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

**Fall 2020**

**Instructor**:                                Carl Fox

**Office** / **Lab**:                             260 Kinesiology Bldg

**Phone**:                                      N/A

**E-mail**:                                      cdf0007auburn.edu

**Office** **hours**:                           By appointment (**please** **e-mail** **me if** **you** **need** **to make an appointment**)

**Pre-requisites**:                         none

**Co-requisites**:                          none

**Class schedule**:                       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, this is a 3000 level KINE course, you are expected to have a decent understanding of human anatomy and physiology with an exercise component.

**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:**

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| --- | --- | --- |
| **Assignments** | **Description** | **Points/ % of final grade** |
| **Quizzes** | **(4)**Canvas Quizzes(1 will be syllabus) | **100 / 20%** |
| **Midterm** | Online Midterm | **150 / 20%** |
| **Final Exam** | Online Final | **250 / 35%** |
| **Paper/Project** | Description below | **100 / 15%** |
| **Attendance/Participation** | Daily Canvas Log-in | **100 / 10%** |
| **Total** | **-** | **700 / 100%** |

**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**

|  |  |
| --- | --- |
| **Week Schedule** | **CONTENT Schedule with due dates** |
| **8/17** | Syllabus, 1. DSHEA and legality of sports supplements**(Syllabus** **QUIZ DUE 8/23 by midnight)** |
| **8/24** | 2. Protein Supplementation |
| **8/31** | **Labor Day (No Class)** |
| **9/7** | 3.Amino acid supplementation |
| **9/14** | **4. Creatine supplementation****(Quiz 2 due 9/20 by midnight)** |
| **9/21** | 5. Thermogenic Aids part 1 |
| **9/28** | **5. Thermogenic Aids part 2** |
| **10/5** | **Midterm Exam Review** |
| **10/12** | **MIDTERM EXAM WEEK (Complete the exam by midnight on 10/18)** |
| **10/19** | 6. Endurance supplements: Beta-alanine, betaine, and sodium bicarb, CoQ10, Citruline, Malate, and others |
| **10/26** | 7.  Health-related supplements: probiotics, adaptogens**(Quiz 3, due 11/1 by midnight)** |
| **11/2** | 8. Illicit steroids use and abuse9. Illicit HGH, insulin and EPO use and abuse |
| **11/9** |         10. Anti-catabolic supplements, HICA, tart cherry juice, TBA**(Quiz 4, due 11/15 by midnight)** |
| **11/16** | **CLASS PAPERS DUE 11/22 by midnight** |
| **11/25-11/27** | **Thanksgiving Break (No Class)**  |
| **11/30** |  **FINAL EXAM WEEK****(Complete the exam by midnight on 12/4)**  |

**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.

**Exams**: Exams will be administered via Canvas on scheduled days presented by the class instructor.

**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 2-5 page 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). **Please see the files for the rubric and guidelines.**

**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.