

**De Anza College**  
**Nutrition and Athletic Performance**  
**N-62**  
**Fall 2018**

**Instructor:** Gigi Acker, MPH, RD  
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**Office Location: & Hours:** Wednesday 1:30-2:30 pm & Friday 8:30-9:30 am  
**Class Day/Time:** Friday 9:30-11:20 am  
**Classroom:** S57  
**Website:** <http://www.deanza.edu/faculty/ackergigi>

### **Course Description**

Principles of sports nutrition. Diet and nutrition concepts applicable to strength, training, endurance activities and weight control. Use of dietary supplements as popular ergogenic aids.

### **Student Learning Outcomes (SLO)**

Students will be able to:

- Evaluate a meal plan or diet for meeting the nutritional needs of the athlete.
- Evaluate a dietary supplement with claims of enhancing athletic performance.

### **Required Course Materials**

- 100 Questions & Answers about Sports Nutrition and Exercise by Lilah Al-Masri, MS, RD, CSSD, LD and Simon Barlett, PhD, CSCS, ATC.
  - **Bring to class for Open Book Quiz 1, Quiz 2 & Case Studies**
- Eating for Endurance (4<sup>th</sup> Edition) by Ellen Coleman RD, MA, MPH.
  - Recommended but optional
- One pack of **3-inch by 5-inch** index cards, any color, with or without lines.
  - Bring to class weekly

### **Attendance:**

- Attending class is very important.
- Every week there are in class activities (60 points of your total grade). In class activities cannot be made up if absent.
- If you miss class, it is your responsibility to find out what material you missed from a classmate.
- It is your responsibility to withdraw from the course if you wish to drop.

### **Grading Scale**

93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
70-76%	C
67-69%	D+
63-66%	D
60-62%	D-
59% or below	F

**Exams, Quizzes, In-Class Activities details:**

- You need an 882-E scantron & #2 pencil for each exam & quiz.
- Exam questions are from lectures, discussions & in-class activities.
- Here are some class “rules”:
  - **I do not give make-up exams** except for unavoidable circumstances with documentation of emergency or illness. Please contact me immediately (text, email or call) if this occurs.
  - **No exam will be handed out after the first exam has been completed and returned.**
  - Once an exam begins, you will not be allowed to go to the bathroom & return to finish it.
  - Cheating will result in a 0 on exam & notification to the Dean of Student Development.
- You must bring the book *100 Questions & Answers about Sports Nutrition & Exercise* on quiz days.
- Every class includes in-class activities worth points.
- Mobile phones must be put on silent and put away during class. If you use your phone during class, you will forfeit credit for the in-class activity.

Open Book Quiz 1	45 points
Open Book Quiz 2	45 points
Midterm Exam	60 points
In-Class Activities (weekly)	60 points
Case Studies (in-class group work)	20 points
Final Exam	50 points
<b>TOTAL</b>	<b>280 points</b>

**Other Important Dates:**

- Saturday, October 6 – Last day to add classes
- Sunday, October 7 – Last day to drop with no record of grade
- Friday October 19 – Last day to request pass/no pass grade
- Friday November 16 – Last day to drop with “W” on record

<b>Date</b>	<b>Tentative Topic</b>	<b>Optional Reading: Eating for Endurance</b>	<b>Additional Info</b>
9/28	Class Introduction – Welcome!		
10/5	Introduction to Nutrients Fuel Basics: How carbohydrates, fat and protein fuel your exercise	Chapter 13  Chapter 12 (Pages 144-153)	
10/12	Fuel Basics, cont. Carbohydrates: What to eat before, during and after exercise	Chapter 1	
10/19	Carbohydrates, cont. <b>Open Book Quiz 1</b>	Chapter 3 (Pages 34-42)	<b>Book: 100 Q &amp; A about Sports Nutrition &amp; Exercise Scantron (882-E) No. 2 pencil</b>
10/26	Sports Supplements: Are they worth your money? <b>Mid-Term Review</b>	Chapters 7 & 11	
11/2	<b>Midterm</b> Protein: Benefits for strength and endurance athletes	Chapter 5	<b>Scantron (882-E) No. 2 pencil</b>
11/9	Protein cont. <b>Case Studies (in-class):</b> Applying your sports nutrition knowledge		
11/16	Vitamins & Minerals: What role do they play in exercise?	Chapters 6 & 7 Appendix 3 & 4	
11/23	NO CLASS! Happy Thanksgiving!		
11/30	Hydration: When & what to drink for the performance edge <b>Open Book Quiz 2</b>	Chapter 2	<b>Book: 100 Q &amp; A about Sports Nutrition &amp; Exercise Scantron (882-E) No. 2 pencil</b>
12/7	Hydration cont. Battle of the Beverages		
12/14	<b>Final Exam @ 9:30 am Arrive early!</b>		<b>Scantron (882-E) No. 2 pencil</b>

