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

 **Fall 2025**

**Instructor**: Dakota Tiede, M.S. **Phone**: None

**Office**: 260 School of Kinesiology **Prerequisites**: None

**Office hours**: T/R 3:00 – 4:00 pm\*\* **Class schedule**: DISTANCE

**E-mail**: drt0028@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.
* Read and interpret basic sports nutrition / supplement research articles.

**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. All course material and assignments are delivered electronically through modules. 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. This includes “excused absences” for athletic events. 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** |
| **Quizzes (10)** | **300** |
| **Final Exam** | **100** |
| **Total** | **400** |

**Final Grades**

The instructor will round grades that are .9 from the next highest letter grade (i.e. an 89.1 will round to an A). However, NO grades below this number will be rounded (i.e. an 89.0 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.

**College of Education SONA Credits**

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email **sona@auburn.edu**. If you are under 19 years of age you must get your parent’s consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for canceling an appointment for that study. Please pay attention to the cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

 There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA. ½ points will not be credited to the final grade.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

      ½ points will not be credited to the final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to the final grade

4 credits = 2 points added to the final grade

6 credits = 3 points added to the final grade

8 credits = 4 points added to the final grade

10 credits = 5 points added to the final grade (maximum allowed)

***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.***