SPORTS NUTRITION CLINICAL EXPERIENCE

NUTR 392/492
Spring 2014
Tuesdays 5:30-6:20
UNIV 103

INSTRUCTORS
Rachel A. Clark, MS, RD, CSSD
Stone B22E & Mackey Athletic Training room
RachelClark@purdue.edu
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Lauren Link, RD
Stone B22F & Mackey Athletic Training room
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PROJECT GROUP LEADERS
Fueling Station
Carmen Cucalon
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401-284-8626

Emily Patterson
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317-691-5981

Elizabeth (Liz) Piotrowicz
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Media
Kelly Anderson
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815-272-3177

Hannah Young (leader assistant)
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317-966-0374

Team Nutrition
Haleigh Gross
grossh@purdue.edu
260-227-1137

Training Table
Theresa Coughlin
tcoughl@purdue.edu
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Project Group Leaders meetings this spring at 6:30pm: Jan 21, Feb 18, Mar 11, Apr 1, Apr 22

COURSE OBJECTIVES
- Contribute to healthful and performance-enhancing nutrition habits of student-athletes through active participation in project groups.
- Begin to acquire a knowledge base of well-established scientific concepts, controversies, experts and resources in the field of sports nutrition.
- Develop familiarity with the athletics culture and the role of other professionals in the athletics setting.
- Cultivate work-enhancing skills/qualities like initiative, leadership, creativity, communication, cooperation, commitment and enthusiasm
- Use information literacy skills to accomplish goals of project groups.

REQUIRED
- Sign and turn in the Student Volunteer Agreement for the Athletics department
- Complete HIPAA training (Health Insurance Portability and Accountability Act) at http://www.purdue.edu/webcert. Click HIPAA Compliance and then HIPAA. You will receive a confirmation email upon successful completion. Print that email to a PDF file and then email it to me with Subject line “HIPAA for 392/492” by next Tuesday, Jan 21.
- Subscribe to:
  - SmartBrief for Nutritionists daily email briefing www.smartbrief.com/nutritionists
  - Got Nutrients? Click on “Daily tips by Email” on the left-hand side www.gotnutrients.net

OPTIONAL
- Join the Academy of Nutrition & Dietetics (AND) ($50) and its Dietetics Practice Group (DPG) called Sports, Cardiovascular and Wellness Nutritionists (SCAN) ($20) www.eatright.org
- Subscribe to the International Journal of Sports Nutrition and Exercise Metabolism. Student rate for online & print subscription is $79; for online subscription only is $69 http://journals.humankinetics.com/ijsnem
- Subscribe to Training and Conditioning magazine ($32). Or read online content within 30 days of its publication. www.training-conditioning.com
PROJECT GROUPS

- You will be assigned by the instructors to one Project Group. The project groups are (1) Fueling Stations, (2) Media, (3) Team Nutrition, and (4) Training Table. You are expected to meet with your project group outside of class time to work towards the goals and tasks that are posted on Blackboard.

- Each project group will have one or more student project group leaders to whom you will report. Your project group leader(s) are responsible for organizing the project group’s efforts and facilitating progress.

- The instructors will provide each project group with goals and tasks (posted on Blackboard). Your group may add to or change these goals/tasks under the guidance of your student project group leader and instructors.

ATTENDANCE

The best way to succeed in this course is to attend every class period and project group meeting. Your grade will be lowered 1 letter grade for any absence from class or a project group meeting. If it is necessary to miss a class, contact one or both of the instructors in advance. Switching assigned work times with other project group members is acceptable.

INDIVIDUAL CONTRIBUTION

Your individual contribution is a task you personally choose to work on and complete by the end of the semester. The task should contribute to the goals of your Project Group. Follow the guidance on Blackboard to outline the timeframe and steps you plan to take during the semester to achieve your chosen task. Your Progress & Planning sheet is due in class on Tuesday, Jan 22. You will receive feedback to modify your outline as needed. It is your responsibility to contact your Student Project Group Leader and instructors to ask for guidance as needed. All Rookies’ Individual Contribution will be a newsletter; you will be provided with a general topic for your newsletter and resources from which to draw information.

FOR ROOKIES ONLY

To get you up to speed on the basics of sports nutrition, a brief tutorial is available to you as a Web Link on Blackboard. A take-home quiz will be provided to you on the first day of class. Complete it and turn it in in class the following week, Tuesday, Jan 22. You must achieve a passing score of 75%. You will lose 5% of your grade if you do not pass.

GRADING

30%  Project Group Final Report & Presentation
35%  Individual Contribution
35%  Performance within your Project Group(s). NOTE: evaluation by instructors and group leaders is based on 10 characteristics:

- reliability & follow-through
- active listening
- cooperation
- problem-solving
- creativity
- communication skills
- active participation
- genuine commitment & enthusiasm
- respectful & supportive
- overall competency

You will lose 5% if you are a rookie who fails to achieve a passing score of 75% on the sports nutrition tutorial quiz.

Your grade will be dropped 1 letter grade each/any time that you are absent from class or a scheduled work time for your project group.

PERSONAL APPEARANCE

Student volunteers should dress appropriately when meeting with any athlete, team, coach or athletic trainer. Dress should consist of neat, clean clothes (khakis, polo - or equivalent). Avoid wearing short skirts, cropped tops or jeans with holes in them. Clothing that supports Purdue University Athletics is encouraged when it coincides with the above guidelines. If make-up is worn, it should be used in moderation. Beards and mustaches should be trimmed.
ETHICS, INTEGRITY & CONFIDENTIALITY

In order to follow the rules set by HIPAA (Health Insurance Portability and Accountability Act), it is important that all athlete-specific information remains confidential. NEVER discuss the status of an athlete with anyone outside of the Sports Nutrition program. Do not discuss an athlete’s status with media, pro scouts, friends or other athletes; instead refer all questions to the supervising Sports Dietitian. Remember that anything an athlete tells you falls into the area of medical confidentiality. Treat it as such. In the Sports Nutrition program, WHAT YOU SEE HERE AND WHAT YOU HEAR HERE, STAYS HERE.

SCHEDULE (subject to change):

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Required</th>
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<tbody>
<tr>
<td>Jan 14</td>
<td>Course Overview Intro to Media group</td>
<td>Turn in signed Student Volunteer Agreement Subscribe to (1) SmartBriefs and (2) GotNutrients</td>
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<tr>
<td>Jan 21</td>
<td>Intro to Fueling Stations group</td>
<td>Group Leader meeting after class Turn in Individual Contribution outline via email to both instructors and Project Group Leader(s) Turn in HIPAA training certification via email to Rachel Clark Planning &amp; Progress sheet due in class (bring hard copy for both instructors and Project group Leaders)</td>
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<tr>
<td>Jan 28</td>
<td>Field trip to Athletics facilities</td>
<td><em><strong>Meet in the Athletics Ticket Office in Mackey Arena</strong></em> Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Feb 4</td>
<td>Intro to Team Nutrition group</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Feb 11</td>
<td>Intro to Training Table group</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Feb 18</td>
<td>WORK TIME</td>
<td>Updated Planning &amp; Progress sheet due Group Leader meeting after class</td>
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<td>Feb 25</td>
<td>WORKSHOP: Topic TBD</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<td>Mar 4</td>
<td>Guest speaker</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Mar 11</td>
<td>WORK TIME</td>
<td>Updated Planning &amp; Progress sheet due Group Leader meeting after class</td>
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<tr>
<td>Mar 18</td>
<td>SPRING BREAK</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Mar 25</td>
<td>WORK TIME</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Apr 1</td>
<td>WORKSHOP: Topic TBD</td>
<td>Updated Planning &amp; Progress sheet due Group Leader meeting after class</td>
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<td>Apr 8</td>
<td>WORK TIME</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Apr 15</td>
<td>Guest speaker</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>Apr 22</td>
<td>WORK TIME</td>
<td>Updated Planning &amp; Progress sheet due Group Leader meeting after class</td>
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<td>Apr 29</td>
<td>Project Group Final Reports Presentations</td>
<td>Updated Planning &amp; Progress sheet due</td>
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<tr>
<td>May 6</td>
<td>Finals week – No final exam in this course</td>
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