Course Syllabus

NUIP 5320-090: Fall 2018
NUTRITION FOR EXERCISE AND SPORT

INSTRUCTOR INFORMATION

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Department of Nutrition and Integrative Physiology (https://health.utah.edu/nutrition-integrative-physiology/)  
HPER West 108-F (nutrition clinic) Wednesdays 1:00 - 3:00 pm and by appointment

TEACHING ASSISTANT INFORMATION

TBA

STUDENT LEARNING OUTCOMES

Upon successful completion of the course the student will be able to:

- Identify specific nutrient needs of individuals who engage in physical activity/sport.
- Describe human energy metabolism and substrate utilization (i.e., carbohydrate, fat, protein metabolism) at rest and during exercise.
- Provide carbohydrate, protein and fat intake recommendations for before, during and after exercise.
- Describe the changes that occur in micronutrient metabolism as a result of exercise and explain how these changes may impact the nutrient needs of physically active individuals.
- Identify fluid needs for exercise and provide fluid intake recommendations to maintain optimal hydration.
- Describe the components of the female athlete triad; identify risk factors, physiological complications, prevention and treatment strategies.
Interpret/analyze scientific research pertaining to sports nutrition.
Evaluate sports nutrition information, nutritional supplements, and ergogenic aids and distinguish between scientifically sound information and nutritional quackery.

PREREQUISITES

Successful completion of this course requires that you have taken a basic nutrition course and an exercise science course. NUTR 1020 or 4440 and either ESS 3094 or 4300/4310 are STRONGLY recommended.

REQUIRED MATERIAL

- Dunford M and J. Andrew Doyle. Nutrition for Sport and Exercise, 4th edition. Thomson/Wadsworth, 2017. The textbook can be purchased at the University bookstore. Options to purchase the online version or rent the textbook can be found on the publishers website [https://www.cengage.com/student/](https://www.cengage.com/student/).
- New to Cengage is Cengage Unlimited which will give you access to multiple books and digital resources. If you have more than one course using a Cengage book, this may be an economical option.
- Although not integrated in this course, it is highly recommended that students purchase Mindtap with this textbook to access numerous study tools for this course.
- Additional readings are on Canvas under the corresponding module.

LEARNING ASSESSMENTS

Performance Evaluation:
Exams (3) @100 points each = 300 points
Assignments (3) @ 50 points each = 150 points
Discussions (4) @ 20 points each = 80 points
Total Points Possible: 530

Assignments:
The assignments in this class are designed to provide the student’s with practical experience, i.e., the opportunity to “apply” the information learned in class. Instructions for each assignment are posted under "assignments" in the left hand column of the course. Due dates can be found in the calendar function. All
students are encouraged to email (only submit final assignments via the assignment tool) rough drafts to their instructor at least 7 days prior to the due date for feedback. Your instructor will then send your assignment back with comments. You can view your graded assignments and feedback by clicking on the assignment tool and reading TA/instructor comments and/or downloading your graded assignment. Please read through the comments FIRST and then email your instructor with any further questions you may have regarding grading.

**Discussions:**
To take advantage of the online format, there will be four discussions posted throughout the second half of the semester. These discussions are designed to expand on lecture topics and encourage critical thinking. All discussions close at **11:59 pm Mountain Standard Time (Utah)** on the due dates listed in the calendar function. Each discussion is worth 20 points. **General discussion criteria are as follows:**
1. Comments are well-defined and relevant to the topic.
2. Communication is well-structured and organized.
3. Communication is honest, civil, and respectful.
4. Contributions are clear and concise (~2-4 paragraphs and no more than 3/4-1 typed page)
5. Points are accurate, logical, and appropriate.
6. Multiple peer-reviewed scientific references are used to document the points you make, particularly when discussing controversial issues.
7. A new question or comment is posed that relates to the discussion topic.
8. Comments and inquiries of other class members are provided with responses.
9. Critical thinking skills (assessment, synthesis, analysis, evaluation, problem solving) are demonstrated where appropriate.
10. Skill at working cooperatively within a group is demonstrated.

**Specific Discussion Grading Criteria:** 20 Potential Points per Discussion

**Discussion Point Standards**

- **1-5 point:** Contribute 1 time during the discussion period with input that addresses some, but not all, of the initial discussion posting. Substantive postings with scientific references earn the most points.
- **6-10 points:** Contribute 1 time during the period with input that addresses the majority of the initial discussion posting. Substantive postings with scientific references earn the most points.
- **10-15 points:** Contribute a minimum of 2 times on different days during the discussion period with input that addresses the primary discussion topic and includes a follow up response. Substantive postings with peer-reviewed scientific references earn the most points.
- **15-20 points:** Contribute a minimum of 2 times on different days during the discussion period with input that addresses the majority of the primary discussion topic and includes a follow up response which enhances the flow of the discussion, poses new questions, and demonstrates evidence of synthesis, analysis, interpretations, and/or problem-solving. Substantive postings earn the most points.
- **NOTE:** responses made on the same day count as one post. Both initial and follow-up responses need to include citations for credit.

**Exams:**

https://utah.instructure.com/courses/510573/ assignments/syllabus
• All exams are administered through Uonline by registering through Smart Proctoring. You can register exams by clicking on the "schedule exam" link in the left hand menu of the course. Please read the [tutorial](#) on how to register for exams.
• You must register for a location and time for each exam prior to taking the exam. Please note, locations and times fill up early. To sign up for your preferred choice, please register EARLY.
• All exams are 50 multiple choice questions worth 2 points each. Test questions come from the study guides. Therefore, it is strongly recommended that students complete study guides using BOTH the textbook and lecture slides.
• Please note the lecture slides merely highlight points in the textbook. They are NOT designed to “stand alone” meaning you must read the textbook to understand the concepts. You are encouraged to email your study guides to your instructor or teaching assistant to review and obtain feedback.
• Deadlines are at **11:59 pm Mountain Standard Time.** If you are out of area please note the time zone difference and plan accordingly.

FREQUENTLY ASKED QUESTIONS

• **What's the best way to go about managing my time for this class?**

Successful students (those that get A's and B's) use their time wisely. Just like a face-to-face course, the standard formula for college coursework is that for every 1 hour of class time will result in 3 to 6 hours (and sometimes more) of homework; thus, a 4 credit course will require an average of 12 to 24 hours of homework (reading, research, studying) per week. As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work. Please note the class is cumulative in nature. A good understanding of the material in the first part of the semester is necessary in order to proceed successfully throughout the remainder of the semester.

• **How can I find out how I did on exams and assignments?**

All assignments will be returned via electronic uploads to Canvas. I encourage you all to review graded assignments and to contact me with any questions. Graded exams will be available to review after the due date by scheduling an appointment with your instructor.

• **I missed an assignment due date, now what?**

Assignments are due by **11:59 pm Mountain Standard Time** on the due dates as noted on the assignment instructions and calendar. Please make note of this if you are out of state or traveling out of state.

• Late assignments are not accepted unless you have a legitimate medical or emergency excuse with verifiable, official documentation. It is highly recommended that you turn in assignments early in the
event you encounter problems using Canvas. Computer problems are NOT an excuse for a late assignment.

- **Assignments must be submitted with .pdf, .doc, .docx, or .txt file extensions.** Submit only final versions of assignments. Corrupt files or files that cannot be opened will be considered late and subject to the late assignment policy.

- **Make sure that you can view your assignment in the assignment submission box to ensure it was submitted.** You should also receive a confirmation that it was submitted successfully. If you cannot see the assignment, your instructor and TA cannot either so resubmit and/or email your assignment to your TA and instructor. "Failed" submissions will be subject to the late assignment policy.

- If you miss an assignment you will be allowed to submit a late assignment only if you have a legitimate medical or emergency excuse and provide **verifiable, official documentation** (physician’s note, accident report, death certificate, etc). **The instructor must be notified within 24 hours of the missed assignment.** Missed assignments without official documentation of a medical or emergency excuse and notification **within 24 hours** will be assigned a grade of “zero”. Students who have notified their instructor within the noted time frame and have verifiable documentation **have ONE opportunity to turn in the assignment which must be completed within 3 days of the due date.** Missed make-up assignments will be assigned a grade of "zero."

- **What if I miss an exam?**

Exams are offered Monday-Saturday to accommodate a variety of schedules.

- If you miss an exam you will be allowed to take a make-up exam only if you have a legitimate medical or emergency and provide **verifiable, official documentation** (physician’s note, accident report, death certificate, etc). **The instructor must be notified within 24 hours of the missed exam.** Missed exams without a written excuse and notification **within 24 hours** will be assigned a grade of “zero”.

- Students who have notified their instructor within the noted time frame and have verifiable documentation **have ONE opportunity for a make-up exam which must be completed within 3 days of the due date.** Missed make-up exams or assignments will be assigned a grade of "zero."

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### GRADE SCHEME

The following grading standards will be used in this class. Please note there is no extra credit or “curve” in this class.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A</td>
<td>100 % to 92.5%</td>
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<tr>
<td>A-</td>
<td>&lt; 92.5 % to 89.5%</td>
</tr>
<tr>
<td>B+</td>
<td>&lt; 89.5 % to 87.5%</td>
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</table>
### COURSE RESPONSIBILITIES

Online courses require significant self-motivation. Online courses are different than on-campus courses and online learning is not ideal for everyone. Some lessons take a considerable amount of time to complete. Please note that not all modules are created equal. Some may take a bit more time than others. Some people believe this to be a much easier way to study this subject than in the on-campus framework. Others may feel very intimidated at first. Be patient as you work your way through the first few modules. If you are serious about the material, you will learn as much as, if not more than, most on-campus students about this subject and develop reading and communication skills that are vital to the workforce of the 21st century.

- **Electronic or equipment failure**: It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course.
- **Document archiving**: You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type**: You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **Classroom equivalency**: Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
  - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
  - Off-color language and photos are never appropriate.
  - Using angry or abusive language is called "flaming", is not acceptable, and will be dealt with according to the Student Code.
Course e-mails, e-journals, and other online course communications are part of the classroom and, as such, are University property and subject to GRAMA regulations and the Student Code. Privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

INSTITUTIONAL POLICIES & PROCEDURES

Faculty and Student Responsibilities

“All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, beginning with verbal warnings and progressing to dismissal from class and failing grade. Students have the right to appeal such action to the Student Behavior Committee.”

“Faculty…must strive in the classroom to maintain a climate conducive to thinking and learning.” PPM 8-12.3, B.

“Students have a right to support and assistance from the University in maintaining a climate conducive to thinking and learning.” PPM 8-10, II. A.

Wellness Statement

Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness - www.wellness.utah.edu (http://www.wellness.utah.edu); 801-581-7776.

Academic Dishonesty

The instructor of this course will take appropriate actions in response to Academic Dishonesty, as defined the University’s Student Code. Students engaging in any of the following acts of academic dishonesty will receive an automatic "E" for the course. The student’s home department and University will be notified of academic misconduct. This may result in removal from the student’s program of study and/or the University of Utah. Acts of academic dishonesty include but are not limited to:

- Cheating: using, attempting to use, or providing others with any unauthorized assistance in taking quizzes, tests, examinations, or in any other academic exercise or activity. Unauthorized assistance includes:
• Working in a group when the instructor has designated that the quiz, test, examination, or any academic exercise or activity be done "individually;"
• Depending on the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;
• Substituting for another student, or permitting another student to substitute for oneself, in taking an examination or preparing academic work;
• Acquiring tests or other academic material belonging to a faculty member, staff member, or another student without express permission;
• Continuing to write after time has been called on a quiz, test, examination, or any other academic exercise or activity;
• Submitting substantially the same work for credit in more than one class, except with prior approval of the instructor; or engaging in any form of research fraud.

- **Falsification**: altering or fabricating any information or citation in an academic exercise or activity.
- **Plagiarism**: representing, by paraphrase or direct quotation, the published or unpublished work of another person as one’s own in any academic exercise or activity without full and clear acknowledgment. It also includes using materials prepared by another person or by an agency engaged in the sale of term papers or other academic materials.

Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. It is the policy of the University of Utah to maintain an academic and work environment free of sexual harassment for students, faculty, staff and participants. A claim under this policy may be brought by any faculty, staff member, student or participant based on the conduct of any University employee or student that is related to or in the course of University business. A claim may also be brought by an administrator acting on behalf of the University. The Office of Equal Opportunity and Affirmative Action (OEO/AA) will handle all alleged sexual harassment matters pursuant to the Procedures set forth in Policy 5-210.

Any student, staff, faculty member, or participant in university services or activities who believes that there is or has been sexual harassment should contact any of the following:

1. the cognizant academic chair of the department or the dean of the college within which the conduct occurred;
2. the immediate supervisor or director of the operational unit within which the conduct occurred;
3. the Human Resources Division (Address: 420 Wakara Way, Suite 105, Salt Lake City, Utah 84108; Phone: 801-581-2169; TDD: 801-585-9070);
4. directors or deans of Student Affairs and Services (Associate Dean- SW 108; Phone: 801-581-8828);
5. or the Office of Equal Opportunity and Affirmative Action (201 South Presidents Circle, John Park Building, Room 135, Salt Lake City, Utah 84112; Phone/TDD: 801-581-8365).
Once informed, the supervisor, chair or dean shall consult with OEO/AA. Similarly, OEO/AA shall advise appropriate the cognizant dean, staff director or administrator of any complaints of sexual harassment OEO/AA receives concerning a member of the faculty, staff or student body.

Withdrawal Policy and "I" Grade Policy

Failure to withdraw from school results in an E or EU grade being recorded in all classes.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade of “W” is not used in calculating the student’s GPA.

For more information concerning the withdrawal policy, click here.

An Incomplete grade can be given for work not completed due to circumstances beyond your control. You must be passing the course and have completed at least 80% of the required coursework. Arrangements must be made between you and the instructor concerning the completion of the work. You may not retake a course without paying tuition. If you attend class during a subsequent term, in an effort to complete the coursework, you must register for the course. Once the work has been completed, the instructor submits the grade to the Registrar’s Office. The I grade will change to an E if a new grade is not reported within one year. A written agreement between you and the instructor may specify the grade to be given if the work is not completed within one year. Copies of the agreement are kept by the instructor and the academic department.

Students with Disabilities

The University of Utah does not discriminate on the basis of race, color, religion, national origin, sex, age, status as a disabled individual, sexual orientation, gender identity/expression, genetic information or protected veteran’s status, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services.

Additionally, the University endeavors to provide reasonable accommodations and to ensure equal access to qualified persons with disabilities. Inquiries concerning perceived discrimination or requests for disability accommodations may be referred to the University’s Title IX/ADA/Section 504 Coordinator:

Director, Office of Equal Opportunity and Affirmative Action
201 South Presidents Circle, Rm.135
Salt Lake City, UT, 84112
801-581-8365 (voice/tdd)
801-585-5746 (fax)
www.oeo.utah.edu
### Course Summary:

<table>
<thead>
<tr>
<th>Date</th>
<th>Details</th>
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<tr>
<td><strong>Mon Aug 20, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372318&amp;include_contexts=course_510573">classes begin</a> (12am)</td>
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<td>- <a href="https://utah.instructure.com/calendar?event_id=1372317&amp;include_contexts=course_510573">Lecture 1: intro to sports nutrition</a> (12am)</td>
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<td><strong>Sun Aug 26, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/courses/510573/assignments/5147508">Getting Started Quiz</a> due by 11:59pm</td>
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<td><strong>Mon Aug 27, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372323&amp;include_contexts=course_510573">Lecture 2: energy balance</a> (12am)</td>
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<td><strong>Fri Aug 31, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372311&amp;include_contexts=course_510573">Last day to drop classes</a> (12am)</td>
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<td><strong>Mon Sep 3, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372331&amp;include_contexts=course_510573">Labor Day: No Class</a> (12am)</td>
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<td><strong>Tue Sep 4, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372324&amp;include_contexts=course_510573">Lecture 3: energy systems</a> (12am)</td>
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<td><strong>Sun Sep 9, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/courses/510573/assignments/5147516">Assignment 1: Assessment case study</a> due by 11:59pm</td>
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<td><strong>Mon Sep 10, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372316&amp;include_contexts=course_510573">lecture 4: carbohydrate</a> (12am)</td>
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<td><strong>Mon Sep 17, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372320&amp;include_contexts=course_510573">Exam I</a> (12am)</td>
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<td><strong>Sat Sep 22, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/courses/510573/assignments/5147509">NUIP 5320 Exam 1</a> due by 11:59pm</td>
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<td><strong>Sun Sep 23, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/courses/510573/assignments/5147517">Assignment 2: Carbohydrate Case Study</a> due by 11:59pm</td>
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<td><strong>Mon Sep 24, 2018</strong></td>
<td>- <a href="https://utah.instructure.com/calendar?event_id=1372319&amp;include_contexts=course_510573">Lecture 5: protein</a> (12am)</td>
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<td>Mon Oct 1, 2018</td>
<td>Discussion 1 opens (<a href="https://utah.instructure.com/calendar?event_id=1372334&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372334&amp;include_contexts=course_510573</a>)</td>
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<td>Lecture 6: Lipids (<a href="https://utah.instructure.com/calendar?event_id=1372325&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372325&amp;include_contexts=course_510573</a>)</td>
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<td>Sun Oct 7, 2018</td>
<td>Assignment 3: Protein Case Study (<a href="https://utah.instructure.com/courses/510573/assignments/5147518">https://utah.instructure.com/courses/510573/assignments/5147518</a>)</td>
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<td>Mon Oct 8, 2018</td>
<td>Fall Break Week! (<a href="https://utah.instructure.com/calendar?event_id=1372332&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372332&amp;include_contexts=course_510573</a>)</td>
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<td>Mon Oct 15, 2018</td>
<td>Discussion 1 Initial post due (<a href="https://utah.instructure.com/calendar?event_id=1372333&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372333&amp;include_contexts=course_510573</a>)</td>
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<td>Lecture 7: Fluid &amp; Electrolytes (<a href="https://utah.instructure.com/calendar?event_id=1372326&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372326&amp;include_contexts=course_510573</a>)</td>
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<td>Fri Oct 19, 2018</td>
<td>last day to withdraw (<a href="https://utah.instructure.com/calendar?event_id=1372329&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372329&amp;include_contexts=course_510573</a>)</td>
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<td>Sun Oct 21, 2018</td>
<td>Discussion 01: Fat Loading (<a href="https://utah.instructure.com/courses/510573/assignments/5147512">https://utah.instructure.com/courses/510573/assignments/5147512</a>)</td>
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<td>Lecture 8: vitamins (<a href="https://utah.instructure.com/calendar?event_id=1372327&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372327&amp;include_contexts=course_510573</a>)</td>
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<td>Mon Oct 29, 2018</td>
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<td>Sat Nov 3, 2018</td>
<td>NUIP 5320 Exam 2 (<a href="https://utah.instructure.com/courses/510573/assignments/5147510">https://utah.instructure.com/courses/510573/assignments/5147510</a>)</td>
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<td>Sun Nov 4, 2018</td>
<td>Discussion 02: Antioxidants (<a href="https://utah.instructure.com/courses/510573/assignments/5147513">https://utah.instructure.com/courses/510573/assignments/5147513</a>)</td>
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<td>Discussion 3 opens (<a href="https://utah.instructure.com/calendar?event_id=1372337&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372337&amp;include_contexts=course_510573</a>)</td>
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<td>Lecture 9: Minerals (<a href="https://utah.instructure.com/calendar?event_id=1372315&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372315&amp;include_contexts=course_510573</a>)</td>
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<td>Mon Nov 12, 2018</td>
<td>❌ Discussion 3 initial post due (<a href="https://utah.instructure.com/calendar?event_id=1372338&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372338&amp;include_contexts=course_510573</a>) 12am</td>
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<td>❌ Lecture 10: weight &amp; body composition (<a href="https://utah.instructure.com/calendar?event_id=1372314&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372314&amp;include_contexts=course_510573</a>) 12am</td>
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<td>Sun Nov 18, 2018</td>
<td>❌ Discussion 03: Iron (<a href="https://utah.instructure.com/courses/510573/assignments/5147514">https://utah.instructure.com/courses/510573/assignments/5147514</a>) due by 11:59pm</td>
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<td>❌ Discussion 4 opens (<a href="https://utah.instructure.com/calendar?event_id=1372339&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372339&amp;include_contexts=course_510573</a>) 12am</td>
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<td>Mon Nov 19, 2018</td>
<td>❌ Lecture 11: Lifelong Health (<a href="https://utah.instructure.com/calendar?event_id=1372313&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372313&amp;include_contexts=course_510573</a>) 12am</td>
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<tr>
<td>Mon Nov 26, 2018</td>
<td>❌ Discussion 4 initial post due (<a href="https://utah.instructure.com/calendar?event_id=1372340&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372340&amp;include_contexts=course_510573</a>) 12am</td>
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<td>❌ lecture 12: disordered eating (<a href="https://utah.instructure.com/calendar?event_id=1372321&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372321&amp;include_contexts=course_510573</a>) 12am</td>
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<tr>
<td>Sun Dec 2, 2018</td>
<td>❌ Discussion 04: Transitioning Athlete (<a href="https://utah.instructure.com/courses/510573/assignments/5147515">https://utah.instructure.com/courses/510573/assignments/5147515</a>) due by 11:59pm</td>
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<tr>
<td>Mon Dec 3, 2018</td>
<td>❌ Lecture 13: Ergogenic Aids (<a href="https://utah.instructure.com/calendar?event_id=1372312&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372312&amp;include_contexts=course_510573</a>) 12am</td>
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<td>Mon Dec 10, 2018</td>
<td>❌ exam 3 (<a href="https://utah.instructure.com/calendar?event_id=1372330&amp;include_contexts=course_510573">https://utah.instructure.com/calendar?event_id=1372330&amp;include_contexts=course_510573</a>) 12am</td>
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<tr>
<td>Wed Dec 12, 2018</td>
<td>❌ NUIP 5320 Exam 3 (<a href="https://utah.instructure.com/courses/510573/assignments/5147511">https://utah.instructure.com/courses/510573/assignments/5147511</a>) due by 11:59pm</td>
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