

**DOMINICAN
UNIVERSITY**
of CALIFORNIA
School of Liberal Arts and Education

COACHING STUDENT ATHLETES SERIES
Proper Nutrition and Athletic Performance
EDUO 9728 One Semester Credit/Unit
Instructor – Tony Battilega
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Syllabus

Course Description

We are what we eat. If this a true statement, how big a role does nutrition play in the performances of athletes? This class will expose coaches/teachers to some of the facts and myths of how nutrition helps or hinders how athletes perform. Information concerning nutrition will be presented that can help students/athletes perform at their natural ability. You will be required to develop a performance based eating program for your specific sport.

Required Text: *Successful Coaching*-4th Edition by Rainer Martens, Human Kinetics; (February 17, 2012)

Instructions:

Read this Syllabus which includes Objectives, a Grading Rubric and all course assignments. You may want to print it.

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

Course Objectives

By the end of this course you will have had the opportunity to examine a style of teaching/coaching that will:

- enable you to share with their student/athletes what a young, growing person should eat.
- allow you to intelligently discuss eating disorders.
- give you knowledge on how to keep athletes hydrated and avoid heat illnesses.
- inform you of the role nutritional supplements play in a student/ athlete's diet.
- help you understand how carbohydrates, fat and proteins nourish the body.
- provide information about how much a young person should eat for maintaining, losing and gaining weight.
- provide a guide to eating before, during and after participation in a strenuous activity.

Grading Rubric

Grading Criteria	Exemplary A+, A, A-	Acceptable B+, B, B-	Unacceptable
Assignment Requirements	All assignments are complete, accurate and easy to follow	Most assignments are complete, accurate and easy to follow	Assignments are incomplete, inaccurate or irrelevant, and/or difficult to follow
Content Depth	All assignments are thoughtful, insightful, reflective and relevant	Most assignments are thoughtful, insightful, reflective, and relevant	Assignments are incomplete, not thoughtful or irrelevant
Organization, Style and Mechanics	All assignments are organized, clear and free of writing errors	Most assignments are organized, clear and free of writing errors	Assignments show little organization and/or have significant writing errors

Assignments

1. Nutrients

Read and study **pages 304-329** and review the four basic nutrients on **page 312-317**. Describe the role each plays in a healthy body.

2. Nutritional Supplements

Review the nutritional supplements on **pages (312-317)** and list the (6) guidelines to using nutritional supplements for a healthy life found on page 317

3. Hydration

Respond to the statement “Athletes know when they need to hydrate by how thirsty they feel.” **pgs 317-322**

4. Eating Disorders

4a. **Factors**– List the five factors known to increase the risk of eating disorders among young people. **pgs. 326-328.**

4b. **Anorexia**- List the symptoms of the eating disorder Anorexia **pgs.326-328.**

4c. **Bulimia**- List the symptoms of the eating disorder Bulimia **pgs.326-328.**

4d. **Steps**- What steps can you take once you suspect one of your student/athletes has developed an eating disorder?

5. What to Eat

Develop a handout for your student/athletes about what to eat before, during and after strenuous activity.

6. Caffeine

React to the following statement in writing: “Caffeine may help an athlete’s performance”.

7. Weight

List the safe guidelines to: **pg 323-326.**

7a. **Weight Loss**

7b. **Weight Gain**

8. Improve Yourself

Review the “Seven Rules for Eating Right” **pg 307.** Develop a plan for improving ***your own nutritional well being.***

9. Improving Your Students

Read & study pages 304-311 in the text and the following web resource
<http://www.health.harvard.edu/plate/healthy-eating-plate>

9a. Review the food guides in the text and the web resource and respond with a statement on how it correlates to what you actually see your student / athletes eating on a regular basis.

9b. How are you going to make a difference in the life, both in the present and in the future, of your student/athlete by reversing the problem (if there is one) stated in **9a?**

Instructions for coursework submission:

Place ALL your completed assignments in one document. When you have completed all assignments, upload your single document to the DropBox for Completed Assignments.

You are allowed 9 months to complete the course. If you have questions about the course, you can reach your Instructor by email.

Tony Battilega: tbattilega@dominicancaonline.com

For questions involving your registration or other non-course related questions, contact us at support@dominicanCAonline.com or see <http://dominicancaonline.com/faq.htm> for more information.

COACHING STUDENT ATHLETES SERIES 1 unit/credit each

EDUO 9720	Dealing with the Problem of Athletic Drug use
EDUO 9721	Developing a Code of Conduct Handbook
EDUO 9722	Developing Successful Life Skills through Athletics
EDUO 9723	Discovering your Coaching Style
EDUO 9724	Effective Communications

<u>EDUO 9725</u>	Good Teams and Character go Hand in Hand
<u>EDUO 9726</u>	Keeping it in Perspective - Make Every Kid Count
<u>EDUO 9727</u>	Managing your Athletic Program
<u>EDUO 9728</u>	Proper Nutrition & Athletic Performance
<u>EDUO 9729</u>	Team Bonding
<u>EDUO 9730</u>	The Legal Liabilities of Teaching/Coaching
<u>EDUO 9731</u>	Training to Acquire Specific Skills
<u>EDUO 9732</u>	Welcoming Diversity into Your Program

ATHLETIC COACHING SERIES 3 units/credits each

EDUO 9703	Coaching is More than Xs and Os
EDUO 9704	Athletics-A Positive Path Through the Journey of Life
EDUO 9706	Creating a Healthy Lifestyle
EDUO 9707	Look Before you Leap
EDUO 9705	Let's Look at this Another Way
EDUO 9781	Athletic Concussions-A Coach's Headache (*1 unit/credit course)