



SAIIE

"Your Life Experience; Your Education"



Sports Nutrition and the Mediterranean Diet

Course Code: ESS 460

Prerequisites: None required

Language of Instruction: English

Subject: Nutrition

Term: Summer 2025

Contact Hours: 42

Credits: 3

Instructor Information

Name of Instructor: Maria Morgan-Bathke, MBA, PhD, RD, CD, LD, FAND

Instructor Contact Information: TBC

Instructor Preferred Method: emails will be responded to within 24 hours M-F

Course Description

Study the components of the Mediterranean diet and how this diet is able to reduce the risk of chronic diseases (obesity, diabetes, cardiovascular disease, and cancer). Study of the role of nutrition and the Mediterranean diet in physical performance and health. Specific regimens applicable to athletes/personal fitness programs, ranging from the training diet to fluid, electrolyte and glycogen replacement.

Required Course Materials

Useful Websites:

American Council on Exercise (ACE) www.acefitness.org

IDEA www.ideafit.com

International Federation of Sports Medicine www.fims.org

Australian Institute of Sport <http://www.ausport.gov.au/ais>

Sports, Cardiovascular, and Wellness Nutritionists www.scandpg.org

Gatorade Sports Science Institute www.gssiweb.com

American College of Sports Medicine www.acsm.org

www.supplementwatch.com

www.consumerlabs.com

<http://www.quackwatch.com>

Selected List of Journals that may be useful for research:

American Journal of Physical Medicine Rehabilitation
Journal of Sports Science
Medicine and Science in Sports and Exercise
British Journal of Sports Medicine
Sports Medicine
Clinical Journal of Sports Medicine
Sports Nutrition and Exercise Metabolism

Course Student Learning Outcomes

Alignment Table of Learning Outcomes and Course Work

Relevant Course Outcomes	How course and its work meet these outcomes
List and describe components of the Mediterranean diet.	Quizzes
Discuss and identify the health benefits of the Mediterranean diet.	
Discuss the principles of caloric balance and explain guidelines for safe weight loss and weight gain for the athlete and how this can be applied using the Mediterranean diet.	Discussions
Examine in detail an individual personal dietary health and be able to discuss this with respect to disease risks/physical wellbeing and sports performance.	Athlete presentation: based on your interviews with an athlete, create a 30-minute presentation based on your written assessment that should include dietary recommendations (focused on Mediterranean choices) based on areas that they are lacking and related to their particular sport.
Discuss the effects of eating habits on various forms of physical activities and athletic events (including pre- and post-event meals).	
Identify and discuss the causes that contribute to eating disorders in athletes.	Lifestyle Habit Analysis Report: Interview a fellow athlete about his/her dietary habits. Use a computer analysis program to evaluate the diet. Provide a written assessment with recommendations utilizing the Mediterranean diet that is specific to his/her sport. (75 points)
List/describe vitamins/minerals of importance for physical performance.	
Identify and evaluate nutrition regimens for athletes during training and competition.	Complete critical evaluation of a sports supplement. Group & Individual project: Each team will select a dietary supplement used to enhance athletic performance. Each student in the team will find 2

Relevant Course Outcomes	How course and its work meet these outcomes
<p>Identify information and resources for teaching nutrition as part of health education and coaching.</p> <p>Identify and evaluate tools/techniques used in assessing body composition.</p> <p>Discuss the importance of water and electrolytes balance relative to one's activity level.</p> <p>Identify professional Spanish terms related to patient/client care and the Mediterranean diet.</p>	<p>original experimental research studies devoted to their supplement and critique them using the Evidence Abstract Worksheet. The group will combine their findings into one 3-4 page paper describing the claims, mechanism of action, doses, outcomes (physiological and performance), potential side effects, and the population it has been tested in. Identify a review paper (preferably published within the past 3 years) and discuss whether the review accurately represents your findings. Include your recommendations based on your research. Should this product be used? If so, who should use it? What should users expect? The group will provide a power point presentation with no more than 20 slides. Include citations on the slides and a complete bibliography with the paper (40 points).</p>

Assignments and Requirements

Assignments	Due Date	Points/Weight
<p>Class activities (case studies, discussions) Combination of multiple choice and short essay questions to assess your understanding of course material.</p>	Varies	~50 points
<p>Discussions. Discuss pertinent points of course material with your peers and write up a brief summary of your discussion/conclusions.</p>	Varies	10 points x 5 = 50 points
<p>Record and analyze one day's personal food intake. Provide written evaluation of goals to improve diet based on personal goals. Discuss how you could change your dietary intake to mimic the Mediterranean diet.</p>	June 4 th	20 points
<p>Lifestyle Habit Analysis Report: Interview a fellow athlete about his/her dietary habits. Use a computer analysis program to evaluate the diet. Provide a written assessment with recommendations utilizing the Mediterranean diet that is specific to his/her sport.</p>	Varies	75 points
<p>Athlete presentation: based on your interviews with a fellow athlete, create a 30-minute presentation based on your written assessment that should include dietary recommendations (focused on Mediterranean choices) based</p>	Varies	75 points

Assignments	Due Date	Points/Weight
<p>on areas that they are lacking and related to their particular sport.</p> <p>Complete critical evaluation of a sports supplement. Each student will select a dietary supplement used to enhance athletic performance. The student will find 2 original experimental research studies devoted to their supplement and critique them using the Evidence Abstract Worksheet. The student will combine their findings into one 3-4 page paper describing the claims, mechanism of action, doses, outcomes (physiological and performance), potential side effects, and the population it has been tested in. Identify a review paper (preferably published within the past 3 years) and discuss whether the review accurately represents your findings. Include your recommendations based on your research. Should this product be used? If so, who should use it? What should users expect? The group will provide a power point presentation with no more than 20 slides. Include citations on the slides and a complete bibliography with the paper</p>	<p>June 18th</p>	<p>40 points</p>

Evaluation Method

Grading Scale:

A	95-100%
A/B	90-94%
B/	85-89%
B/C	80-84%
C	75-79%
C/D	70-74%
D	65-69%

Instructor Late Work Policy

Assignments (quizzes, exams, assignments) will not be accepted after the due date (matter of fact, you will not be able to access the assignments on Moodle after this date). Late assignments must be e-mailed to the professor with an explanation for your tardiness. You will receive a 10% reduction on the assignment for each day late. For example: 1 day late the highest grade you can receive is 90%, 2 days late the highest grade you can receive is 80%, etc. Assignments will be available at least one week prior due to the date.

Attendance Policy

Regular attendance is expected for this course for students/interns to be successful.

Academic Integrity Policy

Maintaining a standard of academic honesty is a responsibility shared by the students, faculty and administration at Viterbo University. The faculty has the responsibility to create an atmosphere in which students may display their knowledge. This atmosphere includes sufficient safeguards to control dishonesty including an orderly testing room, restrictions on text messages, etc. Students have the responsibility to understand academic misconduct and to refrain from it.

Credit Hour Course Expectations

Regardless of format, all courses are required to meet the required credit hour standards by a combination of seat time and outside work. Outside work could include additional outside reading, group work, service projects, field work, clinical rotations, among other learning activities. Viterbo defines one credit hour as 750 minutes over 15 weeks. In addition, each credit of a course requires that students spend two hours of work outside of class per week. Minimum class and outside work time are calculated according to this formula:

$$(750 + 1800) * \text{the \# of credits of a course} = \text{the minimum number of minutes of seat time and outside work required}$$

For example, a three-credit course requires a minimum of 7,650 total minutes.