



Part 1: Course Information

Academic Year	Fall 2022
Course	KINE 353
Course Title	Nutrition and Human Performance
Faculty	Amy Rains, MS Department of Kinesiology & Health Sciences William & Mary Office: Adair 115-A amrains@wm.edu
Office Hours	<p>Thursday 1-3 (by zoom or in office) AND by appointment. OR schedule a quick 10 minute post class discussion Tuesday and Thursday from 10:45 - 11:00): This is more of a hall pass if you just have something quick you want to discuss with me.</p> <p>Please do not email me directly to schedule either regular office hours. Simply use the online book system to make a 15-minute appointment that works for you. In the comments section of the appointment invitation, please let me know the topic for the meeting and any relevant questions so that I am prepared for our discussion.</p> <p>Although I plan my schedule to be available on Thursday from 1-3, I will not appear inside my office if there are no appointments scheduled. Please do reach out. Use this link to schedule: https://outlook.office365.com/owa/calendar/OfficeHourswithARains@wmedu.onmicrosoft.com/bookings/</p>
Required Texts	<ol style="list-style-type: none">Nutrition for Sport and Exercise, by Maria Dunford and J. Andrew Doyle 5th edition, Cengage. ISBN: 9781337678568<ul style="list-style-type: none">This text is available at the William and Mary Bookstore. It's also available on Amazon, Vital Source, and through the publisher website: Cengage.
Course Information	Face to Face meetings: T, TH 9:30 - 10:50 Location: Boswell 20
Credit Hours	3.0
Course Format and Technology	<ul style="list-style-type: none">Please check Blackboard daily! Blackboard will be our home base for lecture notes, study materials, additional reading, assignment listing/information, grade book, course calendar, and taking your exams.At home quizzes are also part of this course which will be available on Blackboard.



Important W&M Dates	The course begins: 9/1 Add/drop deadline: 9/12 Fall break: 10/13 - 10/17 Withdraw deadline: 10/31 Election Day (NO CLASS): 11/8 Thanksgiving holiday: No in person class week of November 22 - 27th Last day of classes: 12/9 Final exam: December 12th (Monday) 9:30 - 12:00pm
Last Revised	August 31st, 2022

Part 2: Course Description

Course Description	This course will explain the purpose of certain nutrients for all types of athletes from recreational to elite, as well as how to determine nutritional needs based on the type of athlete or activity, the impact that nutritional uptake plays on physical performance, how to determine needs for the aging athlete, and any nutritional concerns that may arise when nutritional needs aren't met.
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Part 3: Evaluation and Assessments (Grading):

1. Exams: Midterm (120 points) and Final (160 points)

- **Midterm:** The midterm exam is scheduled for Tuesday, October 11th. The exam will consist of 40 questions: multiple choice, T/F, fill-in-the-blank, matching, and/or short answer questions and is worth 120 points. The exam is closed note/book. I will conduct a review prior to each exam to adequately prepare you.
- **Final:** This exam is cumulative, but mostly from the 2nd half of class (80% is from the second half, and 20% from the entire semester). It will consist of 60 questions that will include T/F, matching, fill in the blank, multiple choice, and/or short answer. This exam is also closed note/book.
- Both exams will be given in Blackboard. You must bring a charged laptop to class on the day of exams. A cell phone is not an appropriate device to take a test!
- **If you need to reschedule any exam, you must email a request to me prior to the last week of class. The final exam cannot be rescheduled unless approved by the Dean of Students!**

2. Quizzes (80 points total)

- **Four open book/note quizzes** will become available in Blackboard once the related discussion ends. For example, the quiz for Chapters 1-3 will become available the day we finish the Chapter 3 discussion and is due by the posted date. The quiz questions will be similar to the midterm and final and is there to help you prepare for those exams!
- You will have unlimited time to finish each quiz, but once you start it, you must complete it!
- **Extensions:** All reasons for requesting an extension on a quiz will be considered on a case by case basis. I will not accept "I'm so busy" or "I didn't have time" as an excuse. Not knowing about a quiz or exam because of a lack of participation is not an acceptable excuse. Waiting until the due date to request an extension is unacceptable as it tells me you waited until the last day to do the work.
- **Late Submission:** quizzes will be closed on the day they are due. So unless you have an extension that you worked out with me, it will be graded as a zero.

3. Group Project (20 points)

- One group project presentation (5 minutes) will be part of your grade this semester. Each group will be assigned a case study athlete with questions to answer. I will give you some time to work on this during class time, to discuss how the group will divide up duties. This will not be a labor-intensive assignment. These will be presented on November 17th.



3. Attendance (20 points total)

- **Attendance:** will be part of your grade this semester (5%) and worth 20 points total. Each class attended is worth 1 point (with the exception of first day of class and exam dates). You may earn up to 23 points for attendance which gives you 3 extra credit points. Or you can use these 3 extra points for “sick” days. I understand that illness may keep you from class which is why I built in the few extra sick days (I even understand mental health days as well). If you have an illness that prevents you from coming to class for longer than a week, it may be excused on a case by case basis (COVID test, hospitalization, etc), and be sure to email me to let me know! Do not contact me every time you will be missing class unless it’s a serious issue that will keep you out for longer than a week.
- **Excused absences:** will be granted for athletic travel days or for a religious holiday if you observe. Please submit your letter from your coach at the start of the semester so I know in advance.
- **Taking attendance:** will be done through Blackboard using a password for that day. It will open promptly at 9:30 am and be unavailable at 11:00. It is not to be shared with friends/classmates, I will notice who is and isn’t in class. Please use honest behavior!

<i>Assessments</i>	<i>Contribution to Final Grade</i>
Exams	70%
Open book and note quizzes	20%
Group project	5%
Attendance/Participation	5%

Grading Scale

A standard grading scale will be employed to determine the final course grade. Please note, rounding up will not occur in this course (exceptions may be given for something like a 89.99, but not for an 89.5). I am consistent with this, so keep in mind that every point earned in this class matters!

A	>93
A-	90-92.9
B+	87-89.9
B	83-86.9
B-	80-82.9
C+	77-79.9
C	73-76.9
C-	70-72.9
D	60-69.9
F	<60



Part 4 Course Outline:

Unit	Lecture Topics	Req'd Reading	Assignments
Part 1	Introduction to course		
	Intro to Sports Nutrition	Chapter 1	(Quiz Ch 1-3 due on 9/18)
	Defining and Measuring Energy	Chapter 2	
	Energy Systems and Exercise	Chapter 3	
	Carbohydrates	Chapter 4	(Quiz Ch 4-6 due 10/2)
	Proteins	Chapter 5	
	Fats	Chapter 6	
	Water, hydration, & electrolytes	Chapter 7	
Midterm: Tuesday, October 11th			
Part 2	Vitamins	Chapter 8	
	Minerals	Chapter 9	
	Diet Planning: food, then supplements	Chapter 10	(Quiz Ch 8-10 due 10/30)
	Alcohol and sleep	(Article in folder)	
	Weight and Body Composition	Chapter 11	
	Nutrition for team sports	(Article in folder)	
	Nutrition for Injury	(Article in folder)	
	Plant based diets + popular diets	No readings	(Quiz #4 due Nov 11/22)
	Disordered eating and exercise patterns	Chapter 12	
	Gut health and athletes	(Article in folder)	
	Diet and exercise for lifelong fitness and health	Chapter 13	
Final Exam, December 12th 9:30 - noon			

Part 5: Class Policies

- 1. Attendance/Participation:** Regular attendance is required at every class to help you understand the material. I will require you to sign in when entering the classroom using a password on blackboard. This is to help me determine who is regularly attending and is part of your grade. See above in the grading section. I will also use our small classroom to have regular discussions. I invite you to be inquisitive and ask questions throughout class!
- 2. Cell phone usage:** Phones must remain on silent and out of sight during the class period. They can be used to sign into blackboard.
- 3. Laptops/tablets:** can be used for taking notes, but please refrain from doing other work on your laptop or tablet. This is distracting!
- 4. Be respectful:** Please be respectful of the learning environment and your fellow students.
- 5. Be responsible:** An important step to maturity is taking responsibility for your successes as well as your failures. However, if you feel you were not graded fairly on an assignment or exam please feel free to make an appointment with me to discuss it.

Part 6: Student Ethics and Other Policy Information:

Honor Code

Do not cheat! The College of William & Mary has had an honor code since at least 1779. Academic integrity is at the heart of the university, and we all are responsible for upholding the ideals of honor and integrity. The student-led honor system is responsible for resolving any suspected violations of the Honor Code, and I will report all suspected instances of academic dishonesty to the honor system. The Student Handbook (www.wm.edu/studenthandbook) includes your responsibilities as a student and the complete Code. Your full participation and observance of the Honor Code are expected. To read the Honor Code, see www.wm.edu/honor

ADA accommodations at W&M

It is the policy of William and Mary to accommodate students with disabilities and to qualify for diagnosed conditions following federal and state laws. Any student who feels s/he may need an accommodation based on the impact of a learning, psychiatric, physical, or chronic health diagnosis should contact Student Accessibility Services staff at 757-221-2509 or sas@wm.edu to determine if accommodations are warranted and to obtain an official letter of accommodation. For more information, please visit <http://www.wm.edu/sas>

Diversity Plan

The Department of Kinesiology & Health Sciences is committed to supporting a diverse and inclusive environment. To advance that commitment in concrete ways, the Department adopted a diversity and inclusion plan <https://www.wm.edu/as/kinesiology/diversity-plan/index.php>

It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength and benefit. Some of the research and science discussed in this class will include differences among ethnic groups, socioeconomic status, and gender as it pertains to nutrition and the human body. It is my intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, culture, and political views. It is also my intent to provide you with resources and readings in this class that represent diverse experiences; not just those that reflect my own experiences! Your suggestions are always encouraged and appreciated! Please let me know ways to improve the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can make arrangements for you.

Mental and Physical Well-Being

William & Mary recognizes that students juggle different responsibilities and face challenges that make learning difficult. Asking for help is a sign of courage and strength. Many resources are available at W&M to help students navigate emotional/psychological, physical/medical, material/accessibility concerns. If you or someone you know is experiencing any of these challenges, we encourage you to reach out to the following offices:

- For psychological/emotional stress, please consider contacting the W&M Counseling Center <https://www.wm.edu/offices/wellness/counselingcenter/>; or (757) 221-3620, 240 Gooch Dr., 2nd floor. Services are free and confidential.
- For physical/medical concerns, please consider reaching out to the W&M Health Center at <https://www.wm.edu/offices/wellness/healthcenter/>; or (757) 221-4386, 240 Gooch Drive.
- For additional support or resources, please contact the Dean of Students by submitting a Care Report <https://www.wm.edu/offices/deanofstudents/services/caresupportservices/index.php>; or by calling 757-221-2510, or by emailing deanofstudents@wm.edu.
- For a list of many other resources available to students, see [Health and Wellness Resources for Students](#)



Part 5: The COVID-19 PIVOT

COVID-19 is now considered to be one illness among many that university employees and students manage on a daily basis. While William & Mary will continue to make decisions about how to respond in a phased way, day-to-day emergency management of COVID-19 is not necessary at this time. Moving forward, the Public Health Advisory Team has partnered with W&M's emergency management to respond if conditions require university operations to adapt.

I encourage you to familiarize yourself with these updates, effective Aug. 5, and the guidelines and resources available at the university. Whether you are planning for your own potential COVID-19 diagnosis you may visit: wm.edu/coronavirus for policy information and guidance.

Delivering Instruction if you are Sick, Quarantined, or Isolated

If you are sick and need to miss more than 2 classes, please contact me and let me know so I am aware of the situation and can help you succeed in the class while being absent. The following resources are available to you:

- Lecture slides accessible on BB within 24 hours of scheduled meeting time.
- All readings and articles will be posted in BB
- Office Hours (Thursdays 1-3PM)

Delivering Instruction if I am Sick, Quarantined, or Isolated

If I am absent the following resources are available to you:

- Asynchronous learning on Blackboard
- Asynchronous lectures recorded via zoom that will be accessible on Blackboard
- Special office hours will be set up to offer additional opportunities for you to ask questions on any asynchronous learning that occurs as a result of my absence