

Kinesiology and Health Sciences

COURSE OUTLINE –Spring 2026

PE2420 (EC/EC2/EC3): Introduction to Nutrition for Exercise & Performance – 3 (3-0-0) 45 Hours for 8 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:	Erin Post	PHONE:	780-539-2785
OFFICE:	K216	E-MAIL:	epost@nwpolytech.ca
OFFICE HOURS:	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): None

REQUIRED MATERIALS: University of Hawai'i at Mānoa Food Science and Human Nutrition Program (2018). Human nutrition. Retrieved from <http://pressbooks.oer.hawaii.edu/humannutrition/> CC BY 4.0 license

Students are responsible for all fees associated with ProctorU, a live proctoring service for online exams. Fees are paid when you schedule your exams through ProctorU.



Pricing per exam is as follows:

60 minutes or less – \$16 USD

61-120 minutes – \$25 USD

121 – 180 minutes – \$31 USD

NOTE: Students must register with ProctorU for their exam a **MINIMUM of 72 hours prior to the exam deadline**. You are not guaranteed your preferred time, so booking well in advance is highly recommended. Deadlines to complete your exams will not be extended.

DELIVERY MODE(S): This course will be delivered using a variety of teaching methods including lectures, readings, worksheets, and exams. To complete this course, students must have access to computer with a webcam and reliable internet connection. Technological support is available through:
<https://www.nwpolytech.ca/students/techsupport/index.html>

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.
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.

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

**** For courses with alpha (letter) grading, a 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:

Module 1 Midterm	35%	Via ProctorU (60 minutes) Deadline: May 22*
Module 2 Midterm	25%	Via ProctorU (60 minutes) Deadline: June 12*
Final Exam	40%	Via ProctorU (100 minutes) Deadline: June 26

***NOTE:** Exams may be written *earlier* than the deadline noted once set up with ProctorU. Grades may not be released until the deadline has passed.

GRADING CRITERIA:

Please note that most institutions 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

Module 1: Nutrition Basics & Macronutrients	
Unit 1: Nutrition Basics, Energy	Chapter 1
Unit 2: Digestion	Chapter 2
Unit 3: Carbohydrates	Chapter 4
Unit 4: Fats	Chapter 5
Unit 5: Proteins	Chapter 6
Module 2: Micronutrients, Fluids	
Unit 1: Vitamins	Chapter 9
Unit 2: Minerals	Chapter 10 & 11
Unit 3: Fluids	Chapter 12
Module 3: Dieting, Eating Disorders, Eating through Lifespan	
Unit 1: Sport Nutrition	Chapter 16
Unit 2: Diet Culture, Myths, and Misinformation	Chapter 18
Unit 3: Eating through life stages	Chapter 15

STUDENT RESPONSIBILITIES:

- As this is an online course, it is imperative that you plan time to work on the course regularly. If you fall behind it will be difficult to catch up. You are responsible for completing all quizzes and exams as well as participating in discussions throughout the week and reviewing slides and videos posted on myClass.
- Instructions for all evaluations will be provided on myClass, including due dates and grading criteria.
- Quizzes, tests, and discussions must be completed by the due date. No extensions will be granted unless documentation can be provided for medical or family emergencies.
- AI use will not be permitted during closed-book exams. Consulting AI in this context will be considered equivalent to asking a neighboring student for the answer or copying their work, both of which are academic misconduct.

- When working on a lab, project, or essay, generative AI can be used for cited idea generation. That means it can give you ideas, but it is your responsibility to identify the source of the ideas, as well as their veracity, by doing your independent research and verification. Without exception, the source of the ideas must be cited.

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 <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

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

Additional Information:

Instructors may include additional information here. Delete this section if not required.

USING PROCTORU:

This course uses ProctorU Live for online exams. To utilize this service, you are required to complete the following steps:

- Create a ProctorU account by clicking the ProctorU link in the course.
- Download and install the Guardian Web Browser, Google Chrome, and the ProctorU extension.
- Schedule each exam at least 3 days (72 hours) in advance. If you miss this deadline, you cannot take the exam.
- Pay for the proctoring service. The fees are exclusively your responsibility and in no event shall be the responsibility of Northwestern Polytechnic.

For more detailed instructions [click here](#), and for video instructions [click here](#).

Before each exam, you must complete a room scan with your web camera, during which you will show your surroundings to a live proctor.

The invigilator will ask to view (but not collect or store) your student identification to verify your identity and will remotely access your computer to unlock the exam.



When monitoring your actions via video streaming, the invigilator may possibly record your actions if they suspect academic integrity behavioural issues. You will be verbally notified if/when recording begins.

The collection of and access to the personal information listed above is permitted under subsection 33(c) of the *Freedom of Information and Protection of Privacy Act*, RSA 2000, c F-25, which states, "No personal information may be collected by or for a public body unless that information relates directly to and is necessary for an operating program or activity of the public body." In addition, subsection 39(4) states, "A public body may use personal information only to the extent necessary to enable the public body to carry out its purpose in a reasonable manner."

Records Retention: Any video records of you created by ProctorU will be kept by ProctorU for a maximum of 7 days in order to make a decision about any possible academic integrity infraction, after which time it shall be permanently deleted. All other personal information collected and stored by ProctorU within your profile account will be permanently deleted if the account has not been used after one year.

Consent to Store Personal Information Outside Canada

ProctorU is an American company. An agreement is in place between ProctorU and Northwestern Polytechnic by which ProctorU will take reasonable steps to protect your personal information from unauthorized access and disclosure. Information about how ProctorU protects your privacy can be found in their [Privacy Policy](#).

By using the ProctorU service via Northwestern Polytechnic, you consent to the storage of and access to your personal information outside of Canada.

This consent is in effect from the day you register with ProctorU and expires one year after completion of your exam.

Additional privacy and liability information regarding the use of ProctorU is available on the NWP website.