

FALL 2

ATP 7311

NUTRITION AND PERFORMANCE

TBD

Instructor: TBD

Office:

Phone:

Email:

Office Hours: Monday:
Tuesday:
Wednesday:
Thursday:
Friday

Course Description:

ATP 7311. NUTRITION AND PERFORMANCE. Credit 3 Hours. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training. The course examines nutritional needs across the life span, focusing on the basic nutrients and their food sources, and nutrient utilization in the human body. There will be a study of the association between nutrition and exercise performance, nutrition assessment of athletes, how to measure body composition, and the use of and controversy over ergogenic aids are explored.

Textbook(s):

Fink, H.H. & Mikesky, A.E.(2011). Practical Applications In Sports Nutrition, 3rd Edition. Publisher: Jones & Bartlett. ISBN: 978-1449646431

Course Objectives:

Upon successful completion of this course students will be able to demonstrate the appropriate knowledge and skill base to understand the basic principles of:

1. Assess weight loss and hydration status using weight charts, urine color charts, or specific gravity measurements to determine an individual's ability to participate in physical activity in a hot and humid environment. (PHP-14)
2. Summarize the general principles of health maintenance and personal hygiene (skin care, dental hygiene, diet, rest, exercise). (PHP-24)
3. Describe the role of nutrition in enhancing performance, preventing injury or illness, and maintain a healthy lifestyle. (PHP-32)
4. Educate clients/patients on the importance of healthy eating, regular exercise and general preventative strategies for improving or maintaining health and quality of life. (PHP-33)
5. Describe contemporary nutritional intake recommendations and explain how these recommendations can be used in performing a basic dietary analysis and providing appropriate general dietary recommendations. (PHP-34)
6. Describe the proper intake, sources of, and effects of micro- and macro-nutrients on performance, health and disease. (PHP-35)
7. Describe current guidelines for proper hydration and explain the consequences of improper fluid/ electrolyte replacement. (PHP-36)
8. Identify, analyze and utilize the essential components of food labels to determine the content, quality and appropriateness of food products. (PHP-37)
9. Describe nutritional principles that apply to tissue growth and repair. (PHP-38)
10. Describe changes in dietary requirements that occur as a result of changes in an individual's health, age and activity level. (PHP-39)
11. Explain the physiologic principles and time factors associated with the design and planning of pre-activity and recovery meals/snacks and hydration practices. (PHP-40)
12. Identify the foods and fluids that are most appropriate for pre-activity, activity, and recovery meals/snacks. (PHP-41)
13. Explain how changes in the type and intensity of physical activity influence the energy and nutritional demands placed on the client/patient. (PHP-42)
14. Identify the symptoms and clinical signs of substance misuse/abuse and common eating disorders, the psychological and socio-cultural factors associated with each, the impact on an individual's health and physical performance, the need for proper referral to a healthcare professional. (PS-14, PS-15)
15. Demonstrate testing procedure to obtain baseline data regarding level of general health. (CIP-1)
16. Use obtained data to design, implement, evaluate and modify a program specific to performance and health goals. (CIP-1)
17. Incorporate behavioral change theory to affect health related change. (CIP-1)
18. Refer to other medical and health professionals when appropriate. (CIP-1)

Retention and Progression Procedures & Policy:

After students have been formally accepted into the Master of Athletic Training Program at the University of Houston the ATS must maintain a G.P.A. of 3.0 or above and receive no more than one grade of “C” in any of the required Master of Athletic Training Program courses. When a student falls below the required G.P.A. and/or receives a grade of “C” in two or more classes, the ATS will be removed from the Master of Athletic Training Program.

Should the student who has been removed from the Master of Athletic Training Program wish to file a grievance, he/she must follow the guidelines as defined at the following link:

<http://www.uh.edu/class/students/graduate/academics-planning/policies-procedures/index.php>

Evaluation Methods:

Total Possible:

Grading Scale:

100-93:	A
92-85:	B
84-77:	C
76-69:	D
<69:	F

ADA STATEMENT

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

ACADEMIC HONESTY

Honesty in your academic work is important in developing professional integrity. Students are to maintain a high standard of academic honesty, including doing your best work and reporting academic misconduct and plagiarism. At all times you must present your own, original work. Any student who commits academic misconduct will receive a zero for that assignment, and depending on the nature of the violation, may fail the class and be reported to the university for disciplinary action.