

# **Legal and Illegal Sports Supplements (KINE 3873) Course Syllabus Fall 2014**

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<b>Instructor:</b>	Brooks Mobley, M.Ed., CSCS
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<b>Office hours:</b>	Monday and Friday: 3-5 pm; Tuesday and Thursday 1-3 pm By appointment ( <b>please e-mail me if you need to make an appointment</b> )
<b>Pre-requisites:</b>	none
<b>Co-requisites:</b>	none
<b>Syllabus prepared:</b>	8-04-14
<b>Class schedule:</b>	Daily Log-In / Distance Learning

**Course description:** To discuss popular legal and illegal sports supplements that are used by athletes as well as the general public.

**Required text:** no text; Canvas notes

**Best preparation:** Log-in to Canvas on a daily basis, study the notes, take the quizzes and prepare accordingly for the exams. Please do not hesitate to contact me at any point during the semester regarding questions related to the course material.

**Semester Grading Rubric:**

Assignments	Description	Points/ % of final grade
<b>Quizzes</b>	<b>(4)</b> Canvas Quizzes	<b>100 / 20%</b>
<b>Midterm</b>	Proctored Midterm	<b>150 / 20%</b>
<b>Final Exam</b>	Proctored Final	<b>250 / 35%</b>
<b>Paper/Project</b>	Description below	<b>100 / 15%</b>
<b>Attendance/Participation</b>	Daily Canvas Log-in	<b>100 / 10%</b>
<b>Total</b>	-	<b>700 / 100%</b>

**Grading Scale:**

Letter Grade	Percent Scale
A	90-100
B	80-89
C	70-79
D	60-69
F	<60

**Attendance and Late-work Policies:** If a student were to miss a class due to a foreseen circumstance (e.g., wedding, funeral, etc.), then make-up exams can be re-scheduled ahead of time with the instructor. For unforeseen circumstances (slept late, flat tire, dog ate homework, etc.), tests and assignments can be made up with a 25% penalty.

**Disability and other accommodations**

If you have not established learning accommodations through the Program for Students with Disabilities (PSD) office (1228 Haley Center, 844-2096), please contact me as soon as possible if accommodations need to be made due to learning and/or other disabilities.

Also, please contact me for accommodations for class projects using MS word, PowerPoint, etc.

Finally, let me know if you have pertinent medical information that you need to share with me (e.g., cannot participate in weight-lifting laboratories due to prior injury, etc.).

**Academic integrity policy:** students must adhere to the student academic honesty code Title XII found on the University Policies Page

(<http://www.business.auburn.edu/~yostkev/teaching/finc3610/images/SGAHonorCode.pdf>)

**Additional Notes:** while unlikely, note that the instructor reserves the right to modify this course syllabus at any time. However, students will receive verbal/electronic notification of such modification if and when it does occur.

**Class schedule**

<b>Date</b>	<b>Syllabus</b>
8/18 – 8/22	Syllabus, DSHEA and legality of sports supplements
8/25- 8/29	Protein supplementation
<b>9/1</b>	<b>LABOR DAY HOLIDAY</b>
9/2-9/5	Amino acid supplementation
9/8-9/12	Creatine supplementation
9/15-9/19	Other supplements meant to bolster muscle mass and power
9/22-9/26	Other supplements meant to bolster muscle mass and power
<b>9/29-10/3</b>	Thermogenic aids <b>Midterm Exam Review (Date &amp; Time: TBA)</b>
<b>10/6-10/10</b>	<b>MIDTERM EXAM WEEK</b>
10/13-10/15	Endurance supplements: Beta-alanine, betaine, and sodium bicarb, CoQ10, Citruline, Malate, and others
<b>10/16-10/17</b>	<b>FALL BREAK</b>
10/20-10/24	Health-related supplements: probiotics, adaptogens
10/27-10/31	Illicit steroids use and abuse
11/3-11/7	Illicit Hgh, insulin and EPO use and abuse
11/10-11/14	Gene doping
11/17-11/21	Catabolic supplements
<b>11/24-11/28</b>	<b>THANKSGIVING HOLIDAY BREAK</b>
<b>12/1-12/5</b>	<b>CLASS PAPERS DUE</b> <b>Final Exam Review (Date &amp; Time: TBA)</b>
<b>12/8-12/12</b>	<b>FINAL EXAM WEEK</b>

**Quizzes:** There will be (4) quizzes offered throughout the semester on Canvas. These quizzes will be M/C and/ or T/F. Quizzes will be timed and only one attempt will be allowed for each quiz. Quiz questions will lock once you have answered each of them so be sure to read each question carefully because you will not be allowed to go back and change your answer. You are allowed to use your notes; however, given the make-up of the quiz it is advised that you read the notes before taking the quiz.

**Proctored Exams:** Exams will consist of M/C, T/F, Matching, Fill-in-the-Blank, and some short answer. The Midterm and Final exams will be proctored, meaning that you will be required to take each exam in person in the TigerFit classroom in the School of Kinesiology building; Room 126 under the supervision of the instructor. Exams will be given at their designated times throughout the semester. Your student ID will be required to take the exam(s) for identification purposes. More details on times will be discussed later in the semester.

**Paper/Project:** Each student will choose a supplement (must be approved by instructor) of their choice that is not presented in class and construct a paper on the theory of supplementation (what physiological systems are supposed to be affected by taking the supplement), data supporting or refuting the ingredients, safety data, and marketing of the supplement (how the company is making claims). This paper is to serve more or less like a review article for a chosen supplement. The paper will need to follow APA formatting and will need to be double spaced. No plagiarism will be tolerated and will be treated as cheating. This paper should have a title page, author block (name, date, class, and semester), abstract, body of work with findings, conclusion, and reference page(s).

**Attendance/Participation:** Class participation will be tracked via Canvas log-in to the course on a daily basis. You are required to log into the class at least 2 times a week to review any updates, announcements, etc.

**Class Meetings:** We will meet four (4) times throughout the semester. Two of those times will be for the Midterm and Final exam reviews. Attendance to these sessions are highly recommended. The other two meetings will take place at different points throughout the semester. More details will be provided by the instructor as to when and where these meetings will occur.