

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2025

PE2420 (A2): 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
OFFICE: K215
OFFICE HOURS: Upon request

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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 involve lectures, in class activities, online activities, tests/quizzes, and group discussions.

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 grade	Due Date
Academic Integrity Pledge	1	Sep. 19
Assignment 1	15	Oct. 1 – In-class
Assignment 2	15	Nov. 26, 11:59 pm
Quizzes (3)	9	Sep. 24, Oct. 29, Nov. 19 – In-class
Midterm	30	Oct. 22 – In-class
Final Exam	30	During Exam Period

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:

The instructor reserves the right to alter the pace, scope, and/or breadth of the topics covered to facilitate student learning.

Week	Day	Lecture Topic
1	Sep. 3 - 5	Course introduction
2	Sep. 8 - 12	Nutrition Basics
3	Sep. 15 - 19	Nutrition Tools-Guidelines
4	Sep. 22 - 26	Nutrition Tools-Measure Eating Disorders
5	Sep. 29 - Oct. 3	Introduction to Digestion
6	Oct. 6 - 10	Carbohydrates
7	Oct. 13 - 17 <i>* Oct. 13 - Thanksgiving - Holiday - No class</i>	Carbohydrates
8	Oct. 20 - 24	Review/Midterm
9	Oct. 27 - 31	Lipids
10	Nov. 3 - 7	Proteins
11	Nov. 10 - 14	FALL BREAK
12	Nov. 17 - 21	Vitamins and Minerals
13	Nov. 24 - 28	Diet and Health
14	Dec. 1 - 5	Nutrients and Physical Activity
15	Dec. 8 - 12	Review

Students are expected to come to class prepared and regular attendance is critical to succeed in this class. Students should contact the instructor in advance if they are unable to attend. 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.

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

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.

POLICY ON INSTRUCTIONAL RESOURCES AND MATERIALS: Any course resource/material should be properly used: the content created by your instructor is their intellectual property and is provided to you based upon your registration for this class; as such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

POLICY ON LATE/MISSED ASSESSMENTS: 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)