



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)**

**COURSE OUTLINE- WINTER 2015**

**PE 2420: INTRODUCTION TO NUTRITION FOR EXERCISE AND PERFORMANCE**

**INSTRUCTOR:** Matthew Bain

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**OFFICE HOURS:** By appointment, drop in, or as necessary.

**PREREQUISITE(S)/COREQUISITE:** NA

**REQUIRED TEXT/RESOURCE MATERIALS:** Dunford, M. & Doyle, J.A. (2015). *Nutrition for sport and exercise* (3<sup>rd</sup> 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.

**CREDIT/CONTACT HOURS:** 3 (3-0-0). PE 2420 includes two (2), Eighty (80) minute classes per week: Monday & Wednesday, 2:30-3:50 pm.

**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.

**OBJECTIVES:**

1. To develop a basic knowledge of the functions of the major nutrients.

2. To clarify basic interactions between dietary intake, exercise, and body composition.
3. To be able to critically evaluate claims about nutrition and food products.
4. To explore the role of nutrition in exercise and athletic performance.
5. To 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. Critically analyze own and others nutritional practices and increase competence to make recommendations.

### TRANSFERABILITY:

NUTR 100 or AUPED 2xx (3 credits)--U of A	KNES 237(3 credits)-- U of C
KNES 2xxx (3 credits)-- U of L	NUTR 3xx (3 credits)—Athabasca
PHED 2xx (3 credits)—Kings UC	BIOL 102 (3 credits)- MacEwan

**\*\* 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**

### GRADING CRITERIA:

Examinations	<b>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.</b>
Dietary Analysis	<b>30%: This is an analysis of your own lifestyle throughout the semester.</b>

### DIETARY ANALYSIS

The analysis will include two different submissions which will be brought together using a compare and contrast methodology, with the second submission to be submitted on **Monday, MARCH 30<sup>th</sup>, 2015**. 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 January 28<sup>th</sup>, 2015):** Using the Supertracker <sup>™</sup>, eaTRACKER<sup>™</sup>, or myfitnesspal programs from, <https://www.choosemyplate.gov/SuperTracker/default.aspx>, <https://www.eatracker.ca/login.aspx> or <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: (Monday, March 30<sup>th</sup>, 2015):** The second submission will include academic support for each assigned section and include more informed recommendations. This submission is the first part of your final evaluation and should include supportive documentation in the form of **peer-reviewed journals and websites (See approved list in our moodle page)**. This is an expectation in this assignment (25%).

## 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 January 21<sup>st</sup>, 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 March 9<sup>th</sup>, 2015.
- *Examination #3: (25%):* This exam will include content explored in chapters 8, 9, 10, 11 & 12. This will include Vitamins, Minerals, and Lifestyle readings and will be during exam week.

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

**STUDENT RESPONSIBILITIES:**

- 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 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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

\*DIETARY ANALYSIS SUBMISSIONS: This work will be closely monitored for ANY plagiarism or duplication. Students are encouraged to discuss research they have discovered with others who have read the same article or used the same text material. Students caught plagiarizing or duplicating others work will both be dealt with to the full capacity of the policies outlined as per the administrative policies for the GPRC.

## TENATIVE COURSE SCHEDULE/TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	ASSIGNMENT DATES
January 7th	Introduction to Nutrition			
January 12 & 14	Exercise Investigation	Chapter 1 & 2		
January 19 & 21	Exercise Investigation & Energy Systems	Chapter 2 & 3		<b>January 21<sup>th</sup>: 1<sup>st</sup> Dietary Analysis Due</b>
January 26 & 28	Macronutrients	Chapter 4	<b>Exam # 1: January 26<sup>th</sup></b>	
February 2 & 4	Macronutrients	Chapter 4		
February 9 & 11	Macronutrients	Chapter 5		
February 16 & 18	Reading Break	Catch up or Read Ahead		
February 23 & 25	Macronutrients	Chapter 6		
March 2 & 4	Hydration	Chapter 7		
March 9 & 11	Micronutrients	Chapter 8	<b>Exam # 2: March 9<sup>th</sup>, 2015</b>	
March 16 & 18	Micronutrients	Chapter 9		
March 23 & 25	Micronutrients & Diet planning	Chapter 9 & 10		
March 30 & April 1	Weight and Body Composition	Chapter 11		<b>March 30<sup>th</sup>: 2<sup>nd</sup> Dietary Analysis Due</b>
April 6 & 8	Disordered Eating and Exercise Patterns	Chapter 12 & Assigned Readings		
April 13	POTLUCK and Exam Review		<b>Exam # 3: TBA Exam Week</b>	