Proposal Form For Addition And Revision Of Courses

1. Proposing College / School: Education
   Department: Kinesiology

2. Course Prefix and Number: KINE 3873
   3. Effective Term: Fall 2014

4. Course Title: Legal and Illegal Sports Supplements
   Abbreviated Title (30 characters or less): Sports Supplements

5. Requested Action:
   - Renumber a Course
   - Add a Course
   - Revise a Course
   Current Course Number:
   Proposed Course Number:
   Type of Revision:

6. Course Credit:
   Contact/Group Hours
   Scheduled Type
   (e.g.: Lab, Lecture, Practicum, Directed Study)
   Weekly or Per Term?
   Credit Hours
   Anticipated Enrollment

   Maximum Hours
   (Repeatability):
   3
   Total Credit Hours:
   3

7. Grading Type:
   - Regular (ABCDF)
   - Satisfactory/Unsatisfactory (S/U)
   - Audit

8. Prerequisites/Corequisites:
   Use "P:" to indicate a prerequisite, "C:" to indicate a corequisite, and "P/C:" to indicate a prerequisite with concurrency.

9. Restrictions: List specific restriction in space above.

   - College
   - Major
   - Standing
   - Degree

10. Course Description:
   (20 Words or Less; exactly as it should appear in the Bulletin)
   Introductory approach to the safety, efficacy, and legality of popular legal and illegal sports supplements.

11. May Count Either
    Program Type or Program Title
    (e.g.: minor, major, etc.) (e.g.: MS in Chemistry, Performance Option, Minor in Art)
    Requirement or Elective?
    (required or optional?)

12. Affected Program(s):
    (Respond "N/A" if not included in any program; attach memorandum if more space is required)
    - Major
    - Minor

13. Overlapping or Duplication of Other Units' Offerings:
    (If course is included in any other degree program, is used as an elective frequently by other unit(s), or is in an area similar to that covered by another college/school, attach correspondence with relevant unit)
    - Applicable
    - Not Applicable
14. Justification:

This course will provide students with a foundational knowledge of sports supplementation. Likewise, it will teach students the difference between legal and illegal sports supplements and how these agents affect sports performance, physiological systems, and overall health.

(Include a concise, yet adequate rationale for the addition/revision of the course, citing accreditation, assessments (faculty, graduate, and/or external) where applicable)

15. Resources:

Revenue generated from this distance course will support the instruction and necessary technology to deliver its content. No further resources are necessary at this time.

(Indicate whether existing resources such as library materials, classroom/laboratory space, and faculty appointments are adequate to support the proposed addition/revision; if additional resources are required, indicate how such needs will be met, referencing the appropriate level of authorization -- i.e.: Dean -- where necessary; if no additional resources or shifting of resources will be necessary, respond “Not Applicable”)

16. Student Learning Outcomes:

At the completion of this course, students will be able to:
(a) Demonstrate knowledge of legal and illegal sports supplements and the physiological theory behind supplementation
(b) Demonstrate knowledge of the side effects of legal and illegal sports supplements
(c) Demonstrate knowledge of which legal and illegal supplements have been validated in the scientific literature according to PubMed database searches

(State in measurable terms (reflective of course level) what students should be able to do when they have completed this course)

17. Course Content Outline:

Weeks 1-4: Legal supplements used to boost muscle size and strength and section test during week 4
- Week 1: protein supplementation
- Week 2: creatine supplementation
- Week 3: HMB/essential acid supplementation
- Week 4: other supplements (phosphatide acid, arachidonic acid, CLA); section 1 test (multiple choice) last day of week 4 on LMS

Weeks 5-6: Legal supplements used to boost endurance and section test during week 8.
- Week 5: Beta-alanine and carnosine supplementation
- Week 6: Caffeine supplementation
- Week 7: Betaine supplementation
- Week 8: other supplements (sodium bicarbonate and others); section test (multiple choice) last day of week 8 on LMS

Weeks 9-12: Legal supplements marketed to improve markers of overall health (antioxidant status, immune health, anti-aging) and section test during week 12.
- Week 9: Antioxidant (coQ10, N-acetyl cysteine, etc., vitamin E) supplementation
- Week 10: Adaptogen supplementation
- Week 11: Vitamin/mineral supplementation
- Week 12: Probiotic supplementation; section test (multiple choice) last day of week 12

Weeks 13-15: Illegal sports supplements (steroids, prohormones, hGH, gene doping, etc).
- Week 13: side effects and efficacy literature Steroids
- Week 14: side effects and efficacy literature on hGH, EPO, clenbuterol, thyroid hormones
- Week 15: side effects and efficacy literature on gene doping; section test (multiple choice) last day of week 15

Week 16: Prepare individual Powerpoint presentations (supplement of their choice presenting theory of supplementation, efficacy data, safety data, and marketing of the supplement) uploaded onto LMS

For distance teaching, all notes and assignments will be posted on LMS and communication/interactions between the students and instructor will be done through responding to quizzes/tests, contacting the instructor with
specific questions, and the instructor having weekly discussion boards on LMS (every Friday) whereby students will be encouraged to interact with their peers and the instructor on lectures posted that week.

(Provide a comprehensive, week-by-week breakdown of course content, including assignment due dates)

18. Assignments / Projects:

Learning for distance education students will be facilitated through LMS delivery systems provided by the university. It will incorporate the camera lecture format on power point and will include announcements, quizzes, discussions, presentations, and grading tests and the individual project conveyed by means of weekly modules. By such means students will be able to communicate regularly not only with the instructor but with other class members. Students should check LMS daily for discussion postings, deadlines, and grades.

All course work will be conducted online. University e-mail is the official form of communication for this class. It is the student’s responsibility to allocate sufficient time to complete all online assignments. Planning ahead is critical to success.

The following assignments will be posted on LMS:
1) 4 tests on each section mentioned in #17 (100 points each, 80% of course grade)
2) Individual presentations on a nutritional supplement of choice submitted online by each class member (100 points, 20% of total grade). Specifically, students will be asked to provide the following in their presentation:
   a. describe the purpose of the supplement (for instance, increase aerobic capacity, strength, reduce body fat, increase muscle mass, delay fatigue, etc.)
   b. provide literature supporting or refuting the ingredients within the supplement.
   c. provide literature examining the safety of the ingredients within the supplement.
   d. provide a ‘take-home’ message as to whether he/she thinks the supplement is scientificallyvalid/ efficacious.

After all projects are completed, students will upload them onto LMS and these will be made public for other students to view. Likewise, a discussion board will be hosted by the instructor discussing each presentation and provide his input.

Policy on make-up work:
No make-up work will be allowed, and a score of 0 will be recorded for missed assignments. For excused absences see the Student Policy e-Handbook (www.auburn.edu/studentpolicies).

Make-up work for excused absences must be completed within 7 calendar days. All questions with regard to assignments and due dates must be communicated to the instructor by e-mail by at least two days prior to submission.

Student ethics:
Students are expected to complete all assignments without benefit of any outside resources. All students must adhere to the Auburn University honesty code (Title XII) in the Student Policy e-Handbook (www.auburn.edu/studentpolicies). All violations of the SGA Code will be reported to the Office of Provost for reference to the Academic Honesty Committee.

(List all quizzes, projects, reports, activities and other components of the course grade -- including a brief description of each assignment that clarifies its contribution to the course’s learning objectives)

19. Rubric and Grading Scale:

Grade percentages presented in #18
100-90% (500-450 points) = A
89-80% (449-400 points) = B
79-70% (399-350 points) = C
69-60% (350-300 points) = D
<59% (less than 300 points) = F

(List all components of the course grade -- including attendance and/or participation if relevant -- with point totals for each; indicate point totals and ranges or percentages for grading scale; for S/U grading, detail performance expectations for a passing grade)
20. Justification for Graduate Credit:

(Include a brief statement explaining how the course meets graduate educational standards (i.e.: rigorous standards for evaluation, development of critical thinking and analytical skills, etc.))

(Included below are standard statements regarding course policies. If necessary, a statement may be altered to reflect the academic policies of individual faculty members and/or the academic unit or department, provided that there is no conflict with the Tiger Cub, Faculty Handbook, or any existing university policy.)

POLICY STATEMENTS

Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

Excused Absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request, and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the Tiger Cub for more information on excused absences.

Make-Up Policy: Arrangement to make up a missed major examination (e.g.: hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absence(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XI) found in the Tiger Cub 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.

Disability Accommodations: Students who need special accommodations in class, as provided for by the Americans With Disabilities Act, should arrange for a confidential meeting with the instructor during office hours in the first week of classes (or as soon as possible if accommodations are needed immediately). The student must bring a copy of their Accommodation Letter and an Instructor Verification Form to the meeting. If the student does not have these forms, they should make an appointment with the Program for Students with Disabilities, 1288 Haley Center, 844-2096 (V/TT).