

FSHN 199: Sports Nutrition

Instructor: Toni Gist

Term: Second 8 weeks of the semester

Course Access: Opens March 10th

Class Format: Online, asynchronous

First Deadline:  Monday, March 24th by 11:59 PM CST

- Chapter 0 Extra Credit
 - Chapter 1 Podcast Quiz
 - Chapter 1 Chapter Quiz
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Course Description

Welcome to *FSHN 199: Sports Nutrition*!  This course explores the science and application of sports nutrition, empowering you to enhance athletic performance, recovery, and overall health through evidence-based dietary strategies. Each week, we'll dive into engaging topics, debunk myths, and develop real-world skills you can apply to yourself or others.

Course Objectives

By the end of this course, you will:

1. Understand key nutritional principles for athletes and active individuals.
 2. Critically analyze myths and misconceptions in sports nutrition.
 3. Develop skills to create and apply personalized nutrition strategies.
 4. Engage with scientific research and reputable sources to inform decisions.
 5. Reflect on and connect course material to practical, real-world applications.
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Weekly Topics & Assignment Due Dates

Each chapter has two unique deadlines:

- **Mondays (by 11:59 PM CST):** Podcast Quizzes & Chapter Quizzes
- **Thursdays (by 11:59 PM CST):** Graded Discussions & Reflective Assignments
- Automatic extension until 10am the day after a deadline if you stop into the Virtual Tutoring Center to meet Toni at 9am before the automatic extension closes.

	Topic	Podcast Quiz & Chapter Quiz (Mon 11:59pm)	Discussion & Reflective Assignment (Thurs 11:59pm)
Week 1	Myths and Misconceptions in Sports Nutrition	March 24	March 27
Week 2	Fueling Your Body, Boosting Your Health	March 31	April 3
Week 3	Carbs: The Secret Weapon for Endurance Athletes	April 7	April 10
Week 4	Fat Facts: How It Fuels Your Game and Your Plate	April 14	April 17
Week 5	Protein Power: Building Strength Like a Pro	April 21	April 24
Week 6	Hydration Station: Drink Up for Peak Performance	April 28	May 1
Week 7	Body Goals: Why Composition Isn't a Competition	May 5	◆ May 8 (Reading Day)
Week 8	Bounce Back: Nutrition for Injury and Recovery (<i>Makeup Week</i>)	◆ May 12	◆ May 15
*	End of semester reflection (20pts)		May 15

◇ **Makeup Policy:** If you miss a submission, Week 8 is your opportunity to make up one assignment per category. If you have documentation for missing more than two assignments in a category, schedule a meeting with Toni on Reading Day at 9 AM in 439 Bevier Hall to discuss alternative makeup options (oral or essay exam at 11:30 AM).

Course Organization & Grading

Each weekly module includes:

1. **Podcast**  – Engaging introduction to the topic.
2. **Podcast Quiz** (unlimited attempts) – Test your understanding.
3. **Reading & Reflection**  – **Ungraded but needed for success!**
4. **Graded Discussion**  – Participate and engage with peers.
5. **Reflective Assignment**  – Reinforce key concepts.

Grading Breakdown (Total: 1,000 points)

- **Podcast Quizzes:** 20 points each x 7 top submissions
- **Chapter Quizzes:** 40 points each x 7 top submissions
- **Graded Discussions:** 30 points each x 7 top submissions
- **Reflective Assignments:** 50 points each x 7 top submissions
- **End-of-Semester Reflection:** 20 points

Final Grade Scale

- ✓ **900+ points = A**
- ✓ **800–899 points = B**
- ✓ **700–799 points = C**
- ✓ **600–699 points = D**
- ✗ **Less than 600 points = F**

Expectations & Policies

- ✓ **Engagement:** Active participation in discussions and assignments is key!
- ✓ **Deadlines:** Late submissions cannot be accepted unless prior arrangements are made.
- ✓ **Academic Integrity:** Cite reputable sources and uphold academic honesty.

Looking forward to a great semester! 

Questions? Don't hesitate to reach out!

 **Contact:** Toni Gist – Burkhalt@Illinois.edu
