



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

**COURSE OUTLINE- SPRING 2013**

**PE 2420: INTRODUCTION TO NUTRITION FOR EXERCISE AND PERFORMANCE**

**INSTRUCTOR:** Matthew Bain

**PHONE:** (780) 539-2974

**OFFICE:** K 221

**E-MAIL:** mbain@gprc.ab.ca

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

**PREREQUISITE(S)/COREQUISITE:** NA

**REQUIRED TEXT/RESOURCE MATERIALS:** Dunford, M., and Doyle, J.A. (2012). *Nutrition for sport and exercise* (2<sup>nd</sup> ed.). Belmont, CA; Wadsworth, Cengage Learning.

**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 four (4), One-hundred and Seventy (170) minute classes per week: Monday-Thursday, 9:00-11:50 am.

**DELIVERY MODE(S):** This course work will be delivered in a blended format using a variety of teaching methods including lecture, scenarios, in-class worksheets, exams, and nutritional analysis.

**OBJECTIVES:**

1. To develop a basic 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.
5. To be able to effectively use the Food Exchange System, manage the MyPyramid/ eaTRACKER webpage, and develop a working knowledge of key concepts such as Dietary Reference Intakes and calculating such concepts as the Total Daily Energy Expenditure.
6. Critically analyze own and others nutritional practices and increase competence to make recommendations.

**TRANSFERABILITY:**

NUTR 100 or AUPED 2xx (3 credits)--U of A	KNES 237(3 credits)-- U of C
KNES 2xxx (3 credits)-- U of L	NUTR 3xx (3 credits)—Athabasca
PHED 2xx (3 credits)—Kings UC	

**\*\* 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:**

<b>Dietary Analysis (Self)</b>	<b>20%: This will include an analysis of your current diet, exercise prescription, and future recommendations.</b>
<b>Examinations</b>	<b>60%: Four written examinations will be used in this course totaling 60%: These evaluations will be a combination of multiple choice, short answer, and scenario to examine learning abilities.</b>
<b>Final Presentation</b>	<b>20%: One Scenario Examination will be used in this course totaling 20%: These will be in a presentation format inclusive of major topics discussed throughout the course.</b>

**DIETARY ANALYSIS (SELF):** This assignment requires the student to record, assess, and critically explore their diet over the course of a 3-day period of time. This assignment is meant to provide the

student with a comparison of dietary practices. The analysis requires the student to compare their current practices with relevant information and summarize by reflecting on changes they could make and decisions that reflect consistency from the course content throughout the semester. The student is expected to use the text materials to support their recommendations.

- **First submission: (Due May 7, 2013):** Using the Supertracker™ or eaTRACKER™ programs from, <https://www.choosemyplate.gov/SuperTracker/default.aspx> or <https://www.eatracker.ca/login.aspx> track your dietary practices and exercise practices for a period of three (3) days. Once you have completed this, print the reports for your nutrients and energy balance and write out 5 unique observations and reflections based on the information gleaned from this assignment. (5%)
- **Second Submission: (Due May 24, 2013):** The second submission will include the substantiation of support for each of your initial observations and include more informed recommendations. This submission should include supportive documentation in the form of peer-reviewed journal support. (15%)

**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 and will be on May 8<sup>th</sup>, 2013.
- *Examination #2: (15%):* This exam will include content explored in chapters 4 & 5. This will include Carbohydrate and Protein information and will be on May 13<sup>th</sup>, 2013.
- *Examination #3: (15%):* This exam will include content explored in chapters 6 & 7. This will include Fats and Hydration information and will be on May 16<sup>th</sup>, 2013.
- *Examination #4: (15%):* This exam will include content explored in chapters 8 & 9. This will include Vitamins and Mineral information and will be on May 23<sup>rd</sup>, 2013.

**FINAL PRESENTATION:** This presentation should include a thorough examination of the chosen scenario for the course. The presentation should be in the form of a poster presentation in order to highlight the important elements for your scenario. Specifically, the content should touch on macro and micronutrients, exercise history and prescription, and dietary recommendations. A more detailed description will be explored in class (20%)

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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

#### 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 integral to success in this course. Classroom activities support student comprehension of materials, content clarification, relevant peer questions and support, and finally, role clarification. 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:**

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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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

**\*DIETARY ANALYSIS SUBMISSIONS:** This work will be closely monitored for ANY plagiarism or duplication. Students are encouraged to discuss research they have discovered with others who have read the same article or used the same text material. Students caught plagiarizing or duplicating others work will both be dealt with to the full capacity of the policies outlined as per the administrative policies for the GPRC.

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

<b>WEEK</b>	<b>TOPIC</b>	<b>ASSIGNED READINGS</b>	<b>EXAMINATION DATES</b>	<b>ASSIGNMENT DATES</b>
<b>May 1</b>	<b>Introduction, Energy, and Nutrition</b>	<b>Chapter 1</b>		
<b>May 2</b>	<b>Assignment Supportive Activities &amp; Portion size</b>			
<b>May 6 &amp; 7</b>	<b>Defining and Measuring Energy</b>	<b>Chapter 2 &amp; 3</b>	<b>Exam #1: May 8, 2013</b>	<b>May 7: MyPyramid or eaTRACKER food analysis</b>
<b>May 8 &amp; 9</b>	<b>Carbohydrates &amp; Proteins</b>	<b>Chapter 4 &amp; 5</b>	<b>Exam #2: May 13, 2013</b>	
<b>May 13-15</b>	<b>Fats &amp; Hydration</b>	<b>Chapter 6 &amp; 7</b>	<b>Exam #3: May 16, 2013</b>	
<b>May 21-22</b>	<b>Vitamins &amp; Minerals</b>	<b>Chapter 8 &amp; 9</b>		
<b>May 23</b>	<b>Diet Planning &amp; Scenario Exploration</b>	<b>Chapter 10</b>	<b>Exam #4: May 23, 2013</b>	<b>May 24: Dietary Analysis Due</b>
<b>May 27 &amp; 28</b>	<b>Scenario Examination</b>	<b>No additional readings</b>	<b>POTLUCK!!!</b>	<b>May 28: Final Presentations &amp; POTLUCK!!!</b>