



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – SPRING 2021

**PE2420 (A4): Introduction to Nutrition for Exercise and Performance – 3 (3-0-0) UT
45 Hours, 5 Weeks**

INSTRUCTOR: Alexander Villafranca, PhD

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OFFICE HOURS: Digitally, by appointment.

CALENDAR DESCRIPTION: This 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 TEXTS:

- University of Hawai'i at Mānoa Food Science and Human Nutrition Program (2018). Human nutrition. Available from <http://pressbooks.oer.hawaii.edu/humannutrition/> CC BY 4.0 license. (i.e., FREE!)
- Other readings as specified on D2L (also FREE!)

DELIVERY MODE(S):

SPRING/SUMMER 2021 DELIVERY:

Remote Delivery. This course is delivered remotely. There are no face-to-face or onsite requirements. Students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca

Note: GPRC reserves the right to change the course delivery.

ATTENDANCE:

Attendance (with camera on) is mandatory. **Students with 8 or more unexcused absences will be unable to sit for the examinations (meaning they will fail the course).**

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 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 the nutritional practices of themselves and others, and increase their competency in making dietary recommendations

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

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**

EVALUATIONS:

Task	Due date	Percent of final mark
Assignment	May 24th	Total: 50%
Midterm exam	May 17th	20%

Final exam	Date to be announced (June final exam period)	30%
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Further details regarding the assignments and tests will be provided during the lectures.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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:

MTWR 09:00-11:50

The instructor reserves the right to alter the pace, timing, scope and depth of the topics covered based on the needs of students and the natural flow of class discussion. The general topics that may be covered include the Canada food guide, nutritional assessment methods, critical thinking in nutrition, digestion, energy systems, macronutrients, micronutrients, water, personalized and periodized nutrition, nutrition for resistance exercise, nutrition for endurance exercise, and/or other topics as time allows. Associated readings will be either uploaded to, or linked from, D2L.

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.