

Bio 81-Nutrition of Sport

Course #70787, Summer 2024

Professor: Guido Bordignon (he/him or they/them)

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Course Credit: 5 Units

Prerequisites: No prerequisites

Schedule: TBA

Location: Asynchronous-Online

Office Hours: on Zoom by appointment

Canvas Login: TBA

COURSE INFORMATION

My goal is for *all* students to succeed at reaching our learning goals and excel in the class! The classroom environment is designed to help you connect course content to your career goals and build knowledge in ways that reflect what is known about Nutrition of Sports. Cooperative learning and problem solving will be emphasized in lecture meetings. Sometimes we will try to understand complex topics by analyzing medical test results, or discussing real-world dilemmas in teams, or reading scientific papers. I will also frequently ask you to think about what you already know, so we can build upon your prior knowledge. By integrating all of our own unique experiences and aspirations, together we will build an inclusive community of learning. This course is *yours*, and I'm so glad to join your learning process!

LEARNING OUTCOMES

- Create a nutrition plan to support sport performance and recovery.
- Identify the nutritional needs of amateur and professional athletes.
- Analyze physical effort from the perspective of energy supply.
- Measure and evaluate body composition.

COURSE MATERIALS

- Recommended: Williams' Nutrition for Health, Fitness and Sport
- Web/E-mail Access

GRADING

I use the assignments and tests below for a variety of purposes beyond simply assigning grades. They are meant to encourage you to reflect on and critique Nutrition of Sports from a variety of different perspectives. They also give me valuable feedback throughout the course, allowing me to adjust the course to meet your needs. I encourage you to stay organized and keep up with meeting assignment deadlines on time. However, in the case that you make a late submission, I will offer up to 50% of the total points for up to one week late.

Points	Description
250	Weekly Activities
300	Midterm 1
300	Final
Total = 850 points	

Course grades will be based on the percentage of total points earned:

A+ = 97.6 – 100% of total course points

A = 90 – 97.5%

B+ = 87.6 – 89.9%

B = 80 – 87.5%

C+ = 77.6 – 79.9%

C = 70 – 77.5%

D+ = 67.6 – 69.9%

D = 60 – 67.5%

F = < 60%

COURSE SCHEDULE

Date	Topic	Exam
Week1	L1: Introduction to Nutrition	1
Week 1	L2: Health Nutrition for Fitness and Sport	1
Week 2	L3: Human energy	1
Week 2	L4: Carbohydrates	1
Week 3	Fat	1
Week 3	L6: Protein	1
Week4	L7: Vitamins	2
Week 4	L8: Minerals	2
Week 5	L9: Water and Electrolytes	2
Week 5	L10: Body Weight	2
	Final	

INSTRUCTOR FEEDBACK

The Teaching Assistants and I will provide direct comments and feedback on your assignments and will make time for you to ask questions about your feedback (or anything else about the course) during office hours. [Please click here to learn how to access my comments in Canvas.](#) For major assignments, I will include a grading rubric that will be available to you prior to submitting your work. [Please click here to learn how to access grading rubrics for assignments.](#) And, importantly, please feel free to reach out to me to discuss your feedback beyond office hours and I will do my best to accommodate your schedule.

STUDENT FEEDBACK

This course is *yours*, and as such I am very open to and interested in hearing your feedback about course material throughout the quarter. Please feel free to reach out to me anytime. Also, at the end of this course, you will be asked to complete a Student Experience of Teaching (SET) survey. SETs provide an opportunity for you to give valuable, anonymous feedback on your learning that is honest and constructive. It is important to me to learn from your experience so that I can make modifications to the course that will help future students learn more effectively. [Guide to Giving Useful Feedback to Instructors and TAs.](#)

ACADEMIC INTEGRITY

All members of the UCSC community benefit from an environment of trust, honesty, fairness, respect, and responsibility. You are expected to present your own work and acknowledge the work of others in order to preserve the integrity of scholarship.

Academic integrity includes:

- Following exam rules
- Using only permitted materials during an exam
- Viewing exam materials only when permitted by your instructor
- Keeping what you know about an exam to yourself
- Incorporating proper citation of all sources of information
- Submitting your own original work

Academic misconduct includes, but is not limited to, the following:

- Disclosing exam content during or after you have taken an exam
- Accessing exam materials without permission
- Copying/purchasing any material from another student, or from another source, that is submitted for grading as your own
- Plagiarism, including use of Internet material without proper citation
- Using cell phones or other electronics to obtain outside information during an exam without explicit permission from the instructor
- Submitting your own work in one class that was completed for another class (self-plagiarism) without prior permission from the instructor.
- Violations of the Academic Integrity policy can result in dismissal from the university and a permanent notation on a student's transcript. For the full policy and disciplinary procedures on academic dishonesty, students and instructors should refer to the [Academic Misconduct page](#) at the [Division of Undergraduate Education](#).

ACCESSIBILITY

UC Santa Cruz is committed to creating an academic environment that supports its diverse student body. If you are a student with a disability who requires accommodations to achieve equal access in this course, please submit your Accommodation Authorization Letter from the Disability Resource Center (DRC) to me privately during my office hours or by email, preferably within the first two weeks of the quarter. At this time, I would like us to discuss ways we can ensure your full participation in the course. I encourage all students who may benefit from learning more about DRC services to contact the DRC by phone at 831-459-2089 or by email at drc@ucsc.edu.

RELIGIOUS ACCOMMODATION

UC Santa Cruz welcomes diversity of religious beliefs and practices, recognizing the contributions differing experiences and viewpoints can bring to the community. There may be times when an academic requirement conflicts with religious observances and practices. If that happens, you may request reasonable accommodation for religious practices. Please let me know about your accommodation needs early in the term. You may also seek assistance from the [Dean of Students office](#).

PRINCIPLES OF COMMUNITY

The University of California, Santa Cruz expressly prohibits students from engaging in conduct constituting unlawful discrimination, harassment or bias for an individual or group, and/or that substantially disrupt University operations or interfere with the rights of others. The campus does not seek to limit freedom of speech but rather strives to ensure that all members of the campus community are able to participate in University programs and activities to the fullest extent possible.

I am committed to providing an atmosphere for learning that respects diversity and supports inclusivity. We will work together to build this community of learning. I ask all members of this class to:

- be open to and interested in the views of others
- consider the possibility that your views may change over the course of the term
- be aware that this course asks you to reconsider some “common sense” notions you may hold
- honor the unique life experiences of your colleagues
- appreciate the opportunity that we have to learn from each other

- listen to each other’s opinions and communicate in a respectful manner
- keep confidential discussions that the community has of a personal (or professional) nature
- ground your comments in the texts we are studying. Refer frequently to the texts and make them the focus of your questions, comments, and arguments. This is the single most effective way to ensure respectful discussion and to create a space where we are all learning together.

TITLE IX/CARE ADVISORY

UC Santa Cruz is committed to providing a safe learning environment that is free of all forms of gender discrimination and sexual harassment, which are explicitly prohibited under Title IX. If you have experienced any form of sexual harassment, sexual assault, domestic violence, dating violence, or stalking, know that you are not alone. The Title IX Office, the Campus Advocacy, Resources & Education (CARE) office, and Counseling & Psychological Services (CAPS) are all resources that you can rely on for support.

Please be aware that if you tell me about a situation involving Title IX misconduct, I am required to share this information with the Title IX Coordinator. This reporting responsibility also applies to course TAs and tutors (as well to all UCSC employees who are not designated as “confidential” employees, which is a special designation granted to counselors and CARE advocates). Although I have to make that notification, you will control how your case will be handled, including whether or not you wish to pursue a formal complaint. The goal is to make sure that you are aware of the range of options available to you and that you have access to the resources you need.

Confidential resources are available through [CARE](#). Confidentiality means CARE advocates will not share any information with Title IX, the police, parents, or anyone else without explicit permission. CARE advocates are trained to support you in understanding your rights and options, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more. You can contact CARE at (831) 502-2273 or care@ucsc.edu.

In addition to CARE, these resources are available to you:

- If you need help figuring out what resources you or someone else might need, visit the [Sexual Violence Prevention & Response \(SAFE\) website](#), which provides information and resources for different situations.

- [Counseling & Psychological Services \(CAPS\)](#) can provide confidential counseling support. Call them at (831) 459-2628.
- You can also report gender discrimination and sexual harassment and violence directly to the University's [Title IX Office](#), by calling (831) 459-2462 or by using their [online reporting tool](#).
- Reports to law enforcement can be made to the UC Police Department, (831) 459-2231 ext. 1.
- For emergencies, call 911.

DIFFICULT CONVERSATIONS

In our in-class and online discussions and dialogues, we will have the opportunity to explore challenging, high-stakes issues and increase our understanding of different perspectives. Our conversations may not always be easy. We sometimes will make mistakes in our speaking and our listening. Sometimes we will need patience or courage or imagination or any number of qualities in combination to engage our texts, our classmates, and our own ideas and experiences. We will always need respect for others. Thus, an important aim of our classroom interactions will be for us to increase our facility with difficult conversations that arise inside issues of social justice, politics, economics, morality, religion, and other issues where reasonable people often hold diverse perspectives. This effort will ultimately deepen our understanding and allow us to make the most of being in a community with people of many backgrounds, experiences, and positions.

STUDENT SERVICES

[Counseling and Psychological Services](#)

Many students at UCSC face personal challenges or have psychological needs that may interfere with their academic progress, social development, or emotional wellbeing. The university offers a variety of confidential services to help you through difficult times, including individual and group counseling, crisis intervention, consultations, online chats, and mental health screenings. These services are provided by staff who welcome all students and embrace a philosophy respectful of clients' cultural and religious backgrounds, and sensitive to differences in race, ability, gender identity and sexual orientation.

[Student Success and Engagement Hub](#)

The Division of Student Success provides campus-wide coordination and leadership for student success programs and activities across departments, divisions, the colleges, and administrative units.

[Tutoring](#) and Learning Support

At Learning Support Services (LSS), undergraduate students build a strong foundation for success and cultivate a sense of belonging in our Community of Learners. LSS partners with faculty and staff to advance educational equity by designing inclusive learning environments in Modified Supplemental Instruction, Small Group Tutoring, and Writing Support. When students fully engage in our programs, they gain transformative experiences that empower them at the university and beyond.

[Slug Support Program](#)

College can be a challenging time for students and during times of stress it is not always easy to find the help you need. Slug Support can give help with everything from basic needs (housing, food, or financial insecurity) to getting the technology you need during remote instruction.

To get started with SLUG Support, please contact the [Dean of Students](#) Office at 831-459-4446 or you may send us an email at deanofstudents@ucsc.edu.

Slug Help/[Technology](#)

The ITS Support Center is your single point of contact for all issues, problems or questions related to technology services and computing at UC Santa Cruz. To get technological help, simply email help@ucsc.edu.

On-Campus Emergency Contacts

Slug Help/[Emergency Services](#). For all other help and support, including the health center and emergency services, start [here](#). Always dial 9-1-1 in the case of an emergency.