

**Sport Nutrition Symposium**  
**SPM 400**  
**Summer 2009**

**Director:**

Janet Whatley Blum, ScD  
214 Costello Complex  
780-4175  
jwblum@usm.maine.edu

**TEXT:**                    Nutrition for Health, Fitness and Sport. Melvin Williams, WCB,  
McGraw-Hill, 9<sup>th</sup> edition.

**TEXT WEB SITE:** <http://www.mhhe.com/hper/nutrition/williams/>

**COURSE DESCRIPTION:**

This independent study course will provide general nutrition information applicable to athletes and other individuals who are physically active. The course is tailored to coaches, athletic trainers, physical education teachers, school nurses and student who have an interest in sports nutrition. National, regional and local experts will present current scientific information in a practical manner.

**EVALUATION:**

- I.     Written exam. One take home exam will be given worth 100 points. The exam will consist of true/false and multiple choice. The exam will focus on textbook material from assigned readings. The exam and answer bubble sheet will be provided to the student upon completion of the symposium.
- II.    Reaction papers. Two reaction papers will be written each worth 35 points. Instructor Whatley Blum will provide additional explanation of the paper. Please see attached sheet for reaction paper guidelines
- III.   Self-diet and exercise critique. \*\* The 2.0 passkey is necessary to complete this assignment. Each student will complete a critique of their current diet worth 175 points. Instructor Whatley Blum will provide additional explanation of the critique. Please see attached sheet for addition guidelines.
- IV.   Attendance. Mandatory attendance for all sessions of the symposium is required for full academic credit. Failure to attend all speaker and academic credit coursework will result in an appropriate reduction of the final grade

**DUE DATES: All course work must be postmarked and/or received by August 3, 2009. Late assignments will result in an F.**

**All coursework should be sent to:**

**Janet Whatley Blum, Sc.D.  
University of Southern Maine  
37 College Ave  
Gorham, ME 04038**

**Or dropped off at:**

**214 Costello Complex  
Gorham Campus**

A self-addressed stamped envelope is needed if any work would like to be returned or may be picked up from summer session after August 29th.

**GRADES:** based on the percentage of total points earned

A= 100-93	B+ = 89-88	C+ = 79-78	D+ = 69-68	F = 59-0
A- = 92-90	B = 87-83	C = 77-73	D = 67-60	
	B- = 82-80	C- = 72-70		

Academic Support for Students with Disabilities – Students who may need assistance due to a disability are encouraged to contact the Office of Academic Support for Students with Disabilities located in Luther Bonney 242. (780-4706; TTY 780-4395)

Harassment is defined as looks, words or actions between unequals in social authority (e.g, professor/student) and/or between students and staff/peers that create a chilling environment for the student resulting in impaired work and/or learning.

Students who feel they have been harassed should report the harassment to the Chairperson/Director of the Department offering the course, or to the Chairperson/Director of the Department where the incident has occurred, as soon as possible. At the Chairperson/Director's request, students who report harassment should be prepared to provide, in writing, examples/incidences of behavior, which would support the perception of harassment. The Chairperson/Director or Dean will investigate the complaint, including talking to the involved parties separately.

In the case of harassment based on any of the protected classes, see the University's Sexual Harassment Policy in the University's Undergraduate and Graduate catalogs. Protected classes include race, religion, national origin, ancestry, gender, physical and mental disability, and sexual orientation.