**University of Wisconsin – Stevens Point – Master of Science - Athletic Training**

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| **Course Title:** AT 723 - Physiology, Exercise and Nutrition | | **Term:** Summer 2021 | **Credits:** 2 |
| **Instructor:** Annie Wetter | **Phone:** 715.346.2108 | **Email:** awetter@uwsp.edu | |
| **Time and Place:** M 9am – 1pm CPS 116 | | **Office hours:** M 1-2pm or by appointment | |

I am also available to answer any questions you wish to express privately to me. Please use any of the following communication vehicles to reach out should you have individual concerns or questions.

Text: For brief inquiries (<200 characters) that do not require a detailed response.

Anytime 715.572.6580 I will attempt to respond within 12hrs.

Email: For inquiries that are more detailed.

Anytime awetter@uwsp.edu I will attempt to respond within 12hrs.

Zoom: Email me days and times when you are free to meet

I will find a time that fits my schedule and send you a zoom link

**Required Textbook(s):** n/a

**Course Description:** Apply concepts of the physiology of nutrition and exercise to address common questions about health, diet, and fitness. Includes application for health promotion (disease prevention), performance enhancement, and supporting clinical interventions.

2020 Standards for Accreditation of Professional Athletic Training Programs addressed in this course:

* Standard 79: Develop and implement strategies to mitigate the risk for long-term health conditions across the lifespan. These include (but are not limited to)
  + cardiovascular disease, diabetes, neurocognitive disease, obesity, osteoarthritis
* Standard 83: Educate and make recommendations to clients/patients on fluids and nutrients to ingest prior to

activity, during activity, and during recovery for a variety of activities and environmental conditions.

* Standard 87: Select and use biometrics and physiological monitoring systems and translate the data into effective preventive measures, clinical interventions, and performance enhancement.

**Essential Questions:**

* How can athletic trainers integrate evidence-based nutrition and exercise knowledge for health promotion in patients?
* How do diet and exercise mitigate risk for chronic diseases across the life span?
* How can diet and exercise be integrated into injury recovery?

# CLASS PARTICIPATION VIA CANVAS

All course material is accessible in Canvas. Students are expected to access course material in a timely manner and complete assignments by the posted due date. Technology can be a challenge, especially in rural areas. Be sure you have the [minimum computer and internet configurations for Canvas](https://community.canvaslms.com/docs/DOC-10721) and access to a stable internet connection (don't rely on cellular). If you have any questions about the capabilities of your technology resources, see [Student Technology Tutor](https://www3.uwsp.edu/tlc/Pages/techTutoring.aspx%22http:/www.uwsp.edu/tlc/Pages/ComputerGuides.asp%22http:/www.uwsp.edu/tlc/Pages/ComputerGuides.asp) or contact [IT Service Desk](https://www3.uwsp.edu/infotech/Pages/ServiceDesk/default.aspx) (715-346-4357; [techhelp@uwsp.edu](mailto:techhelp@uwsp.edu)).

* You will use your UWSP account to login to the course from the [Canvas Login Page](https://www3.uwsp.edu/canvas/Pages/default.aspx). If you have not activated your UWSP account, please visit the [Manage Your Account](http://www.uwsp.edu/infotech/Pages/Account/Manage-Your-Account.aspx) page to do so.
* To access this course on Canvas you will need a stable internet connection (don't rely on cellular) and a supported Web browser (Internet Explorer, Chrome, Firefox, Safari). Canvas works best in Chrome.
* In Canvas, you will access resources and course materials as well as discussions, assignment, quizzes, and exams. At designated times throughout the semester, you will participate in a blend of self-paced and group-paced activities using Canvas.
* Stay connected with the course by turning on email/text notifications. Go to the Account tab at the far left, hit settings to enter your email and cell phone in “ways to contact” and then hit notifications to tell Canvas to alert you of due dates, announcements, grades posted, etc. Hit Notifications (back in the Account menu on the left) and choose which course details you want to get reminders about and when you get the alerts.

# TECHNICAL ASSISTANCE

# Canvas Support is always available via the help button.

Also, you can contact:

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| a [Student Technology Tutor](http://www.uwsp.edu/tlc/Pages/techTutoring.aspx) |  | the [IT Service Desk](http://www.uwsp.edu/infotech/Pages/HelpDesk/default.aspx) |
| * **phone** 715-346-3568 |  | * **phone** 715-346-HELP (4357); 1-877-832-8977 |
| * **e-mail** tlctutor@uwsp.edu |  | * **e-mail** techhelp@uwsp.edu |
| * **visit** 018 Albertson Hall (ALB) |  | * **visit** ALB 027 |

# Grading

# Commit to Integrity: UWSP 14.01 STATEMENT OF PRINCIPLES

The board of regents, administrators, faculty, academic staff and students of the University of Wisconsin system believe that academic honesty and integrity are fundamental to the mission of higher education and of the University of Wisconsin system. The university has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others’ academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions. See [UWSP 14.03](https://www3.uwsp.edu/dos/Pages/Student-Conduct.aspx) for misconduct subject to disciplinary action.

Grading Scale

A 93-100% C+ 77-79.9%

A- 90-92.9 C 73-76.9

B+ 87-89.9 C- 70-72.9

B 83-86.9 D+ 67-69.9

B- 80-82.9 D 60-66.9

F below 60%

# Grades (% of total grade)

1. Discussions (50%)
2. Assignments (50%)

# Discussion Rubric

**0% Incomplete:** no post or very short post such as, “Yes,” “No,” “I agree,” “I disagree,” “Good job”

**50%** **Okay:** A brief post that contains some feedback. The post contains grammatical, spelling, or punctuation errors and/or some inaccuracies.

**100% Good:** A well-constructed post that contains feedback, explanation/reasoning, and is accurate according to the course content/materials/resources. The post is very well written with no or few grammatical, spelling, or punctuation errors.

Grades and feedback on discussions will be posted within 48hrs of the due date.

# LATE WORK POLICY

Be sure to pay close attention to deadlines:

* Assignments will be docked 1 full letter grade for each day they are late.
* Because of the nature of discussions, missed discussion posts cannot be made up or completed late.

# Religious Beliefs

Relief from any academic requirement due to religious beliefs will be accommodated according to UWS 22.03, with notification within the first three weeks of class.

# Conduct / Netiquette

This is your online learning community. Unlike Facebook, Twitter, and other online communities, everyone is expected to express themselves professionally in all discussions and communications. Basic guidelines:

1. Be polite and respectful

2. If you are going to disagree with somebody, do it in a professional, adult manner

3. Fully explain your thoughts and ideas

4. Complete your posts several days before the due date so others have time to respond.

Netiquette is a set of rules for behaving properly online. The instructor and your fellow students wish to foster a safe online community of learners. All opinions and experiences, no matter how different or controversial they may be perceived, must be respected in the tolerant spirit of academic discourse. You are encouraged to comment, question, or critique an idea but you are not to attack an individual. Netiquette tips:

* Do not use offensive language. Present ideas appropriately.
* Avoid Internet style (e.g., all capital letters suggests shouting).
* Popular emoticons such as ☺ can be helpful to convey your tone but do not overuse them.
* Avoid slang language as this could possibly lead to misinterpretation.
* Humor is acceptable, however do not use sarcasm.
* Keep an “open-mind” about expressing your own and responding to others’ minority opinion. Minority opinions have to be respected.
* Think and edit before you push the “Send” button.
* Never make fun of someone’s ability to read or write. Instead, share tips and guidance to help them
* Do not hesitate to ask for feedback.

Course overview – the outline below gives a rough idea of the weekly topics; details are posted in Canvas

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| When & Where | | Content |
| **Week 1** | | |
| Mon June 21  9am-1pm | CPS 116  Champions Hall (MCCH) 033 (ex phys lab) | Course introduction  Energy – use and sources; measuring and estimating  Body composition – assessment methods; interpretation, and application of results |
| Rest of week | Canvas | Assignments: diet record and analysis; physical activity (PA) logs |
| **Week 2** | | |
| Mon June 28  9am-1pm | CPS 116 | Chronic disease risk reduction – PA and diet rec’s  Weight vs kcal restriction, fitness vs fatness, PA vs diet |
| T to Th | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |
| **Week 3** | | |
| Mon July 5 | n/a | Fats – types, rec’s, health issues, claims (e.g., coconut oil, trans, omega-3) |
| Rest of week | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |
| **Week 4** | | |
| Mon July 12  9am-1pm | CPS 116 | Protein – rec’s, sources, who is getting too much, too little  Emerging issues: older adults, athletes, weight management |
| Rest of week | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |
| **Week 5** | | |
| Mon July 19  9am-1pm | CPS 116 | CHO – rec’s (RDA vs AMDR), sources, types, ketones, diabetes, exercise needs |
| Rest of week | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |
| **Week 6** | | |
| Mon July 26  9am-1pm | CPS 116 | Hydration, hypertension  Vitamins and minerals: bone, iron, special populations |
| Rest of week | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |
| **Week 7** | | |
| Mon Aug 2  9am-1pm | CPS 116 | Timing of nutrient intake for performance (pre, post, during) |
| Rest of week | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |
| **Week 8** | | |
| Mon Aug 9  9am-1pm | CPS 116 | Supplements – open to suggestions on specific topics |
| Rest of week | Canvas | Assignment: TBD  Discussion: post due Wed, replies due Fri |