



University of  
New Haven

## *Nutrition in Exercise and Sports*

### SECTION I: COURSE OVERVIEW

**Course Code:** NUTR320SVQ

**Subject Area:** Nutrition

**Prerequisites:** See Below

**Language of Instruction:** English

**Contact Hours:** 45

**Recommended Credits:** 3

### COURSE DESCRIPTION

This experiential course encompasses the nutrition parameters and strategies that are essential for maximum athletic performance of resistance and endurance athletes grounded in the most current evidence-based scientific literature. Course topics include, but are not limited to, basic concepts of exercise physiology and energy metabolism, energy nutrients, vitamins and minerals, intervention planning, principles of balanced diets, timing and composition of intakes for pre- and post-activity meals/snacks, hydration and electrolyte maintenance and replacement, weight management strategies, and nutritional needs for special situations and various athletic groups. Vegetarian, vegan, and other popular plant-centered diets are explored for their potential benefit in athletic performance. Evaluation of dietary supplements and ergogenic aids will also be discussed.

Particular attention will also be given to the Mediterranean diet, with a focus on selected food products and their cultural appropriateness to the region as well as, how they relate to sports nutrition and athletic performance. Students will also have the opportunity to taste a representative sample of Mediterranean diet foods in a structured environment in which students put into practice skills and knowledge discussed in readings and lectures.

Students will participate in experiential activities throughout the course, with the intention of exploring the realm of Exercise and Sports Nutrition as it relates to local food practices and their physiological effects upon the human body. Structured exercises should ultimately broaden student knowledge of the relationship between food consumption and athletic performance as well as, develop the critical capacity to assess important features of various food practices.

## LEARNING OBJECTIVES

Upon successful completion of this course, you will be able to:

- Outline the significance of vitamins, minerals, electrolytes, fluid intake, and the metabolic basis and biochemistry underlying the dietary and nutrient recommendations for different levels of exercise and types of sports.
- Differentiate how the frequency, duration, and intensity of physical activity influence the type of fuel (carbohydrate, protein, fat) used by the body and the hydration requirements to avoid the effects of excess and/or deficiency of various nutrients.
- Develop a skillset in meal planning for exercise and sport using an online nutrition software, i.e. [www.sparkpeople.com](http://www.sparkpeople.com)
- Create recommendations through evaluation of the quality of an athlete's diet to meet the nutritional demands of the particular sport.
- Distinguish the importance of body weight and composition, and dietary intake on performance for athletes with special nutritional needs.

## PREREQUISITES

This course is designed for students majoring in Nutrition/Dietetics, Exercise Science/Kinesiology, or Athletic Training who have a foundational understanding of the biological sciences.

## SECTION II: INSTRUCTOR & COURSE DETAILS

### INSTRUCTOR DETAILS

**Name:** TBA  
**Contact Information:** TBA  
**Term:** SUMMER

### ATTENDANCE POLICY

This class will meet four times a week for approximately 120 minutes for a total of 20 sessions, while requiring a series of other related academic activities related to sport and wellness. All students are expected to arrive on time and prepared for the day's class session.

CEA enforces a mandatory attendance policy. You are therefore expected to attend all regularly scheduled class sessions, including any field trips, site visits, guest lectures, etc. that are assigned by the instructor. The table below shows the number of class sessions you may miss before receiving a grade penalty.

Allowed Absences – Summer Term		
Courses Meeting X day(s) Per Week	Allowed Absence(s)	Automatic Failing Grade at Xth absence
Courses meeting 4 day(s) per week	1 Absences	4 <sup>th</sup> Absence

For every additional absence beyond the allowed number, your final course grade will drop down to the subsequent letter grade (ex: A+ to A). As a student, you should understand that the grade penalties will apply if you are marked absent due to tardiness or leaving class early. In the table below, you will find the grade penalty associated with each excessive absence up to and including automatic course failure.

<b>ATTENDANCE DOCKING PENALTIES</b>				
<b>Absence</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>
<b>Penalty</b>	<b>No Penalty</b>	<b>0.5 Grade Docked</b>	<b>1 Grade Docked</b>	<b>Automatic Failure</b>
<b>HIGHEST POSSIBLE GRADE AFTER ATTENDANCE PENALTIES</b>				
<b>Grade</b>	<b>A+</b>	<b>A</b>	<b>A-</b>	<b>F</b>

CEA does not distinguish between excused and unexcused absences. As such, no documentation is required for missing class. Similarly, excessive absences, and the grade penalty associated with each, will not be excused even if you are able to provide documentation that shows the absence was beyond your control. You should therefore only miss class when truly needed as illness or other unavoidable factors may force you to miss a class session later on in the term.

## **GRADING & ASSESSMENT**

The instructor will assess your progress towards the above-listed learning objectives by using the forms of assessment below. Each of these assessments is weighted and will count towards your final grade. The following section (Assessment Overview) will provide further details for each.

<b>Class Participation</b>	<b>10%</b>
<b>3-Day Diet Record Discussion and Evaluation</b>	<b>10%</b>
<b>Quizzes</b>	<b>20%</b>
<b>Food Tasting Journal</b>	<b>15%</b>
<b>Market Comparative Reflection Paper</b>	<b>10%</b>
<b>Menu Planning Assignment</b>	<b>15%</b>
<b>Final Assessment</b>	<b>20%</b>

The instructor will calculate your course grades using the CEA Grading Scale shown below. As a CEA student, you should understand that credit transfer decisions—including earned grades for courses taken abroad—are ultimately made by your home institution.

<b>CEA GRADING SCALE</b>			
<b>Letter Grade</b>	<b>Numerical Grade</b>	<b>Percentage Range</b>	<b>Quality Points</b>
A+	9.70 – 10.0	97.0 – 100%	4.00
A	9.40 – 9.69	94.0 – 96.9%	4.00
A-	9.00 – 9.39	90.0 – 93.9%	3.70
B+	8.70 – 8.99	87.0 – 89.9%	3.30

B	8.40 – 8.69	84.0 – 86.9%	3.00
B-	8.00 – 8.39	80.0 – 83.9%	2.70
C+	7.70 – 7.99	77.0 – 79.9%	2.30
C	7.40 – 7.69	74.0 – 76.9%	2.00
C-	7.00 – 7.39	70.0 – 73.9%	1.70
D	6.00 – 6.99	60.0 – 69.9%	1.00
F	0.00 – 5.99	0.00 – 59.9%	0.00
W	Withdrawal	N/A	0.00
INC	Incomplete	N/A	0.00

## ASSESSMENT OVERVIEW

This section provides a brief description of each form of assessment listed above. Your course instructor will provide further details and instructions during class time.

**Class Participation (10%):** Student participation is mandatory for all courses taken at a CEA Study Center. The instructor will use the rubric below when determining your participation grade. All students should understand that attendance and punctuality are expected and will not count positively toward the participation grade

CLASS PARTICIPATION GRADING RUBRIC	
Student Participation Level	Grade
You make major & original contributions that spark discussion, offering critical comments clearly based on readings, research, & theoretical course topics.	<b>A+</b> (10.0 – 9.70)
You make significant contributions that demonstrate insight as well as knowledge of required readings & independent research.	<b>A/A-</b> (9.69 – 9.00)
You participate voluntarily and make useful contributions that are usually based upon some reflection and familiarity with required readings.	<b>B+/B</b> (8.99 – 8.40)
You make voluntary but infrequent comments that generally reiterate the basic points of the required readings.	<b>B-/C+</b> (8.39 – 7.70)
You make limited comments only when prompted and do not initiate debate or show a clear awareness of the importance of the readings.	<b>C/C-</b> (7.69 – 7.00)
You very rarely make comments and resist engagement with the subject. You are not prepared for class and/or discussion of course readings.	<b>D</b> (6.99 – 6.00)
You make irrelevant and tangential comments disruptive to class discussion. You are consistently unprepared for class and/or discussion of the course readings.	<b>F</b> (5.99 – 0.00)

**Three (3) Day Diet Record Discussion and Evaluation (10%):** This assignment will allow the student to become personally involved in menu evaluation applying critical thinking skills. Utilize the online program, i.e. [www.sparkpeople.com](http://www.sparkpeople.com) to analyze food intake.

**6 Quizzes (20%):** Quizzes are intended to help the student keep up with daily study of the material and to be effectively prepared for the Final Assessment. Six (6) quizzes will be given, while the top five (5) will count towards their grade.

**Food Tasting Journal (15%):** Instructor will conduct cooking demonstrations/food tasting during designated class sessions. Foods prepared will be reflective of and delve into the specific characteristics of the sample, i.e. The Mediterranean diet. The objective of the food tasting journal is for the student to reflect on the sensory attributes of each food and to recount a historical or cultural development of each food as it relates to foodways and sports performance – specifically drawing on the local merits of the Mediterranean diet. Students will recommend food as appropriate for the nutritional demands of a particular sport or level of exercise for athletic performance. Specific instructions for completing the food tasting journal will be distributed during class.

**Market Reflection Papers (10%):** Following field excursions to a local fresh market and to a local supermarket, students will write two short comparative papers reflecting upon the distinctness of each experience in relation to the availability of food fulfilling nutrient requirements for particular exercise demands. Specific questions to answer in each paper will be provided prior to the field excursions so that recommendations can be made to a potential athlete for quality planning of their diet in diverse shopping contexts to meet the nutritional demands of a particular sport.

**Menu Planning Assignment (15%):** Students working in groups of 2-3 will create a multi-day meal plan based on an athlete's sport and exercise/training schedule, energy needs, carbohydrate, protein, fat, and fluid requirements for presentations to the class. As well, timing of meals and serving sizes will be critical to successful completion of the meal plan, which must include specific foods. Students will receive detailed directives in class.

**Final Assessment (20%):** The Final Assessment will demonstrate student's growth in the knowledge and skills acquired throughout the class and the accompanying active learning activities. The Final Assessment will be delivered as a presentation, which will be discussed on the first day of class. The presentation will require the student to present on acquired knowledge: identifying and using associated vocabulary and terminology; placing them in the appropriate context; and making accurate descriptions as they relate to general and local Mediterranean foods, exercise, and sports performance. Critical thinking, decision-making, creativity, and effective communication will be key to successful delivery of this assessment.

## **EXPERIENTIAL LEARNING ACTIVITIES (AICAP)**

CEA courses are designed to include a variety of experiential learning activities that will take you out of the classroom and allow you to explore your local, host city. These activities may include field studies, guest lectures and/or activities offered through our Academically Integrated Cultural Activities Program (AICAP). The following experiential learning activities are recommended for this course:

- **Field Studies:** Market visits – Triana Market & a *Supermercado*

## **REQUIRED READINGS**

Reading assignments for this course will come from the required text(s) and/or the selected reading(s) listed below. All required readings—whether assigned from the text or assigned as a selected reading—must be completed according to the due date assigned by the course instructor.

- I. **REQUIRED TEXT(S):** You may purchase the required text(s) prior to departure or upon program arrival. The required text(s) are listed below:

Karpinski, C. & Rosenbloom, C. (Eds). (2017). *Sports Nutrition*. Chicago, IL: Academy of

Nutrition & Dietetics.

Today's Dietitian: The Magazine for Nutrition Professionals; <https://www.todaysdietitian.com>.

**II. REQUIRED ONLINE REFERENCES:** The course instructor has identified the resources below to assist you with understanding course topics. You are encouraged to explore these and other avenues of research including the databases available via the UNH online library.

Gatorade Sports Science Institute Education Resources

<http://www.gssiweb.org/en/education-resources/lecture-materials>

Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance

<http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/nutritionathleticperf.ashx>

Oldways: Inspiring Good Health Through Cultural Food Traditions

<http://www.oldwayspt.org/>

\*\*Additional online references are provided on a list in Moodle.

## RECOMMENDED READINGS

The recommended reading(s) and/or text(s) for this course are below. These recommended readings are not mandatory, but they will assist you with research and understanding course content.

Armsey, T.D., & Green, G.A. (1997) Nutrition supplements: science vs. hype. *Phys. Sportsmed.* 25(6): 77-92.

Blair, S.N., Horton, E., Leon, A.S., Lee, I.M., Drinkwater, B.L., Dishman, R.K., Mackey, M., & Kienholz, M.L. (1996) Physical activity, nutrition, and chronic disease. *Med. Sci. Sports Exerc.* 28: 335-349.

Clark, Nancy. *Sports Nutrition Guidebook 3d ed.* Brookline, MA.: Human Kinetics, 2003.

Coyle, E.F., & Montain, S.J. (1992) Benefits of fluid replacement with carbohydrate during exercise. *Med. Sci. Sports Exerc.* 24 (Suppl): S324-S330.

Dunford, Marie. Sports Nutrition: A Practice Manual for Professionals, 5<sup>th</sup> ed., American Dietetic Association, 2012.

Pascoe, D.D., & Gladden, L.B. (1996) Muscle glycogen resynthesis after short term, high intensity exercise and resistance exercise. *Sports Med.* 21: 98-118.

Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Acad Nutr Diet.* 2016;116:501-528.

Sherman, W.M. (1992) Recovery from endurance exercise. *Med. Sci. Sports Exerc.* 24 (Suppl): S336-S339.

Walton, P., & Rhodes, E.C. (1997) Glycemic index and optimal performance. *Sports Med.* 23: 164-172.

## ADDITIONAL RESOURCES

In order to ensure your success abroad, CEA has provided the academic resources listed below. In addition to these resources, each CEA Study Center provides students with a physical library and study areas for group work. The Academic Affairs Office at each CEA Study Center also compiles a bank of detailed information regarding libraries, documentation centers, research institutes, and archival materials located in the host city.

- **UNH Online Library:** As a CEA student, you will be given access to the online library of CEA's School of Record, the University of New Haven (UNH). You can use this online library to access databases and additional resources while performing research abroad. You may access the UNH online library [here](#) or through your MyCEA Account. You must comply with UNH Policies regarding library usage.
- **CEAClassroom – Moodle:** CEA instructors use Moodle, an interactive virtual learning environment. This web-based platform provides you with constant and direct access to the course syllabus, daily schedule of class lectures and assignments, non-textbook required readings, and additional resources. Moodle includes the normal array of forums, up-loadable and downloadable databases, wikis, and related academic support designed for helping you achieve the learning objectives listed in this syllabus.

During the first week of class, CEA academic staff and/or faculty will help you navigate through the many functions and resources Moodle provides. While you may print a hard copy version of the syllabus, you should always check Moodle for the most up-to-date information regarding this course. The instructor will use Moodle to make announcements and updates to the course and/or syllabus. It is your responsibility to ensure that you have access to all Moodle materials and that you monitor Moodle on a daily basis in case there are any changes made to course assignments or scheduling.

To access Moodle: Please log-in to your MyCEA account using your normal username and password. Click on the "While You're Abroad Tab" and make sure you are under the "Academics" sub-menu. There you will see a link above your schedule that says "View Online Courses" select this link to be taken to your Moodle environment.

**COURSE CALENDAR**  
*Nutrition in Exercise and Sports*

SESSION	TOPICS	ACTIVITY	READINGS & ASSIGNMENTS
1	<p><b>Introduction to the Course &amp; Syllabus Overview</b></p> <p><b>Overview of the Six Major Nutrients</b></p> <p><b>Introduction to Diverse Diet Research</b></p>	<p>Syllabus Overview &amp; Team Building/Expectations</p> <p>“Understanding Functions of the Six Major Nutrients Needed for Health” PPT &amp; Discussion</p> <p>Discuss Three-Day Diet Record Assignment</p> <p>Olive Oil Tasting</p>	<p>Evaluation of Three-Day Diet Record (due in 1 week)</p> <p>Begin Tasting Journal</p>
2	<p><b>Macronutrient Needs in the Body</b></p> <p><b>Mediterranean Diet for Health</b></p>	<p>“Carbohydrate Dietary Needs for Human Health” PPT &amp; Discussion</p> <p>History of Mediterranean Diet - Video (4:40)</p>	<p><u>"Today's Dietitian" Reading Assignments:</u></p> <p>"Key Ingredients of the Mediterranean Diet - The Nutritious Sum of Delicious Parts"</p>
3	<p><b>Macronutrient Needs in the Body (Continued)</b></p>	<p>“Protein Dietary Needs for Human Health” PPT &amp; Discussion</p> <p>“Fat Dietary Needs for Human Health” PPT &amp; Discussion</p>	<p>Continue Three-Day Diet Record Assignment</p>
4	<p><b>Meal Planning for Health &amp; Sport</b></p> <p><b>Fresh Markets</b></p>	<p>"Build Your Best Sports Eating Plan" PPT &amp; Discussion</p> <p>Visit the Triana Market</p>	<p>"Winning Strategy - Address Weight and Energy Intake to Improve Athletes' Performance"</p> <p>Reflection Paper on Triana Market Experience <b>(due next session)</b></p>
5	<p><b>Energy Balance</b></p>	<p><b>Turn in Market Reflection Paper/</b> Class Discussion</p> <p><b>Quiz 1 (Best Sport Eating Plan)</b></p> <p>"Energy Balance and Estimating Energy Requirements" PPT &amp; Discussion</p>	<p><u>"Today's Dietitian" Reading Assignments:</u></p> <p>"The Wide World of Sports"</p> <p>"Marathon Fueling - Runners Need Proper Nutrition and Hydration for the 26.2-Mile Stretch"</p>
6	<p><b>Carbohydrates &amp; Exercise</b></p> <p><b>Mediterranean Diet Score</b></p>	<p>"Carbohydrates and Exercise" PPT &amp; Discussion</p> <p>"The 10 Commandments of the Mediterranean Diet in Spain" PPT &amp; Discussion</p> <p>"Rate Your Med Diet Score" Worksheet</p>	<p><i>Sports Nutrition</i>, Chapter 2</p> <p>Read five articles found at end of 10 Commandments PPT</p>



7	<p><b>Mediterranean Diet Pyramid (Oldways)</b></p> <p><b>Mediterranean Diet Evidence-based Research</b></p>	<p><b>Quiz 2 (Energy Balance &amp; Carbohydrate Needs)</b></p> <p>Oldways Preservation Trust - Mediterranean Diet Pyramid &amp; Educational Resources  <a href="https://www.oldwayspt.org/">https://www.oldwayspt.org/</a></p> <p>"The Mediterranean Diet as a Vehicle for a Healthy Lifestyle" PPT &amp; Discussion</p>	<p><i>"Today's Dietitian" Reading Assignments:</i></p> <p>"Celebrating Mediterranean Food Traditions"</p> <p>"The Mediterranean Diet and Cognition"</p> <p>"Pulses in the Mediterranean Diet"</p> <p>"The Mediterranean Diet - A Practical Guide to Shopping, Menu Ideas, and Recipes"</p>
8	<p><b>Protein &amp; Exercise</b></p> <p><b>DASH Diet</b></p>	<p><b>Turn in Three-Day Diet Record Assignment/Discussion</b></p> <p>"Protein and Exercise" PPT &amp; Discussion</p> <p>Components of the DASH Diet Effective for Sport Performance  <a href="https://www.nhlbi.nih.gov/health-topics/dash-eating-plan">https://www.nhlbi.nih.gov/health-topics/dash-eating-plan</a></p>	<p><i>Sports Nutrition</i>, Chapter 3</p> <p><i>"Today's Dietitian" Reading Assignments:</i></p> <p>"Nutrition and the Endurance Runner"</p> <p>"High-Protein Snacking"</p> <p>"Athletes and Protein Intake"</p> <p>"Beta-Alanine Supplements: Evidence Shows This Amino Acid Boosts Athletic Performance"</p>
9	<p><b>Fats &amp; Exercise</b></p>	<p>"Fat and Exercise" PPT &amp; Discussion</p> <p>Food Tasting</p>	<p><i>Sports Nutrition</i>, Chapter 4</p> <p>Add to Tasting Journal</p>
10	<p><b>Fluids, Electrolytes, &amp; Exercise</b></p>	<p><b>Quiz 3 (Protein &amp; Fat)</b></p> <p>"Fluids, Electrolytes, and Exercise" PPT &amp; Discussion</p>	<p><i>Sports Nutrition</i>, Chapter 6</p> <p><i>"Today's Dietitian" Reading Assignments:</i></p> <p>"Hydration in Young Athletes"</p> <p>"The Truth about Energy Drinks"</p>
11	<p><b>Disordered Eating in the Athlete</b></p> <p><b>Female Athlete Triad</b></p>	<p><b>Quiz 4 (Fluids &amp; Electrolytes)</b></p> <p>"Women, Activity, Nutrition and Depletion" PPT &amp; Discussion</p>	<p><i>Sports Nutrition</i>, Chapter 18</p> <p><i>"Today's Dietitian" Reading Assignments:</i></p> <p>"The Female Athlete Triad, Relative Energy Deficiency in Sport - Learn the Research and Current Understanding of These Conditions and Treatment Recommendations"</p>
12	<p><b>Ergogenic Aids</b></p> <p><b>Collegiate Sports Nutrition</b></p>	<p>"The Use of Ergogenic Aids in Enhancement of Athletic Performance" PPT &amp; Discussion</p> <p>"Collegiate Sports Nutrition" PPT &amp; Discussion</p>	<p><i>Sports Nutrition</i>, Chapter 7 &amp; 13</p> <p><i>"Today's Dietitian" Reading Assignments:</i></p> <p>"Ergogenic Aids - Competitive Edge or Hidden Danger?"</p>

13	<b>Vitamins &amp; Minerals Paleo Diet Supermarkets</b>	"Vitamins, Minerals and Exercise" PPT & Discussion "Effectiveness of the Paleo Diet for Athletic Performance?" PPT & Discussion Visit to a <i>supermercado</i>	<i>Sports Nutrition</i> , Chapter 5 Reflection Paper on Supermarket Experience <b>(due next session)</b>
14	<b>Vegetarian &amp; Vegan Athletes</b>	<b>Turn in Market Reflection Paper/</b> Class Discussion <b>Quiz 5 (Mediterranean, DASH, &amp; Paleo Diets)</b> "Gaining Optimum Nutrition for the Vegan/Vegetarian Athlete" PPT & Discussion Evening Cooking Workshop - "Mediterranean Foods for Sport Fueling"	<i>Sports Nutrition</i> , Chapter 16 <u>"Today's Dietitian" Reading Assignments:</u> "Plant Power: Fueling Athletes Right Through Balanced Vegetarian Nutrition" After evening cooking workshop - Add to Tasting Journal
15	<b>Child/Adolescent Athletes Master/Elite Athletes Pregnant Athletes</b>	<b>Quiz 6 (Vegan &amp; Vegetarian Sport Nutrition)</b> "Discerning Specific Nutrient Needs for Athletes Throughout the Life Cycle" PPT & Discussion	<i>Sports Nutrition</i> , Chapter 12, 14 & 17 Prepare for Menu Planning Assignment
16	<b>Evidence-Based Sports Nutrition Research Athlete Menu Planning</b>	Collaborative Activity - Menu Planning for Athletes	<i>Sports Nutrition</i> , Chapter 8 Continue Menu Planning Assignment
17	<b>Enhancing Meal Planning Through Attention to Food Components Menu Planning (Continued) Professional Development</b>	Collaborative Activity - Menu Planning for Athletes (continued) Opportunities in the field	Continue Menu Planning Assignment <i>Sports Nutrition</i> , Chapter 23
18-20	<b>Final Evaluative Experience Active Learning Activities</b>	<b>Turn in Tasting Journal/Class Discussion</b> <b>Turn in Menu Planning Assignment/</b> Class Discussion <b>Presentation of Final Assessment work</b> Seminars & Events	--

## SECTION III: CEA Academic Policies

The policies listed in this section outline general expectations for CEA students. You should carefully review these policies to ensure success in your courses and during your time abroad. Furthermore, as a participant in the CEA program, you are expected to review and understand all CEA Student Policies, including the academic policies outlined below. CEA reserves the right to change, update, revise, or amend existing policies and/or procedures at any time.

### CLASS & INSTRUCTOR POLICIES

**PROFESSIONALISM & COMMUNICATION:** As a student, you are expected to maintain a professional, respectful, and conscientious manner in the classroom with your instructors and fellow peers as well as in CEA Moodle classrooms. You are expected to take your academic work seriously and engage actively in your classes while abroad. Advance class preparation, completing your assignments on time, and showing a focused and respectful attitude are expected of all CEA students. Additionally, it is critical to your success abroad that you express effective interpersonal and cross-cultural communication. Demonstrating your effort to do the best work possible will be recognized whereas unconstructive comments, failure to make adequate academic progress, and lack of compliance with CEA Policies will not be tolerated.

**ARRIVING LATE/DEPARTING EARLY FROM CLASS:** Late arrivals and/or early departures from class may result in being marked absent as determined by your course instructor. You must comply with in-country, immigration regulations and CEA internal policies by maintaining full-time student status while abroad. Full-time student status for semester programs constitutes enrolling and regularly attending at least 12 US credit hours per week. Full-time student status for summer programs constitutes enrolling and regularly attending at least 3 US credit hours per week per summer term. Consequently, CEA will dismiss from all CEA courses, programs, activities, and housing any student who fails to maintain satisfactory academic progress or full-time student status.

**SUBMITTING WORK:** All formal written work you carry out in this course (research papers, projects, studies, etc.) must be submitted in the format your instructor stipulates. Your instructor may require you to hand your assignments in electronically and/or in a hard-copy format during class time. You should keep copies of your work until your academic records have been recorded at your home institution, which may take 3 – 12 months after the completion of your program. As a student, you are responsible for providing copies of your work in the event of grade appeals, credit transfer requirements, faculty requests, etc.

**LATE HOMEWORK:** Homework is due at the specified date and time stated by the course instructor. Late homework may not be accepted and/or points may be deducted. Typically homework submitted several days after the deadline, with no previous discuss with your instructor, will not be accepted. It is at the instructor's discretion to determine penalties for assignments submitted after the due date.

**EXTRA CREDIT:** Individual student requests for extra credit are not permitted. Extra credit for students who miss classes, quizzes, and/or exams is not available in any circumstance. Typically extra credit will not be awarded; however, in the special event your instructor determines extra credit is available for the class, it is up to his/her discretion on how and when to award opportunities for extra credit. Under no circumstance will extra credit exceed more than 5% of your overall course assessment.

**COURSE SECTIONS:** You must attend the class section you are enrolled in, and you may not switch sections after the add/drop period unless special permission is granted by the instructor in conjunctions with the onsite Academic Director. Any students who attend a section of a class for which they are not enrolled will not be able to stay for the lesson and will not be considered present unless they attend their assigned section that week.

**MAKE-UP CLASSES:** CEA reserves the right to schedule make-up classes in the event of an unforeseen or unavoidable schedule change. You are expected to attend any make-up classes, and you should understand that the standard attendance policy will still apply. Make-up classes may be scheduled outside of typical class hours as necessary.

**MISSING EXAMINATIONS:** Examinations will not be rescheduled. Pre-arranged travel or anticipated absence does not constitute an emergency, and requests for missing or rescheduling exams will not be granted.

**ELECTRONIC DEVICES:** Always check with your instructor about acceptable usage of electronic devices in class. Any students who create a disturbance or fail to pay attention in class due to electronic devices will receive a warning and must immediately put the device(s) away unless otherwise instructed by the instructor. Inappropriate usage of electronic devices or repeat warnings may lead to a deduction in participation grades and/or class dismissal. Any students asked to leave class will be counted absent for the day.

**Cell Phones:** Use of a cell phones during class is impolite, inappropriate, and prohibited. All students are expected to show common courtesy to others in order to create a positive learning environment and eliminate distractions for everyone. Cell phones, tablets, watches, and other electronic devices are to be turned off or silenced (do not set to vibrate) and placed in your purse, backpack, briefcase, etc. during class. The same policy applies for any class sessions that may take place outside of the classroom, including guest lectures, academic excursions, site visits, AICAP activities, and so forth.

**Laptops:** Your instructor will determine whether laptops will be allowed in class. The use of a laptop may be limited to specific purposes including note taking as allowed by special needs/academic accommodations, and/or at the discretion of the instructor. The use of a laptop is prohibited during all tests and quizzes unless otherwise specified by your instructor. If you have any questions, regarding the use of laptops or cell phones, please inquire with your instructor onsite.

**ACTIVE LEARNING ENVIRONMENT:** As a student, you will have the opportunity to participate in a variety of experiential learning activities throughout the course. These activities may take place during regular class hours or they may occasionally be scheduled outside of class hours. Students should arrive well-prepared and on-time for these activities. Moreover, students are expected to be engaged and respectful as it is a privilege to be invited to these visits and meet with local experts. Disrespectful behavior will result in a warning and/or dismissal from the activity and may result in a grade deduction or absence for the class session.

## **CEA GENERAL ACADEMIC POLICIES**

**COURSE ENROLLMENT:** It is your responsibility as a student to ensure that your course enrollment records are accurate for all enrolled courses throughout the semester. You should check your MyCEA Account at the beginning of the semester and at the end of course enrollment to ensure you are properly enrolled in all of your desired courses. If a course is missing or an additional course is present, you must resolve the issue with CEA onsite academic staff immediately.

**ADD/DROP POLICIES:** You may make adjustments to your course schedule during the designated Add/Drop period. Add/Drop periods will be opened according to the scheduling of the CEA Study Center you are attending. All Add/Drop periods will close at the end of the first week of classes for semester programs or on the second day of classes for summer programs. Some limitations may apply to use of the Add/Drop period depending on your offering and/or course enrollments. You are responsible for notifying your home institution of any schedule changes.

**COURSE WITHDRAWAL:** If you wish to withdraw from a course after the conclusion of the CEA Add/Drop period, you must do so by completing the [\*Change of Course Petition\*](#) form. You must also notify your instructor in writing of your intent to withdraw from the course. Course withdrawals filed after the end of the first week of classes until the Course Withdrawal Deadline will be reported as a “W” on your academic transcript. The

Withdrawal Deadline for a semester program is the Friday of the ninth week of classes. The Course Withdrawal Deadline for a summer program is at the end of the first week of classes. Course withdrawals may vary or not be available for special programs such as Early Start programs. Please see the Academic Calendar for specific course withdrawal dates for your session. After the Course Withdrawal Deadline, any student effectively withdrawing from a course by virtue of not attending will be given an “F” in accordance with the CEA Attendance Policy. You must remain academically eligible in all cases by complying with the minimum number of credits required to maintain full-time student status. No tuition or course fee refunds or adjustments will be made due to course withdrawals.

**MONITORING GRADES & ATTENDANCE:** You are responsible for monitoring your grades and attendance records throughout the course. Any questions or concerns should be discussed immediately with your instructor and/or onsite academic staff. Your grading and attendance records can be accessed via your MyCEA Account at any time throughout your program. You are responsible for adhering to the attendance policy as outlined earlier in this syllabus.

**ACADEMIC INTEGRITY:** CEA is an academic community based on the principles of honesty, trust, fairness, respect, and responsibility. Academic integrity is a core value which ensures respect for the academic reputation of CEA, its students, faculty, and staff. CEA expects that you will learn in an environment where you work independently in the pursuit of knowledge, conduct yourself in an honest and ethical manner, and respect the intellectual work of your peers and faculty. Students, faculty and staff have a responsibility to be familiar with the definitions contained in, and adhere to, the [CEA Academic Integrity Policy](#). Violations of CEA’s Academic Integrity Policy may result in serious consequences, including course failure and/or program dismissal. CEA reserves the right to share information of such violations with your home institution.

**ACADEMIC & SPECIAL NEEDS ACCOMMODATIONS:** CEA is supportive of students who require academic and/or special needs accommodation(s) while studying abroad. If you would like to request accommodations while abroad, you must notify CEA in advance and provide documentation no later than 2 weeks prior to the start of classes. Students requesting academic and/or special needs accommodation(s) must submit CEA’s Academic & Special Needs Accommodation(s) form. CEA will review requests to determine whether accommodation(s) can be granted. The extent to which accommodations can be provided depends on the nature of the accommodation needed, the availability of accommodations in the host country, and the costs of available services. Late requests for accommodations are subject to review, and CEA may not be able to provide accommodations without sufficient notice. Retroactive requests for accommodations will not be considered. You can learn more about academic and special needs accommodations by reviewing the [CEA Disability Policy](#).

**RELIGIOUS HOLIDAYS:** CEA is sensitive to, and supportive of, the fact that faculty, staff, and students constitute a rich mixture of religious and ethnic groups. CEA recognizes that many religious holidays merit and/or require absence from scheduled classes. CEA instructors will make reasonable accommodations for any students who must miss a class, exam, or other academic exercise because of a required religious observance. In order to request religious accommodations, you must complete the CEA Religious Observance Request form and submit the form to your instructor and/or CEA onsite academic staff. To be considered eligible for religious accommodations, you must submit this form by the end of the second week of classes for semester programs or by the end of the second day of classes for summer programs. Students participating in religious accommodations must submit any missed work in advance of the holiday and will be required to make up missed class time through alternate assignments to receive full credit for time out of class.

**ACADEMIC ELIGIBILITY:** You must remain academically eligible to participate in CEA classes. Factors determining eligibility are outlined in the CEA Student Policies and include: full-time student status, satisfactory academic progress, and complying with academic and attendance policies. Whether you plan to transfer course grades back to your home institution or not, CEA expects that you will complete all graded assessment categories for each course in which you are enrolled. Failure to complete course requirements will result in

grade penalties, and may lead to academic probation and/or program dismissal if you are unable to maintain satisfactory academic progress or full-time student status in your program.

**EARLY PROGRAM DEPARTURE:** CEA understands that occasionally unforeseen circumstances warrant a temporary leave of absence or a program withdrawal from your study abroad program. CEA is committed to working with students to ensure each case is carefully evaluated and all academic options within reason are considered. All students requesting a temporary leave of absence (not to exceed 2 weeks in a semester program, some exceptions apply), or those wishing to withdraw from their academic program for medical or other reasons, must complete the Leave of Absence and Withdrawal Form at the time of the request. Academic credit may/may not be available, depending upon the request. All requests are subject to review by CEA Academic Staff.

**COURSE & INSTRUCTOR EVALUATIONS:** You will have the opportunity to evaluate both the class and the instructor at the conclusion of the course. Your constructive participation in the evaluation process is important and appreciated.

**TRANSCRIPTS:** Academic transcripts for this course will be available approximately 90 days following your program's end date. Transcripts for all CEA Study Center courses will be provided by CEA's School of Record, the University of New Haven (UNH) of West Haven, Connecticut. For any questions regarding your academic transcript, please contact: [Transcripts@ceaStudyAbroad.com](mailto:Transcripts@ceaStudyAbroad.com)

**GRADE APPEALS:** If you would like to appeal your earned grade for a CEA Study Center course, you may do so by completing the CEA Grade Appeal Application form and submitting it to [Academics@ceaStudyAbroad.com](mailto:Academics@ceaStudyAbroad.com). For students participating in semester programs, you must submit the request form within the 60-day period following your program end date. For students participating in yearlong programs, (for academic year students, the end of the semester in which the course was taken). Upon receiving course grades through the MyCEA Account, you may initiate the appeal process by filling out and submitting to [Academics@ceastudyabroad.com](mailto:Academics@ceastudyabroad.com) and your onsite academic staff the CEA Grade Appeal Application Form.

The grade appeal must concern an end-of-semester form of assessment calculated after your program's end date. It is your responsibility to address all interim grading issues directly with your instructor(s) while onsite. The appeal procedure and the grade re-evaluation it requires do not guarantee a change in grade and could result in an increase, no change, or decrease in the final grade. Any change is subject to a ruling by the course instructor in consultation with the onsite Academic Director and must be based on the academic evidence provided by you. Please note that you may need to submit copies of your work and/or emails conversations with your instructor if you are disputing a grade. CEA recommends keeping records of your academic work and communication with instructors until your academic records have been recorded at your home institution which may take 3 – 12 months after program completion.

Upon receiving the results of the review and the decision of the instructor, CEA staff will inform you of the outcome of the appeal. Students who decide to submit a secondary appeal must submit a Grade Appeal Review Petition to the Department of Academic Affairs at [academics@ceaStudyAbroad.com](mailto:academics@ceaStudyAbroad.com) within 15 days of being informed of the initial appeal decision. Secondary appeals will be reviewed by CEA's Academic Review Board. All decisions from the Academic Review Board are final.

**ALL CEA POLICIES:** As a CEA student, you are expected to adhere to the policies outlined in this syllabus as well as all CEA policies located at <http://www.ceastudyabroad.com/student-policy/cea-policies>. If you are participating in a hybrid program with CEA, you are similarly expected to adhere to all policies at the foreign partner institution you attend. Regardless of programming option chosen, all students are expected to adhere to the policies of their home institutions while studying abroad with CEA.