



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – WINTER 2019

PE2420 (A3&B3): Introduction to Nutrition for Exercise and Performance – 3 (3-0-0) 45 Hours

INSTRUCTOR: Julia Dutove, Ph.D. **PHONE:** 780-539-2974
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OFFICE HOURS: By appointment

CALENDAR DESCRIPTION: The course examines the fundamental principles of nutrition and the effects it has in society, athletic performance and physical education. It includes an analysis of practical and theoretical concepts of nutrition and the effects that dietary intake has on exercise, body composition and athletic performance.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Dunford, M., & Doyle, J. A. (2019). *Nutrition for sport and exercise* (4th ed.). Belmont, CA: Cengage.

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, scenarios, in-class worksheets, exams, and nutritional analysis.

COURSE OBJECTIVES:

1. To provide students with a learning environment conducive to discussion, analysis, and synthesis of new nutrition and exercise information.
2. To increase knowledge specific to relevant nutritional claims.
3. To explain physiological interactions between various macro and micronutrients and express interactions in the form of exercise demands
4. To differentiate between scientifically supported claims and other claims in the nutritional field.
5. To introduce and explore exercise training principles, basic sport nutrition guidelines, methods of energy expression, energy systems, and the relationship with nutrition practices.

LEARNING OUTCOMES:

1. Students will develop a basic knowledge of the functions of the major nutrients.
2. Students will work to clarify basic interactions between dietary intake, exercise, and body composition.
3. Students will be able to critically evaluate claims about nutrition and food products.
4. Students will explore the role of nutrition in exercise and athletic performance.
5. Students will be able to effectively develop a working knowledge of key concepts such as Dietary Reference Intakes and calculating such concepts as the Total Daily Energy Expenditure.
6. Students will demonstrate competency in tracking and analyzing nutritional practices for the purposes of critical reflection.
7. Students will work to critically analyze own and others nutritional practices and increase competence to make recommendations.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Tests (2 x 10% each)	20%	February 6 & March 13
Dietary Analysis Part 1	5%	February 13
Dietary Analysis Part 2	20%	March 27
In-class and Online Assignments	15%	See schedule
Online Presentation	10%	April 8
Final Exam	30%	During Finals: April 15-27

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

STUDENT RESPONSIBILITIES:

- Regular attendance is a key to success in this and every other course. It is the student's responsibility to acquire any materials and content missed due to absence. Missed in-class assignments cannot be made up unless it is an excused absence with documentation.
- See Additional Information section for late policies.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

****Note:** all Academic and Administrative policies are available on the same page.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Section A3: Mondays and Wednesdays: 2:30-3:50pm (D308)

Section B3: Mondays and Wednesdays: 4:00-5:20pm (J226)

Date	Topic	Readings*
Week 1 Jan 3-4	No classes	
Week 2 Jan 7 & 9	Introduction to Nutrition Measuring Energy January 11: Add/Drop Deadline	Chapter 1.1, 1.2, 1.5, 2
Week 3 Jan 14 & 16	Introduction to Digestion Food Guides	Chapter 11.1, 11.2 Smolin Chapter 2
Week 4 Jan 21 & 23	Energy Systems Basic Guidelines	Chapter 3
Week 5 Jan 28 & 30	Save On tour and Library session	
Week 6 Feb 4 & 6	Review, Assignment #1 due Feb 4 Feb 6: Test #1	
Week 7 Feb 11 & 13 Feb 18 & 20	Carbohydrates Dietary Analysis Part 1 due Feb 13 Winter Break (No Classes)	Chapter 4
Week 8 Feb 25 & 27	Protein Assignment #3 due Feb 25	Chapter 5
Week 9 Mar 4 & 6	Fat & Alcohol March 5: Withdraw Deadline	Chapter 6
Week 10 Mar 11 & 13	Review, Assignment #4 due Mar 11 March 13: Test #2	
Week 11 Mar 18 & 20	Supplements Sport recommendations	Chapter 10.4, 10.5, 11.3-11.5 Smolin Chapter F5 Jeukendrup Chapter 11
Week 12 Mar 25 & 27	Vitamins & Minerals Dietary Analysis Part 2 due Mar 27	Chapters 7-9
Week 13 Apr 1 & 3	Vitamins & Minerals Assignment #5 due Apr 3 (11:59pm)	
Week 14 Apr 8 & 12	Presentations due Apr 8 (11:59pm) Eating disorders Making lifestyle changes	Chapter 12, 13.2, 13.3

***Note:** All readings are from the course textbook unless otherwise indicated. Other readings will be posted on Moodle.

ADDITIONAL INFORMATION:**Tests:**

There will be 2 tests during the semester, each worth 10% of your overall course grade.

Dietary Analysis:

The purpose of this project is to learn how to analyze dietary intake and provide recommendations. This project will have two parts. Projects are due at the start of class on the due date. Late projects will be deducted 10% per day (including handing in after the start of class on the due date) unless prior arrangements have been made. After 4 days late, projects will not be accepted. If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.

In-class and Online Assignments:

Throughout the semester there will be online and in-class assignments to supplement lectures. If you are absent when the assignment is handed out you may not be able to complete the assignment unless you have an excused absence with documentation. Late assignments will be deducted 10% per day and after 4 days will not be accepted. If you have extenuating circumstances contact the instructor as soon as possible.

Online Presentation:

You will create a presentation to be posted online. Topics will be given in class and students will be able to view all presentations on Moodle.

Final Exam:

The final exam will cover material from throughout the semester and will be written during the final exam period.