DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – SPRING 2016
MTWR 9:00-11:50 AM (A4): PE 2420: INTRODUCTION TO NUTRITION FOR EXERCISE AND PERFORMANCE – 3 (3-0-0) 45 Hours

INSTRUCTOR:	Matthew Bain	**PHONE:**	(780) 539-2974
OFFICE:	K 221	**E-MAIL:**	mbain@gprc.ab.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)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS: Dunford, M. & Doyle, J.A. (2015). *Nutrition for sport and exercise* (3nd ed.). Belmont, CA; Wadsworth, Cengage Learning.

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

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 relevant 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 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	**75%: 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.**
Dietary Analysis	**25%: 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. Below you will see a description for each section of this summative evaluation worth a TOTAL of 25% of your final grade.

1. **First submission: (Due May 8, 2016 @ 12:00 noon):** Using the myfitnesspal nutrition technology, (https://www.myfitnesspal.com/account/login), track your lifestyle (dietary and exercise practices) for a period of three (3) days. Once you have completed this, record the assigned reports for your nutrients and energy balance and write out ***5 unique observations and reflections*** based on the information gleaned from this assignment. If this assignment is not submitted, the second submission will *NOT* be accepted. (5%)
2. **Second Submission (Due: May 22, 2016 @ 12 noon):** This submission will be predicated on knowledge acquired from the chapters throughout the semester. Students will be expected to utilize overall caloric calculations, individual macronutrient calculations, reasons for these decisions, micronutrient findings, and specific food types related to the acquisition of adequate caloric intake. The textbook & other academic materiasl should be recognized and cited correctly to support conclusions. (20%).

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: (20%):* 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 9, 2016.
- *Examination #2: (35%):* This exam will include content explored in chapters 4, 5, 6, & 7. This will include Carbohydrate, Protein, Fat, and Hydration information and will be on May 18, 2016.
- *Examination #3: (20%):* This exam will include content explored in chapters 8, 9, & 12. This will include Vitamins, Minerals, and Lifestyle readings and will be on May 26, 2016.

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
May 2	Introduction to Nutrition			
May 3	Introduction to Energy	Chapter 1		
May 4	Energy Systems	Chapter 2		
May 5	Energy Systems	Chapter 2 & 3		**1st submission: May 8, 2016 @ 12:00 PM**
May 9	Energy Systems	Chapter 3		
May 10	Carbohydrates	Chapter 4	**Exam # 1: May 10**	
May 11	Carbohydrates & Proteins	Chapter 4 & 5		
May 12	Proteins & Fats	Chapter 5 & 6		
May 16	Fats	Chapter 6		
May 17	Hydration	Chapter 7		
May 18	Vitamins	Chapter 8	**Exam #2: May 18**	
May 19	Vitamins & Minerals	Chapter 8 & 9		**2nd Submission: May 22, 2016 @ 12:00PM**
May 24	Minerals	Chapter 9		
May 25	Disordered Eating & Eating Disorders in Athletes	Chapter 12		
May 26	Final Exam		**Exam # 3: May 26**	

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, 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:

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.