

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. |
| Case Conference Topics | 10%: Each of these will be select topics that will involve small group discussion and brief presentation. Students MUST be present to receive this grade. |
| Dietary Analysis | 30%: 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. A description for each of the submissions will be discussed in class. These submissions will include content from the textbook and additional research items from our moodle page and/or other peer-reviewed library sources. A requirement for continuing is the submission of the previous assignment (Each one will be pass/fail until the final submission). No further work can be accepted until the previous work has been handed in. A deduction of 10% per day will occur from the final submission for late submissions of first and second papers. These submissions total 30% of your grade.

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.
- *Examination #2: (25%):* This exam will include content explored in chapters 4, 5, & 6. This will include Carbohydrate, Protein, and Fat information.
- *Examination #3: (20%):* This exam will include content explored in chapters 7, 8, 9 & 12. This will include Hydration, Vitamins, Minerals, and Eating Disorders/Disordered Eating.

CASE CONFERENCES

Each of these classes will be dedicated to the discussion of nutrition-related topics that are relevant to health and performance. These classes must be attended in order to receive the grades associated with the discussions and presentations.

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 9 & 11 | Class Introduction | Chapter 1 | | |
| Jan 16 & 18 | Introduction to Nutrition | Chapter 1 & 2 | | CC #1: Jan 18 |
| Jan 23 & 25 | Exercise Investigation | Chapter 2 | | 1 st DA Submission: Jan 23, 2016 |
| Jan 30 & Feb 1 | Energy Systems | Chapter 3 | | |
| Feb 6 & 8 | Macronutrients | Chapter 4 | Exam # 1: Feb 6 | |
| Feb 13 & 15 | Macronutrients | Chapter 4 | | CC #2: Feb 15 |
| Feb 20-24 | Reading Break | Reading Break | Reading Break | Reading Break |
| Feb 27 & Mar 1 | Macronutrients | Chapter 5 | | |
| Mar 6 & 8 | Macronutrients | Chapter 6 | | 2 nd DA Submission: Mar 6, 2016 |
| Mar 13 & 15 | Hydration | Chapter 7 | Exam #2: Mar 13 | |
| Mar 20 & 22 | Hydration & Micronutrients | Chapter 7 | | CC#3: Mar 22 |
| Mar 27 & 29 | Micronutrients | Chapter 8 | | |
| Apr 3 & 5 | Micronutrients and Disordered Eating & Eating Disorders | Chapter 9 | | |
| Apr 10 & 12 | Eating Disorders & Disordered Eating | | Exam # 3: April 12 | |

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, 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.