Syllabus-Fall 2005

**Course: NTR 576 and ESS 576**
**Title: Nutrition and Physical Fitness**
**Credits**: 3 Credits

**Prerequisites:** NTR 213 (Nutrition) and BIO 277 (Physiology)

Students not meeting these prerequisites should drop the course. If a student does not drop the course by the end of the first week, the instructor has the right to drop the student from the course anytime during the semester.

**For Whom Planned:** This is a required course for Nutrition undergraduate majors with concentrations in Human Nutrition and Dietetics and Nutrition and Wellness. This is an elective course for all graduate Nutrition students. This is an elective course for all students in Exercise & Sport Science.

**Instructor Information:**

Cheryl Lovelady, PhD, RD
Office: 312 Stone Building Phone: 256-0310
E-mail: Cheryl_Lovelady@uncg.edu
Office hours: T and Th, 11-12, or by appt.

Laurie Wideman, PhD
Office: Rm 237E HHP; 4-3234
E-mail: l_widema@uncg.edu
Office Hours: T/Th 11-12 or by appointment

**Teaching Assistant:**

Heather Kennedy
Email: hkennedy_914@hotmail.com

**Catalog Description:**
Metabolism during exercise, ergogenic aids, nutrients' effects on performance and body composition alterations during training. Gender and age-specific needs and responses to exercise and dietary intake.

**Student Learning Outcomes:**
By the end of the course, students will be able to;

1. Explain the metabolic pathways used during various forms of physical activity and sport.
2. Explain the role of nutrients in promoting physical performance.
3. Discuss the interrelationship between body composition and health and performance.
4. Critically examine the use of food and supplements as ergogenic aids.
5. Analyze the current theories of how nutrition and physical fitness relate to health promotion and the reduction of chronic disease incidence in the American population.
6. Plan a diet and exercise program for a person participating in some type of

athletic event or for a person with a chronic disease.
7. Compare and contrast gender and age specific needs and responses to exercise and dietary intake.

**Teaching Strategies:** This course will use lectures and a comprehensive diet & exercise project to facilitate student learning.

**Evaluation Methods & Guidelines for Assignments:**

| | |
|---|---|
| 3 midterm exams (100 pts each) (SLO 1-5) | 300 points |
| Final exam (SLO 1-5) | 100 points |
| Diet and exercise project (SLO 6, 7) | 100 points |
| TOTAL | 500 points |

Grading Scale:
A=90-100% B=80-89% C=70-79% D=60-69% F=< 60%

Plus and minus grades will be given. Assignments handed in late will have 10 percent deducted from the score for each day of tardiness. (i.e., diet project turned in on a Tuesday when it was due on Thursday will have 50 points deducted from the 100 points possible.)

There will be separate questions for graduate students on each of the exams that will require analysis and synthesis of course material at a greater depth than that expected of undergraduate students.

DIET AND EXERCISE PROJECT DUE: November 17

**Required Texts:**
Nutrition for Health, Fitness and Sport, 7th edition, by Melvin Williams, McGraw-Hill Publishers, 2005.

**Academic Honor Code:** Each student is required to 'sign or pledge' the academic integrity policy on all major work submitted for the course. The policy can be viewed at http://saf.dept.uncg.edu/studiscp/Honor.html. Signing your work means that you understand the academic integrity policy and have not cheated on the assignment or test.

COURSE OUTLINE

| Date | Topic | Text Reading Assignment |
|---|---|---|
| 8/16 | Introduction to course | Ch. 1 |
| 8/18-8/25 | Overview of the metabolic fuels | Ch 3 |
| 8/30-9/6 | Carbohydrates | Ch 4 |
| 9/8 | EXAM 1 | |
| 9/13-9/20 | Lipids | Ch 5 |
| 9/22-9/29 | Protein | Ch 6 |
| 10/4 | EXAM 2 | |
| 10/6 | Exercise prescription | Ch 11 and 12 |
| 10/11 | FALL BREAK | |
| 10/13 | Diet prescription | Ch 11 and 12 |
| 10/18 | Body composition | Ch 10 |
| 10/20-10/25 | Weight control | Ch 11 |
| 10/27 | Eating disorders | Ch 10 |
| 11/1-11/3 | Minerals | Ch 8 |
| 11/8 | EXAM 3 | |
| 11/10 | Water & Electrolytes | Ch 9 |
| 11/15 | Vitamins | Ch 7 |
| 11/17-11/22 | Diabetic athlete | Reserve reading |
| 11/24 | THANKSGIVING HOLIDAY | |
| 11/29 | Diabetic athlete | Reserve reading |
| 12/1 | Ultraendurance athlete | Reserve reading |
| 12/8 | FINAL EXAM: 9:00-11:00 AM | |