

Ergogenic aids (KINE 4970/7970) Course Syllabus Summer 2014

Instructor: Michael D. Roberts, Ph.D.
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Office hours: M, W: 4:00 – 5:00 PM
T: 4:00-5:00 PM
By appointment (**please e-mail me if you need to make an appointment**)
Pre-requisites: none
Co-requisites: none
Syllabus prepared: 3-16-14
Class schedule: M,T, W, R, F: 8:00 – 9:30 AM, room 2116 COLSM

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

Required text: no text; printed notes

Best preparation: bring class notes to class!!!

Semester Grading Rubric:

Assignments	Description	Points/ % of final grade
Test 1	Test descriptions are below	20%
Test 2		20%
Test 3		20%
Test 4		20%
Project		20%
Total	-	100%

***Online quizzes will be provided as extra credit per the discretion of the instructor

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 professor. For unforeseen circumstances (slept late, flat tire, etc.), tests can be made up with a 15% 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 notification of such modification.

Class schedule

Fri May 16	Syllabus and class project announcement
Mon May 19	DSHEA and legality of sports supplements
Tues May 20	Protein supplementation part I
Wed May 21	Protein supplementation part II
Thurs May 22	Amino acid supplementation part I
Fri May 23	Test 1: protein and amino acid supplementation
Mon May 26	Memorial day (no class)
Tues May 27	Creatine supplementation part I (Online notes, ACSM conference)
Wed May 28	Creatine supplementation part II (Online notes, ACSM conference)
Thurs May 29	Other supplements meant to bolster muscle mass and power part I (Online notes, ACSM conference)
Fri May 30	Other supplements meant to bolster muscle mass and power part II (Online notes, ACSM conference)
Mon June 2	Review for test II
Tues June 3	Test 2: other anabolic supplements
Wed June 4	Thermogenic aids
Thurs June 5	Endurance supplements: Beta-alanine, betaine, and sodium bicarb, CoQ10, and others
Fri June 6	Health-related supplements: probiotics, adaptogens, etc. part I
Mon June 9	Health-related supplements: probiotics, adaptogens, etc. part II
Tues June 10	Test 3: Thermogenic aids, endurance and health-related supplements
Wed June 11	Illicit steroids use and abuse
Thurs June 12	Illicit Hgh, insulin and EPO use and abuse
Fri June 13	Gene doping
Mon June 16	Class project (presentations), Deer Antler Spray and GABA
Tues June 17	Class project (presentations), Glutamine and CoQ10
Wed June 18	Test 4: Illegal supplements and information from class presentations
Thurs June 19	No class (Doc at conference)
Fri June 20	No class (Doc at conference)

Class project/ group presentations: Groups will choose a supplement of their choice and present the theory of supplementation (what physiological systems are supposed to be affected), data supporting or refuting the ingredients, safety data, and marketing of the supplement (how the company is making claims).