

PDP NT112 Sports Nutrition

Instructor: Sarah Gilbert, MS, RD, LDN

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Meets once per week: 1.0 Credit

Course Description:

Whether exercising for fun, health, or competition, nutrition is essential to staying energized throughout the day and during activity. In this course, students will learn the fundamentals of nutrition and be guided through an assessment of their individual nutritional needs. Participants will develop skills and strategies for fueling physical activity and sports, with an emphasis on eating to support optimal performance and recovery. Students will also learn to separate nutrition fact from fiction and examine products and marketing with a critical eye. Skills and strategies for meal planning, dining out, food shopping, recipe modification and evaluation of dietary supplements will be introduced through interactive sessions. This class is for non-nutrition majors only.

Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 absences. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending a section of Healthy Cooking on a Budget or Sports Nutrition. Please contact Sarah Gilbert, Sports Nutrition Instructor, if you plan on attending a section of Healthy

Cooking on a Budget or Sports Nutrition so that she can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancellations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule

Week 1	Introduction & factors impacting eating behaviors
Week 2	The Building Blocks of Nutrition: Carbohydrates
Week 3	The Building Blocks of Nutrition: Protein
Week 4	The Building Blocks of Nutrition: Fats
Week 5	Energy Balance & Athlete Plate
Week 6	Meal Planning Workshop
Week 7	Thoughtful Eating
Week 8	Nutrient Timing
Week 9	Hydration
Week 10	Supplements
Week 11	Performance Nutrients
Week 12	Sleep
Week 13	Endurance Nutrition
Week 14	Review Game