**Legal and Illegal Sports Supplements**

**(KINE 3873-D01) Course Syllabus**

**Spring 2022**

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**Instructor Information**

**Instructor:** Shelby Osburn

**Office:**Kinesiology 260D

**E-mail:** [sco0004@auburn.edu](mailto:sco0004@auburn.edu)

**Office Hours:** By appointment only (schedule through email)

**Course Information**

**Pre-requisites:**NONE

**Co-requisites:** NONE

**Course Delivery Method:** Online, asynchronous

**Required Textbooks:** NONE. All materials will be supplied through canvas.

**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.

**CLASS POLICIES**

**COVID-19 Policy:**

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 and Bradley Ruple will take over the class.

**Absences/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 eHandbook ([www.auburn.edu/studentpolicies](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.

**Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code found in the Student Policy eHandbook (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.

**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).

**GRADING**

**Grading Rubric:**

|  |  |  |
| --- | --- | --- |
| **Assignments** | **Description** | **Points** |
| Introduction | Introduction discussion board | 25 |
| Syllabus Quiz | Syllabus acceptance quiz | 25 |
| Quizzes | Module based quizzes **(3)**  50 points each | 150 |
| Module Papers | Read paper and complete assignment (3)  50 points each | 150 |
| Final Paper | Topic selection (25 points)  Final Paper (125 points) | 150 |
| **Total** | **-** | 500 |

**Grading Distribution:**

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

NOTE: 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 exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

**Assignment Clarifications:**

Introduction

Within Module 0, there is a discussion board where students will answer questions about themselves to introduce them to their classmates and the instructor. To be completed the first week of class.

Syllabus Quiz

Every student must completely read through the syllabus, familiarize themselves with the canvas page, and take the quiz within the first week of class.

Quizzes

Quizzes will be given via Canvas periodically throughout the semester to reinforce topics discussed in the modules that have been given since the previous quiz. Quizzes are timed and the student is only allowed one attempt per quiz.

Module Papers

For 3 modules you will have to read a paper and complete an assignment for that paper. For module 2, you will have to find your own paper pertinent to the material covered in that lecture (CANNOT be a paper discussed in the module) and write a summary of the paper. See rubric for more details. For module 4, you will have to read the assigned paper and answer questions on a discussion thread attached to the module. For module 8, you will have to read the assigned paper and take a quiz based on the information.

Final Paper

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).

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. The main body of the paper should be 2-5 pages in length.

**Final Paper Rubrics:**

Topic Selection for Final Paper

Fill out the word document within the topic selection assignment and reupload the document in the same assignment. The document should contain (i) the supplement you wish to write about, (ii) a brief (3-4 sentences) justification for that topic, and (iii) 1-2 references you will use in your final paper.

Final Paper

|  |  |  |
| --- | --- | --- |
| **Item** | **Description** | **Points** |
| Topic Selection | Send email to instructor following the guidelines set above | 25/150 |
| APA Formatting | Format the paper according to the 7th APA guidelines | 30/150 |
| Content | Adequate information related to the mechanism of action, effect on physiology, data supporting/refuting claims, and safety of their supplement | 70/150 |
| Grammar | Use of correct grammar, lack of spelling errors, proper sentence structure | 10/150 |

**CLASS SCHEDULE**

*\* Schedule is subject to change.*

|  |  |  |
| --- | --- | --- |
| Week of (M) | Module (Name) | Assignment Due |
| 1/12 (W) | 0 (Introduction) | Introduce yourself  Syllabus quiz |
| 1/17 |
| 1/24 | 1 (DSHEA) | --- |
| 1/31 | 2 (Protein) | Pick a paper and summarize |
| 2/7 |
| 2/14 | 3 (AAs) | Quiz on modules 1-3 |
| 2/21 |
| 2/28 | 4 (Creatine) | Read paper and discussion thread |
| 3/7 | SPRING BREAK | --- |
| 3/14 | 5 (Thermo aids) | Final paper topic due |
| 3/21 | 6 (Endurance) | Quiz on modules 4-6 |
| 3/28 | 7 (Health) | --- |
| 4/4 | 8 (Steroids) | Read paper and take quiz |
| 4/11 |
| 4/18 | 9 (HGH, IGF) | Final paper due |
| 4/25 | 10 (Anti-catabolic) | Quiz on modules 7-10 |
| 5/2 | FINALS WEEK | GRADE PAPERS, FINALIZE GRADES |