**FDNT60   
Section 2193**

## Course Description

Contemporary findings in nutrition specifically related to performance in athletics and exercise. Computer analysis of calorie and nutrient intake and application of the results to improve and enhance performance, energy level, and general well-being.

## Student Learning Outcomes

1. Plan a diet with optimal levels of nutrients to support moderate levels of physical activity, peak athletic performance and overall good health.

2. Choose food sources of nutrients to build and maintain optimal body composition to support lifelong health.

## Instructor Contact

**Instructor:** Jill Tarver, MS, RD

**Instructor Contact:** Email: [jtarver@santarosa.edu](mailto:jtarver@santarosa.edu); Voicemail: (707) 521-6921

**Office:** 503T Plover Hall

**Office Hours:** M: 10 am to 12 pm; W: 1:30 pm to 3:30 pm; 503T Plover Hall, also by appointment

**Class:** Mondays 1:30 pm to 3:30 pm, Room#: 4076 Race Building

I respond to emails with 24 hours.

## Course Web Site

Students will use the Canvas course web site for assignment instructions, submitting assignments, viewing classmate's work, sharing resources, and viewing grades.

## Textbook

Nancy Clark’s Sports Nutrition Guidebook, Human Kinetics Publishing, 5th Edition

## Required Software

You will need the following software for this course.

* Access to Diet Analysis+ 9.0 (on computers in Computer lab at 2811 Maggini Hall: need student ID to login)
* [Adobe Reader](http://get.adobe.com/reader/)
* [Open Office](https://www.openoffice.org/download/index.html)

## Important Dates

**[Dates]**

## Dropping the Class

If you decide to discontinue this course, it is your responsibility to officially drop it to avoid getting no refund (after 10% of course length), a W symbol (after 20%), or a grade (after 60%). Also, for several consecutive, unexplained absences, the instructor may drop a student.

## Pass‐NoPass (P/NP)

You may take this class P/NP. You must decide before the deadline, and add the option online with TLC or file the P/NP form with Admissions and Records. With a grade of C or better, you will get P.

You must file for the P/NP option by **[date]**. Once you decide to go for P/NP, you cannot change back to a letter grade. If you are taking this course as part of a certificate program, you can probably still take the class P/NP. Check with a counselor to be sure.

## Instructor Announcements and Q&A Forum

## The instructor will post announcements on the “Instructor Announcements” page in Canvas throughout the semester. Canvas notifies students according to their preferred Notification Preferences as soon as the instructor creates an Announcement. A “Q&A Forum” is also on Canvas to ask for assistance of your classmates or of instructor.

## Attendance

Students who fail to attend the first class (face-to-face courses) or do not log-in to an online class after the second day of the semester will be dropped from the class. It is strongly advised that if you need to miss more than one class/homework deadline in a row that you contact me to avoid being dropped from the class.

## Late Policy

All assignments are due at noon on the due date. A late submission will receive a 25% penalty. Submissions more than one week late are not accepted without prior arrangement. Late work will not be graded unless student sends instructor an email with URL for late work.

## Exams

There will be online exams. The material comes from the textbook, class lectures and supplemental materials. If any exam is missed, a zero will be recorded as the score. It is your responsibility to take the online exams by the due date.

## Grading Policy

Visit the “Grades” in Canvas to keep track of your grades. I grade once a week and post grades and comments on the online Canvas gradebook.

Grades will be assigned as follows:

| A | 90% | 270 points or more |
| --- | --- | --- |
| B | 80% | 240 to 269 points |
| C | 70% | 210 to 239 points |
| D | 60% | 180 to 209 points |

If taking Pass/No Pass you need at least 70% of the total class points and complete the

midterm exam and the final exam to pass the class.

## Standards of Conduct

Students who register in SRJC classes are required to abide by the SRJC Student Conduct Standards. Violation of the Standards is basis for referral to the Vice President of Student Services or dismissal from class or from the College. See the [Student Code of Conduct page.](https://student-conduct.santarosa.edu/code-conduct-0)

Collaborating on or copying of tests or homework in whole or in part will be considered an act of academic dishonesty and result in a grade of 0 for that test or assignment. I encourage students to share information and ideas, but not their work. See these links on Plagiarism:   
[SRJC Writing Center Lessons on avoiding plagiarism](http://srjcwritingcenter.com/research/plagiarism/plagiarism.html)  
[SRJC's policy on Academic Integrity](http://www.boarddocs.com/ca/santarosa/Board.nsf/goto?open&id=A63TMC78051C)

## Special Needs

Students with disabilities who believe they need accommodations in this class are encouraged to contact Disability Resources (527-4278), as soon as possible to better ensure such accommodations are implemented in a timely fashion.

## Schedule

If any changes are made to the class schedule during the semester, I will update this Schedule and post an Instructor Announcement on Canvas.

| **Module** | **Due Date** | **Activity** | **Points Possible** | **Notes** |
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