



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2015 (A2)

**PE 2420 B2: INTRODUCTION TO NUTRITION FOR EXERCISE AND
PERFORMANCE (3-0-0): Tues & Thurs: 4:00-5:20 pm**

INSTRUCTOR: Matthew Bain.

PHONE: (780) 539-2974

OFFICE: K 221

E-MAIL: mbain@gprc.ab.ca

OFFICE HOURS: Monday 11-12 pm or Thursday 11-12 pm or by appointment.

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.

PREREQUISITE(S)/COREQUISITE: NA

REQUIRED TEXT/RESOURCE MATERIALS: Dunford, M. & Doyle, J.A. (2015). *Nutrition for sport and exercise* (3rd ed.). Belmont, CA; Wadsworth, Cengage Learning.

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.

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.

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.**

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	ASSIGNMENT DATES
Sept 3	Introduction to Nutrition			
Sept 8 & 10	Introduction	Chapter 1 & 2		
Sept 15 & 17	Exercise Investigation & Dietary Introduction	Chapter 2		
Sept 22 & 24	Energy Systems	Chapter 2 & 3		1st Submission: Sept 22, 2015
Sept 29 & Oct 1	Energy Systems	Chapter 3	Exam # 1: Oct 1	
Oct 6 & 8	Macronutrients	Chapter 4		2nd submission: Oct 6th, 2015
Oct 13 & 15	Macronutrients	Chapter 5		
Oct 20 & 22	Macronutrients	Chapter 6		
Oct 27 & 29	Hydration	Chapter 7		
Nov 3 & 5	Micronutrients	Chapter 8	Exam #2: Nov 3	
Nov 10	Micronutrients	Chapter 8 & 9		3rd submission: Nov 10th, 2015
Nov 17 & 19	Micronutrients	Chapter 9 & 10		
Nov 24 & 26	Micronutrients & Diet planning	Chapter 9 & 10		
Dec 1 & 3	Disordered Eating and Exercise Patterns	Chapter 12 & Assigned Readings		
Dec 8	POTLUCK and Exam Review		Exam # 3: TBA Exam Week	

EVALUATIONS:

Examinations	70%: Three written examinations will be used in this course. These evaluations will be a combination of multiple choice, short answer, and scenario to examine learning abilities.
Dietary Analysis	30%: This is an analysis of your own lifestyle throughout the semester.

DIETARY ANALYSIS

The analysis will include three different submissions. Each submission is unique to the type of content we are discussing at the time. Below you will see a description for each section of this summative evaluation worth a TOTAL of 30% of your final grade.

1. **First submission: (Due Sept 22, 2015):** Using the myfitnesspal nutrition technology, (<https://www.myfitnesspal.com/account/login>), track your dietary and exercise practices for a period of seven (7) days. Once you have completed this, record the assigned reports for your nutrients and energy balance and write out **5 unique observations and reflections** based on the information gleaned from this assignment. (5%)
2. **Second Submission (Due Oct 6, 2015):** The second submission will include an analysis of current exercise and training behaviors that accompany positive health and wellbeing outcomes. This short paper will include content from chapters one to three and must be supported using academic, peer-reviewed content. (10%)
3. **Third Submission: (Due Nov 10, 2015):** Third Submission: This submission will be predicated on knowledge acquired from the macronutrient and hydration chapters. Students will be expected to utilize overall caloric calculations, individual macronutrient calculations, reasons for these decisions, and specific food types related to the acquisition of adequate caloric intake. Hydration content is also included here and should reflect the individuals exercise and performance goals related to specific hydration needs. Academic sources should support conclusions. (15%)

EXAMINATIONS

Each of these examinations will include the content from the chapters assigned to the exam. Each of these exams may include multiple choice, matching, short answer, and critical thinking materials (similar to our scenarios). The exams will be constructed as follows:

- *Examination #1: (20%):* This exam will include the first three chapters of the course. This will include the introductory chapter and the exercise-specific chapters and will be on October 1st, 2015.
- *Examination #2: (25%):* This exam will include content explored in chapters 4, 5, 6, & 7. This will include Carbohydrate, Protein, and Fat information and will be on November 3rd, 2015.
- *Examination #3: (25%):* This exam will include content explored in chapters 8, 9, 10 & 12. This will include Vitamins, Minerals, and Lifestyle readings and will be during exam week (TBA).

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- **All assignments must be submitted in typed format adhering to ALL APA format requirements.**
- **Assignments are due on the dates established by the instructor. Extensions may be offered in lieu of SIGNIFICANT student issues and concerns as determined by the instructor. ALL extensions requests MUST be submitted to the instructor prior to the due dates. Percentage penalties will be applied up to 100 % of the assignment grade if assignments are submitted late.**
- **Regular attendance is integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support. It is the student's responsibility to acquire the material missed and to complete assigned readings, in-class work, and assigned homework.**

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

- Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.
- **Cell phones, PDAs and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can be turned on and set to silent mode only with the expressed consent of individual instructors.** Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.
- If cell phones, pagers, calculators, recorders, digital cameras, PDAs, MP3 players or other personal electronic devices are used inappropriately for the purposes of cheating or academic dishonesty, then students who do so will be penalized appropriately under the Academic Honesty policy of Grande Prairie Regional College.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at www.gprc.ab.ca/d/STUDENTMISCONDUCT

**Note: all Academic and Administrative policies are available at
www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.**

Please refer to the Alberta Transfer guide for current transfer agreements:
www.transferalberta.ca