DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – SPRING 2020

PE2420 (A4): Introduction to Nutrition for Exercise and Performance – 3 (3-0-0) 45 Hours

INSTRUCTOR:	Julia Dutove, Ph.D.	**PHONE:**	N/A
OFFICE:	My dining room	**E-MAIL:**	jdutove@gprc.ab.ca
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:
University of Hawai'i at Mānoa Food Science and Human Nutrition Program (2018). *Human nutrition*. Retrieved from http://pressbooks.oer.hawaii.edu/humannutrition/ CC BY 4.0 license.

DELIVERY MODE(S): This course work will be delivered in a blended format using a variety of teaching methods including lecture, scenarios, worksheets, exams, and nutritional analysis. The course will be delivered fully online due to COVID-19 pandemic.

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:

Weekly Tests (4 x 5% each)	20%	Closes each week on Sunday
Assignment #1: 5 Day Tracking	2%	Due Sunday May 10
Assignment #2: Library	3%	Due Sunday May 17
Assignment #3: Macronutrients	5%	Due Tuesday May 19
Assignment #4: Micronutrients	5%	Due Tuesday May 26
Quizzes	5%	Throughout semester, see schedule on Moodle
Discussions	20%	Throughout semester, see schedule on Moodle
Final Exam	40%	Open June 3-5

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:
- As this is a condensed online course, it is imperative that you plan time to work on the course daily. If you fall behind it will be difficult to catch up given the short timeline we have to complete the class. You are responsible for completing all assignments, quizzes, and tests as well as participating in discussions throughout the week and reviewing slides and videos posted on Moodle.
- Quizzes, tests, and discussions must be completed by the due date. No extensions will be granted unless documentation can be provided for medical or family emergencies.
- Assignments will be deducted 10% for late submission for up to 3 days. After three days, late submissions will not be accepted unless documentation can be provided for medical or family emergencies.

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:

Week 1 (May 4-10): Introduction to nutrition, food guides, labels, digestion, energy systems
Week 2 (May 11-17): Macronutrients
Week 3 (May 18-24): Micronutrients, supplements
Week 4 (May 25-31): Nutrition throughout the lifespan, athlete nutrition, hydration
Week 5 (June 1-5): Popular diets, nutrition myths and healthy lifestyles, course wrap-up, final exam

In general, each week will have 2-3 discussions, 3 quizzes, a test, and an assignment due. Zoom sessions will be held on Mondays and Wednesdays, 9-10am. Monday sessions will provide an overview of the weekly topics and anything due that week, Wednesday sessions will be a chance to ask questions and review any content students have questions about. Students are strongly encouraged to attend all Zoom sessions to ask questions and discuss course material. All Zoom sessions will be recorded for later viewing if it is not possible to attend. A specific schedule for each week will be posted on Moodle as well as details for all discussions, quizzes, tests, and assignments.