**KINE 3870: Legal and Illegal Sports Supplements**

**Course Syllabus**

**Fall 2024**

**Instructor**: Madison Mattingly, M.S. **Phone**: None

**Office**: 138 School of Kinesiology **Prerequisites**: None

**Office hours**: TR 11:00 am – 12:00 pm\*\* **Class schedule**: DISTANCE

**E-mail**: [mlm0139@auburn.edu](mailto:mlm0139@auburn.edu) **Credits:** 3 hours

**\*\*\*Please email me to schedule an appointment that fits your schedule, if needed. Also, please allow 24 – 36 hours for me to respond to your email. I may not respond to emails after 4:45p or before 7:45a\*\*\***

**Course Description**

This course is an introductory approach to the safety, efficacy, and legality of popular legal and illegal sports supplements. You are expected to have a decent understanding of human anatomy/physiology and exercise physiology before taking this class.

**Course Objectives**

Upon completion of the course, you should be able to:

* Understand the action, safety, and efficacy of popular supplements.
* Critically analyze graphs within research papers to understand the results of a study.
* Successfully compile research and compose a literature review based on the available research.

**Materials and Resources**

There is no textbook for this course; all material will be delivered through Canvas.

**Online Student Learning Expectations**

All students in this course are expected to have all the equipment and software needed to be successful in the course. All students are expected to contribute to their own learning as active and well-prepared participants. Weekly modules will provide various opportunities for reading, reflection, applied experiences, collaboration, and writing. Since these activities are woven through the entire week and generally do not require your “electronic presence” at any particular time or day, there should be no need to "miss" class. You should plan on spending the same amount of preparation and “in class” time on this course as you would if you were taking the course face-to-face.

**Grading Scale**

|  |  |  |
| --- | --- | --- |
| **Letter Grade** | **Points** | **Range** |
| A | > 447.5 | 90% + |
| B | 397.5 - 447 | 80-89% |
| C | 347.5 - 397 | 70-79% |
| D | 297.5 - 347 | 60-69% |
| F | < 297 | <60% |

**Semester Grading and Evaluation**

|  |  |
| --- | --- |
| **Assignment** | **Points** |
| **Introduction Discussion** | **25** |
| **Quizzes (4)** | **175** |
| **Module Paper Assignments (3)** | **150** |
| **Final Paper – Topic Selection and Final Submission** | **150** |
| **Total** | **500** |

**Final Grades**

The instructor will round grades that are .50 from the next highest letter grade (i.e. an 89.50 will round to an A). However, NO grades below this number will be rounded (i.e. an 89.49 will be given a B). Please do not ask the professor to round your grade at the end of the semester if it does not fit this criterion. Any requests for extra credit or special extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

**Class Policies**

**Attendance and Late work**

It is very important that students submit work on time, or they will find it very difficult to catch up. All work in the course (e.g., assignments, discussions, exams, quizzes, etc.) will be due by 11:59 pm CT on the date noted on the class calendar. Any assignment that is submitted after the due date will have one letter grade deducted from it per day late. Students should reach out to their instructor immediately to discuss any concerns. In situations where you are experiencing technical difficulties submitting your assignment near the deadline, please consult the Canvas help desk resources available in left navigation. Please work to avoid encountering technical difficulties near the assignment due dates by completing your work ahead of deadlines.

**Make-Up Policy**

Students will be expected, should they miss a module for any excused reasons, to notify the instructor regarding the excused absence. Students will be expected to provide proper documentation regarding the excused absence, and should refer to the [Student Policy eHandbookLinks to an external site.](http://www.auburn.edu/studentpolicies) for the definition of excused absences. Make-up work will be rescheduled for any excused absence once the documentation has been provided. If the student fails to provide proper documentation regarding the **excused absence within one week of the absence**, they will not be able to make up any assignment missed due to the absence.

**Accommodations**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting with the instructor to activate any necessary accommodations. This should be done as soon as possible, as accommodations are not retroactive (i.e. you cannot apply accommodations to an assignment after it is due). To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Academic Honesty and Conduct**

Auburn University has adopted an Honor System proposed by its students and faculty to promote

academic integrity and has enacted the following code:

“We, the faculty, instructors, and students of the (University course here) pledge to fulfill our mutual responsibilities to each other and the academic community at large with honor and integrity in order to build and maintain a climate of respect and trust that will enhance our research, teaching, and learning. We will support the Honor System of the School, and will not tolerate activities that undermine academic integrity.”

Academic dishonesty is an offense that will be reported to the Academic Honesty Committee. Please refer to the following document for further information regarding academic honesty: [Auburn University Student Academic Honesty CodeLinks to an external site.](https://sites.auburn.edu/admin/universitypolicies/policies/academichonestycode.pdf)

All portions of the Auburn University student academic honesty code found in the [Student Policy eHandbookLinks to an external site.](http://www.auburn.edu/studentpolicies) will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**Contingency Plan**

If normal class is disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.

***NOTE: The instructor/professor reserves the right to modify the syllabus in order to benefit the student by enhancing the learning experience and cultivating a more academic engaging environment.***