

Hashemite University
School of Physical Education and Sport Sciences
COURSE SYLLABUS
Sport Nutrition (110601310)
3 Credit Hours (3 contact hours)
Fall 2020 Semester
Section 2

Instructor: Mo'athBataineh, PhD

Class times: Sunday, Tuesday, Thursday 11:00-11:50am. Online

Office Hours: Sunday, Tuesday 12:15-11:15pm. Other times by appointment.

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Texts Required and Suggested:

- William McArdle, FrankKatch, & Victor Katch. Sports and Exercise Nutrition, 5th Edition, Wolters Kluwer Health.
- William McArdle, FrankKatch, & Victor Katch. Sports and Exercise Nutrition, 4th Edition, Wolters Kluwer Health.

Course Description: Topic areas will review sports nutrition as an art and science. The course includes essential principles that influence athletic performance, exercise recovery, cellular immunity, prevention of disease, energy transfer, food quality, general health, motivation, age-related loss of lean mass, and biological function. Focus is also given to substrate metabolism, bioenergetics, hormonal action and nutritional influences as related to exercise.

Course Learning Outcomes:

Upon the completion of the supervised practice, the student will be able to:	Covered in:	Assessment Method
1. Discussion of the basic Nutritional concepts	Units 1&2	- Quizzes - Exams
2. Discussion of the physical basis of bioenergetics and proceeding through levels of increasing complexity	Units4-8	- Quizzes - Exams

3. Discussion of the role of nutrients in physical performance and functional integrity	Units 11-14	- Quizzes - Exams
4. Apply appropriate knowledge in understanding Sport Nutrition	Units 1-14	-Term Project Report

Grading Scale:

<u>Letter Grade</u>	<u>Points Earned</u>
A+	90 ≤
A	86-89
A- 82-85	
B+	78-81
B	74-77
B-	70-73
C+	66-69
C	62-65
C-	58-61
D+	54-57
D	50-53
F	≤ 49

Grading and Evaluation:

Quizzes (2)	10% (5% each)
Mid Term	30%
Final Exam	40%
Term Project:	20%
- Presentation	05%
- Project Report	15%

Course Content:

- The Macronutrients
- The Micronutrients and Water
- Nutrient Role in Bioenergetics
- Macronutrient Metabolism in Exercise and Training
- Measurement of Energy in Food and During Physical Activity
- Nutritional Recommendations for the Physically Active Person
- Nutritional Considerations for Intense Training and Sports Competition
- Exercise, Thermoregulation, Fluid Balance, and Rehydration
- Pharmacologic and Chemical Ergogenic Aids Evaluated
- Nutritional Ergogenic Aids Evaluated
- Energy Balance, Exercise, and Weight Control

Class Schedule:

Week	Date	TOPIC	Student Activities
1&2		Unit 1: Macronutrients	Class discussion:
3		Unit 2: Micronutrients and Water	Class discussion:
4		Unit 4: Nutrient Role in Bioenergetics	Reading Assignment
4		Unit 5: Macronutrient Metabolism in Exercise and Training	Project Selection, Class Discussion:
5	Nov. 8th	Quiz #1	Units 1 & 2
5		Unit 6: Measurement of Energy in Food and During Physical Activity	Class discussion:
5		Unit 7: Nutritional Recommendations for the Physically Active Person	Class discussion:
6		Unit 8: Nutritional Considerations for Intense Training and Sports Competition	Class discussion:
7	Nov. 15th	Mid-Term Exam	Units 1, 2, 4, 5
7		Unit 10: Exercise, Thermoregulation, Fluid Balance, and Rehydration	Class Discussion:
7 & 8		Unit 11: Pharmacologic and Chemical Ergogenic Aids Evaluated	Class discussion: Reading Assignment:
9		Unit 12: Nutritional Ergogenic Aids Evaluated	Class discussion:
10	Dec. 6th	Quiz #2	Unit 12
10 & 11		Unit 14: Energy Balance, Exercise, and Weight Control	Class discussion:
12		Project presentation & discussion	
13-15		FINAL EXAM	Units 6, 7, 8, 10, 11, 12, 14

Exams:

- Exam material will be taken from lectures and text book.

Points of Importance:

- Tardiness or absence in the classroom will not be permitted unless proper documentation is shown. A **1 POINT DEDUCTION** will occur each time this happens
- Short exams will be held without prior notice at the beginning of class time and the score will be either +1 or -1.
- No make-up exams will be offered without proper documentation