



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2016

**MW 2:30-3:50 PM (A3): PE 2420: INTRODUCTION TO NUTRITION FOR EXERCISE AND
PERFORMANCE – 3 (3-0-0) 45 Hours**

INSTRUCTOR: Matthew Bain **PHONE:** (780) 539-2974
OFFICE: K 221 **E-MAIL:** mbain@gprc.ab.ca
OFFICE HOURS: Monday 11-12 pm & Thursday 1 -2 pm or 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: N/A

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

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, KUC, GMU

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**

Examinations	60%: Three written examinations will be used in this course. These evaluations will be a combination of multiple choice, short answer, and true/false to examine learning abilities.
Final Case Study	25%: Cumulative exploration of a case study assigned at the beginning of the semester. This constructive process will be ongoing throughout the semester. DUE: Examination day (TBA)
Dietary Analysis	15%: This is an analysis of your own lifestyle throughout the semester.

EVALUATIONS:

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 15% of your final grade.

1. **First submission: (Due JAN 21, 2016):** Using the myfitnesspal nutrition technology, (<https://www.myfitnesspal.com/account/login>), track your lifestyle (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: APRIL 1, 2016):** This submission will be predicated on knowledge acquired from the chapters throughout the semester. 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. The textbook should be recognized and cited correctly to support conclusions. (10%)

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: (15%):* 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 February 3, 2016.
- *Examination #2: (25%):* This exam will include content explored in chapters 4, 5, & 6. This will include Carbohydrate, Protein, and Fat information and will be on March 9th, 2016.
- *Examination #3: (20%):* This exam will include content explored in chapters 7, 8 & 9. This will include Vitamins, Minerals, and Lifestyle readings and will be during exam week (TBA).

CASE STUDY (Part of final evaluation process)

Our class will be using a case study as a method of content delivery in order to help students make more connections to the content. Dynamic classes will occur with multiple delivery methods happening during class time. Students should expect to be working and engaged during each class. Readings should be completed before each class. This is an expectation in order to participate actively in discussions.

Case studies will be handed out at the beginning of the semester and used throughout. Students will be constructing a comprehensive nutrition profile for the case study throughout the semester. Student attendance is expected. If students miss more than three classes and do not engage in the case study discussions the third exam will become cumulative of the semester as a substitute for the participation issues throughout the semester. This is at the discretion of the instructor.

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	EXAMINATION DATES	ASSIGNMENT DATES
Jan 6	Introduction to Nutrition			
Jan 11-13	Case Study	Chapter 1		
Jan 18-20	Exercise Investigation	Chapter 2		1st dietary analysis submission: Jan 21
Jan 25-27	Energy Systems	Chapter 2 & 3		
Feb 1-3	Energy Systems	Chapter 3	Exam # 1: Feb 3	
Feb 8-10	Case Study & Macronutrients	Chapter 4		
Feb 15-17	Reading Break	Reading Break	Reading Break	Reading Break
Feb 22-24	Macronutrients	Chapter 4 & 5		
Feb 29 & Mar 2	Macronutrients	Chapter 5 & 6		
Mar 7-9	Macronutrients	Chapter 6	Exam # 2: Mar 9	
Mar 14-18	Case Study & Hydration	Chapter 7		
Mar 21-23	Micronutrients	Chapter 8		
Mar 28-30	Micronutrients	Chapter 9		
Apr 4-6	Diet Planning	Chapter 10		2nd dietary analysis submission: Apr 1
Apr 11-13	POTLUCK and Exam Review		Exam # 3: TBA Exam Week	Case Study Submission

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 structure and 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.
- **Smart phones, & PDAs 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:

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.