



**DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY
(PEAK)**

COURSE OUTLINE- FALL 2010

PE 2420: INTRODUCTION TO NUTRITION FOR EXERCISE AND PERFORMANCE

INSTRUCTOR: Matthew Bain

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OFFICE HOURS: By appointment, drop in, or as necessary.

PREREQUISITE(S)/COREQUISITE: NA

REQUIRED TEXT/RESOURCE MATERIALS: Williams, Melvin H. (2010). Nutrition for health, fitness, and sport (9th ed.). New York, NY; McGraw- Hill Companies, Inc.

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.

CREDIT/CONTACT HOURS: 3 (3-0-0). PE 2420 includes two (2), eighty- minute (80) classes per week: Tuesday & Thursday, 1:00-2:20 pm.

DELIVERY MODE(S): This course work may include lectures, class discussions, group work, and online practice activities, in-class exercises, and individual student work that includes various delivery methods.

OBJECTIVES (Optional):

1. To develop a knowledge of the functions of the major nutrients.
2. To understand basic interactions between dietary intake, exercise and body composition.
3. To be able to critically evaluate claims about nutrition and food products.
4. To explore the role of nutrition in exercise and athletic performance.

TRANSFERABILITY:

1. PEDS 2xxx or NUTR 100 (3 credits)--U of A
2. KNES 237 or junior option (3 credits)-- U of C
3. 1 unspecified Education option (3 credits)-- U of L

**** 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

GRADING CRITERIA:

Dietary Analysis	20 %: Graded 10 % for each of the assessments and a critical analysis and reflection of current dietary practices.
Midterm	20 %: Midterm exam will include Chapters 1-4.
Final	20 %: Final exam will include Chapters 5-9 and additional information TBD.
Weekly Journal Analysis	40 %: There will be 5 % awarded for each of these assignments during the course of the semester.

DIETARY ANALYSIS: This assignment will have two separate due dates (as listed below in the course schedule). The assignment requires that the student record, assess, and critically explore their diet over the course of a 4-day period of time. This assignment is meant to provide the student with a comparison of dietary practices over the course of time. The final analysis requires the student to compare the two practices and summarize by reflecting on changes they could have made, decisions that reflect consistency from the course content throughout the semester. Each student should be able to make several strong recommendations for their own dietary practices from the course material.

WEEKLY JOURNAL ANALYSIS (WJA): These ONE-PAGE reflective assignments are due periodically throughout the semester (see course schedule below). Journals are on reserve at the GPRC library and will be made available to students throughout the semester. The ability to critically research scientific information is an integral skill in the field of nutrition. Each student will be expected to submit ONLINE their one page paper that will include the following:

- Brief introduction of the journal (1-2 sentences)
- Summary of the author's conclusions (2 paragraphs max.)
- Critical reflection of one's own interest in the subject matter (2-3 sentences)
- APA format (includes title page, citation, and any quotes correctly representing the authors).

These assignments are meant to support ongoing research ability, which will be critical whether a student goes onto University or immediately begins work in the field.

MIDTERM/ FINAL: These exams are meant to test a student's comprehensive knowledge of the basic concepts discussed in class, referred to from the text, or researched via class assignments. Exams will take approximately one (1) class to complete and may include questions such as True and False, Multiple Choice, and Short Answer. The text is the key element to success in these examinations. Attending class is critical to a student's potential success as it is difficult to cover all course content in the time given.

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EXAMINATIONS: Each of the examinations may include multiple choice, true and false, and short answer questions. These examinations are meant for the student to demonstrate a critical accumulation of knowledge over a certain period of time. Students should be familiar with the *key concepts* from each chapter and be able to analyze basic nutritional information related to concepts discussed from the text, from classroom discussions, and any web pages as per the instructor's direction.

STUDENT RESPONSIBILITIES:

- 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 a key to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, clues as to relevant examination materials. 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.
- Cell phones, PDAs and pagers 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, pagers, 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:

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

***WEEKLY JOURNAL ANALYSIS (WJA):** This work will be closely monitored for ANY plagiarism. Students are encouraged to discuss each of the journals with others who have read the same article. **HOWEVER**, I would **STRONGLY** encourage you to write your response on your own to ensure there is no possibility of plagiarism. ANY students caught plagiarizing will both be dealt with to the full capacity of the policies outlined on **PAGE 49** and **50** of the **COLLEGE CALENDAR**.

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK	TOPIC	ASSIGNED READINGS	ASSIGN/DUE DATES
September 3	Course Introduction		
September 7-9	Intro to nutrition for health, fitness, and sports performance	Chapter 1	WJA 1: AIS Sport
September 14-23	Healthful nutrition for fitness and sport: The consumer athlete	Chapter 2: pp 35-53 & 60-80	DA #1: Sept 14 WJA 2: Sept 17
September 28-30	Human Energy	Chapter 3	WJA 3: Oct 1
October 5-12	Carbohydrates: The main energy food	Chapter 4	WJA 4: Oct 8 MIDTERM: Oct 14
October 19-26	Fats: An important energy source during exercise	Chapter 5: pp 211-232, 234-245 (to HMB), 249- 254.	WJA 5: Oct 22
October 28- November 4	Protein: The tissue builder	Chapter 6	WJA 6: Oct 29
November 9-25	Vitamins, Minerals, & Water	Chapter 7-9	WJA 7: Nov 5 WJA 8: Nov 15
November 30- December 2	Supplementary Reading	TBD	DA #2: Nov 30
December 7	POTLUCK!!!!	No reading	FINAL: TBD