

Department of Nutritional Sciences
University of Toronto

Course Syllabus

2014 – NFS 302H1S Nutrition, Athletics, Performance and Behaviour

1. **Course description:** This course will give an overview of the emerging and advancing role of chronic diet and supplements in athletics, performance, and behavior.
 2. **Course prerequisite:** NFS 284 Basic Human Nutrition
 3. **Learning Objectives:** Building on the basic knowledge obtained in NFS 284, this course will offer students the opportunity to:
 - Acquire further knowledge and understanding of the science of human nutrition as it relates to exercise physiology, metabolism and sport performance.
 - Examine the scientific basis and rationale for current nutrition recommendations for athletes
 - Explain the potential role of specific dietary supplements/ergogenic aids in optimizing physical performance and evaluate their usefulness and safety.
 - Gain an awareness of the health issues and dietary challenges of athletes
 - Apply acquired knowledge to identify and evaluate dietary strategies for enhancing sport performance in terms of its effectiveness and implications for health and safety.
 4. **Course Instructor:** Pauline Darling MSc PhD RD
Assistant Professor Department of Nutritional Sciences, U of Toronto,
Associate Scientist, Li Ka Shing Knowledge Institute 3rd floor,
St Michael's Hospital
Telephone: 416 864 5535
e-mail: pauline.darling@utoronto.ca
Office hours: By appointment
- Course Teaching Assistants: TBA
5. **Lecture Details:**
 - 3 hour lecture, Thursday 9:00-12:00pm
 - Location: Room 103, Fitzgerald Building
 - Course website available on your Portal page in Blackboard.

6. Textbook options:

There is no required textbook for this course.

Recommended textbook, available from the library or bookstore:

- Dunford M, Doyle JA. Nutrition for Sport and Exercise 2nd Edition, 2012. ISBN 978-0-8400-6829-3

Other basic texts on sports nutrition that you might find helpful, especially as a reference for your assignment are available from the library and bookstore:

- Burke L and Deakin V. Clinical Sports Nutrition, 4th edition, 2010. ISBN 978-0-070-27720
- Lanham-New SA, Stear SJ, Shirreffs SM, Collins AL (Eds). Sport and Exercise Nutrition, 2011. ISBN 978-1-4443-3468-5

7. Course Outline:

	Date	NFS302 Lecture Topic
1	Thurs Jan 9	<ul style="list-style-type: none"> • Introduction and Review of Course Outline • Basic nutrition and training principles, sports nutrition guidelines. • Evaluating Scientific Evidence
2	Thurs Jan 16	<ul style="list-style-type: none"> • Energy and muscle basics • Energy systems and exercise • Discussion of Assignment
3	Thurs Jan 23	<ul style="list-style-type: none"> • Carbohydrate as Fuel for Exercise
4	Thurs Jan 30	<ul style="list-style-type: none"> • Protein and Amino Acids
5	Thurs Feb 6	<ul style="list-style-type: none"> • Fat as Fuel for Exercise • Water and Electrolyte Balance <p>ASSIGNMENT DUE</p>
6	Thurs Feb 13	<p>MIDTERM Test 25% (1 h)</p> <p>RETURN OF CORRECTED ASSIGNMENT</p>
7	Thurs Feb20	READING WEEK – CLASSES CANCELLED
8	Thurs Feb 27	<ul style="list-style-type: none"> • Vitamins and Minerals Needs Related to Athletic Performance • Use of Supplements and Ergogenic Aids
9	Thurs Mar 6	<ul style="list-style-type: none"> • Use of Supplements and Ergogenic Aids
10	Thurs Mar 13	<ul style="list-style-type: none"> • Body Composition, • Energy Balance and Weight Management
11	Thurs Mar 20	<ul style="list-style-type: none"> • Nutritional Strategies for Training and Competition <p>RESEARCH PAPER DUE</p>
12	Thurs Mar 27	<ul style="list-style-type: none"> • Health Issues of the Athlete: Disordered Eating, Gastrointestinal, Bone
13	Thurs Apr 3	<ul style="list-style-type: none"> • Nutritional Needs of Special Populations: Vegetarian Athlete • Course Conclusion
	TBA: April	FINAL EXAM (40%)

8. Assessment

	Date	Value (%)
Term Test (Closed Book-multiple choice on all material covered up to end of lecture Feb 6 th) Location TBA	Feb 13	25 %
Assignment: Annotated Bibliography	Feb 6	5%
Assignment: Research Paper	March 20	30%
Final Exam (Closed book-multiple choice, short answers covers all lecture material, 70% of final exam will be on material from Feb 27 th forward) Location TBA	During April Examination period	40%
Total		100%

9. Important course policies

a) **Electronic communication with instructors**

Questions about course content: A discussion board is available for students to post questions about lecture content.

Questions of a more personal nature: Please limit the use of e-mail to personal matters. Be sure to include the course code **NFS 302** in the subject line of any e-mail communication. Note also that Dr Darling can arrange to meet with you to discuss both lecture material and personal matters.

Student e-mail accounts: All U of T students are required to have a valid Uof T email address. You are responsible for ensuring that your UofT e-mail address is set up and properly entered in ROSI. Otherwise you will NOT be able to receive emails from your instructor as @mail.utoronto.ca addresses are the only addresses used by Blackboard. You are also responsible for checking your U of T email account on a regular basis. Failure to do so is not an acceptable excuse for missing important messages.

Announcements: Announcements may be periodically posted on the course website and it is the student's responsibility to check there regularly.

Assignments and Turnitin policy:

Students are expected to independently work on their assignments and properly paraphrase and cite sources used for their assignments.

In this course, students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of Turnitin.com service are described on the Turnitin web site.

For this course, both the **annotated bibliography** and the **Final Research Paper** require **submission to Turnitin.**

If you have problems that prevent you from submitting to Turnitin, please contact Dr Darling to discuss alternatives. All students are expected to either submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in **a grade of ZERO for the assignment.** For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr Darling for a short **oral test** during which you will be asked questions about the writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

Dr Darling reviews the Turnitin submissions and will e-mail students if there are any concerns about their writing. Often this is no more than a discussion of how to properly paraphrase and or cite references, but the deduction of marks may also result. Failure to respond to such and e-mail will result in the deduction of assignment marks. If a serious case of plagiarism is suspected, the student's assignment will be forwarded to the Office of Academic Integrity for review and possible sanction.

b) Policy regarding late assignments:

A **HARD COPY** of each assignment is due **at the beginning of the class** on the due date. Submit the assignment directly to Dr Darling (FG 103) on Thursday. If you miss class, assignments will be accepted after class up to 4:45pm on the due date, but there will be a 10% penalty and you must follow the procedure below:

- 1) Have your assignment date-stamped "Received" and marked with date and time in the main office of the Department of Nutritional Sciences (**FG 316, hours 9am-4:45pm**) and then
- 2) E-mail Dr Darling, the SAME day, so he/she knows your assignment is available in FG316.

Note: **The hard copy of your assignment is the only version which will be graded.** Submitting your assignment to Turnitin or by e-mail as "proof" of its timely completion is **NOT** acceptable; timely completion includes the budgeting of travel time to ensure you can submit your hard copy.

After the due date:

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness or personal distress. Please contact Dr Darling by e-mail (pauline.darling@utoronto.ca) to request an extension prior to the due date. You will be asked to

provide a reason for the request. This can be a written explanation from you or a medical certificate. <http://www.illnessverification.utoronto.ca/getattachment/index/Verification-of-Illness-or-Injury-form-Jan-22-2013.pdf.aspx> . If you prefer, verbal explanations can also be accepted. See Dr Darling after class or e-mail for an appointment or call back. All discussions are treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, may be asked for additional documentation and are advised to discuss their situation with their college registrar.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are NOT compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you feel you have a compelling reason that cannot be easily documented or are uncertain if your reasons are compelling, you should:

- 1) **FIRST** hand-in as much of the assignment as you possibly can on the due date and
- 2) **THEN** make an appointment with Dr Darling to discuss your situation. When appropriate, verbal explanations will be accepted. Often students don't believe their situation is compelling when in fact, it is, so please speak with Dr Darling, whatever your circumstances.

c) Policy regarding assignment re-reads:

If you would like have your assignment rechecked for the way your assignment has been graded, please submit in WRITING a BRIEF explanation of where you believe an oversight has occurred. You may underline or highlight the relevant portions. The portions highlighted along with the remainder of the assignment will be reviewed and **your grade can go up, down or stay the same**. Dr Darling's decision is final. Please note that the higher your initial grade, especially > 80%, the less likely an upward adjustment of marks will occur.

You can hand in requests to Dr Darling personally during class or leave your paper in main office of the Department of Nutritional Sciences, Rm 316 Fitzgerald Building.

Deadline for annotated bibliography requests: **One week after assignment is returned.**

Deadline for research paper requests: **One week after assignment is returned or the date of the final exam, whichever comes first.**

d) Policy regarding missed term test.

Except for compelling reasons such as illness or personal distress, all students will be given a grade of ZERO if they miss the term test. There are NO MAKE-UPS. If you miss the term test (worth 25%), for compelling reasons, your final exam will be worth 65% of your final grade (25% +40%). You are required to provide an explanation for your absence. This can be a written explanation from you or a medical certificate. If you prefer, verbal explanations will also be accepted. Please contact Dr Darling through e-mail to make an appointment. All discussions are kept confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, may be asked for additional documentation and are advised to discuss their situation with their college registrar.

e) Policy regarding missed final exam:

Policy regarding a missed final exam is determined by the Faculty of Arts and Science. If you have compelling reasons for missing your final exam, contact your college registrar to file a petition; do this quickly, there are deadlines. You must provide documentation to support your petition. If your petition is accepted you will be permitted to write a deferred exam. A deferred exam fee (approximately \$70) must be paid. **Note:** Students lose access to courses on Blackboard 90 days after the last day of classes, so be sure you have downloaded all documents you need to study from the course website before then.

f) Lecture material, audio recordings, and intellectual property

Please note that the lecture presentations and course materials are the intellectual property of the instructor. The distribution, transmission, reproduction or re-posting of the NFS 302 lecture materials, including audio recordings in whole or in part, is **NOT permitted** without the consent of the instructor. All students enrolled in NFS302 are permitted to use the material for personal study. Please check with the professor re: permission for audio recordings of the lecture for personal use. Students are NOT permitted to post these audio files in any other location, except personal and private online repositories, without the permission of the course instructor.

g) Academic Integrity

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct:

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>

Students are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

Accessibility Needs: The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible:

<http://www.accessibility.utoronto.ca/>