

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2024

**PE2420 (A2&B2): Introduction to Nutrition for Exercise & Performance – 3 (3-0-0) UT
45 Hours for 15 Weeks**

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Brye McMorran **PHONE:** TBD
OFFICE: TBD **E-MAIL:** bmcmorran@nwpolytech.ca
OFFICE HOURS: Upon student request

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:

Sizer, F., Whitney, E., D'Andreamatteo, C., Novak, E., and Piche, L. (2024). Nutrition: Concepts and Controversies. 6th edition. Cengage.

DELIVERY MODE(S):

This course will be delivered via in-person classes with the possibility of online components.

LEARNING OUTCOMES:

After successful completion of this course, students should be able to:

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.
8. To differentiate between scientifically supported claims and other claims in the nutritional field.
9. To introduce and explore exercise training principles, basic sport nutrition guidelines, methods of energy expression, energy systems, and the relationship with nutrition practices.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**** 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:

Assessment	% of final	A2 (Mon. & Wed.)	B2 (Tues. & Thurs.)
Project 1	10%	October 2, 2024	October 3, 2024
Project 2	30%	November 27, 2024	November 28, 2024
Quizzes (5)	10%	Assessed throughout the semester	
Midterm	20%	October 16, 2024	October 17, 2024

Final Exam	30%	TBD	TBD
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GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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:

IN-CLASS LECTURE SCHEDULE			
Week	Date	Topic	Notes
1	Week of 3-Sep-2024	Introduction & Nutrition Basics	Mon. Sept. 2 2024 holiday – No class
2	Week of 9-Sep-2024	Nutrition Tools	
3	Week of 16-Sep-2024	Nutrition Tools	
4	Week of 23-Sep-2024	Intro into Digestion & Energy Systems	
5	Week of 30-Sep-2024	Carbohydrates	Mon. Sept 30 2024 Truth & Reconciliation Day – No class
6	Week of 7-Oct-2024	Lipids	
7	Week of 14-Oct-2024	Proteins & Amino Acids	Mon. Oct. 14 2024 Thanksgiving Day – No class
8	Week of 21-Oct-2024	Vitamins & Minerals	
9	Week of	Hydration & Alcohol	

	28-Oct-2024		
10	Week of 4-Nov-2024	Nutrients & Physical Activity	
11	Week of 11-Nov-2024	FALL BREAK	Enjoy!
12	Week of 18-Nov-2024	Diet and Health	
13	Week of 25-Nov-2024	Eating Disorders	
14	Week of 2-Dec-2024	-Life cycle nutrition -Review	
15	Week of 9-Dec-2024	Review	Wed. Sept. 11 2024 and Thurs. Sept. 12 2024 – No class

*Note: Some of these dates and topics may vary to facilitate student learning

*Readings to be posted

STUDENT RESPONSIBILITIES:

Refer to Northwestern Polytechnic policy on the Student Rights and Responsibilities on the NWP website.

All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 5 days late. After 5 days late, assignments will not be accepted and receive a grade of 0. Each day will consist of the 24-hour period following the due date, including weekdays and weekends. Valid reasons for submission of late assignments as well as absence from labs, tests, midterm exam need to be communicated to the instructor as soon as possible and are limited to:

- Medical emergencies (physician note may be required)
- Death in the immediate family (death certificate may be required)
- Other significant occurrences (some form of documentation may be required)

It is the student's responsibility to acquire any materials and content missed due to absence.

Lectures/Slides will be provided to students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's job to ensure they are taking appropriate notes.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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