteous, respectful behavior and positive attitude will be expected from all students each day. There will be NO tolerance for any disrespect towards other students, the subject, or the instructor, otherwise, the misbehaved student will be asked to leave the classroom**.**
- Participation and discussion are encouraged for earning additional points (extra credits)**.**

Plagiarism

Plagiarism is considered a serious academic offence and can result in your work losing marks or being failed. HU expects its students to adopt and abide by the highest standards of conduct in their interaction with their professors, peers, and the wider University community. As such, a student is expected not to engage in behaviours that compromise his/her own integrity as well as that of the Hashemite University.

Plagiarism includes the following examples and it applies to all student assignments or submitted work:

- **Use of the work, ideas, images or words of someone else without his/her permission or reference to them.**
- **Use of someone else's wording, name, phrase, sentence, paragraph or essay without using quotation marks.**
- **Misrepresentation of the sources that were used.**

<u>The instructor has the right to fail the coursework or deduct marks where plagiarism is detected</u>

Student Complaints Policy

Students at The Hashemite University have the right to pursue complaints related to faculty, staff, and other students. The nature of the complaints may be either academic or non-academic. For more information about the policy and processes related to this policy, you may refer to the students' handbook.

COURSE ASSESSMENT

Course Calendar and Assessment

Students will be graded through the following means of assessment and their final grade will be calculated from the forms of assessment as listed below with their grade weighting taken into account. The criteria for grading are listed at the end of the syllabus

Assessment	Grade Weighting	Deadline Assessment
Midterm Exam	50	TBA
Final Exam	50	TBA

Description of Exams

Test questions will predominately come from material presented in the lectures. Semester exams will be conducted during the regularly scheduled lecture period. Exam will consist of a combination of multiple choice, short answer, match, true and false and/or descriptive questions.

No make-up exams will be given. Only documented absences will be considered as per HU guidelines.

Grades are not negotiable and are awarded according to the following criteria*:

Letter Grade	Description	Grade Points
A+	Excellent	4.00
A		3.75
A-		3.50
B+	Very Good	3.25
B		3.00
B-		2.75
C+	Good	2.50
C		2.25
C-		2.00
D+	Pass	1.75
D	Pass	1.50
F	Fail	0.00
I	Incomplete	-

WEEKLY LECTURE SCHEDULE AND CONTENT DISTRIBUTION

"Lecture hours and weeks are approximate and may change as needed"

Note: For Assessment of Nutritional Status sections with 2 lecture periods per week (Sun. & Tues.), one lecture period covers 1 lecture hours. The chapters of the textbook that considered as part of course content will be included in exams.

Course Content		
Week	**Topics**	**Chapter in Text/handouts**
1	**Introduction to Sports Nutrition**	
2	**Defining and Measuring Energy**	
3	**Energy Systems and Exercise**	
4	**Carbohydrates**	
5	**Proteins**	
6	**Fats**	
7	**Water and Electrolytes**	
8	**Vitamins**	
9	**Minerals**	
10	**Diet Planning: Food First, Supplements Second**	
11	**Care of the Athlete With Type 1 Diabetes Mellitus**	