

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Sport Nutrition

Course Abbreviation and Number: PHE 2880

Credit Hours: 3

Course Type: Lecture

Course Description: Students will develop a thorough understanding of the role nutrition plays in enhancing one's fitness and sport performance. The effect nutrition has on health promotion and disease prevention is emphasized through current research and practical activities.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Identify the six classes of nutrients and understand how they are utilized for health, fitness, and sport performance.
2. Identify how nutrients contribute to health maintenance and disease prevention.
3. Demonstrate ability to read the food label.
4. Identify a variety of healthy food sources and understand the difference between poor vs. good nutrition.
5. Demonstrate ability to analyze nutritional, caloric, and overall value of food choices.

Topics Covered:

- Introduction to Nutrition
- Nutrients, Dietary Guidelines
- Consumer Nutrition
- Human Energy
- Carbohydrates
- Fats
- Protein
- Vitamins
- Minerals
- Water & Electrolytes
- Body Weight Composition
- Weight Maintenance & Loss
- Weight Gaining

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)

- [Accessibility Services](#)

Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.

- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)

- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021