

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS &
KINESIOLOGY**

**Course Outline PE 2420
Introduction to Nutrition for Exercise and
Performance**

General Information

Instructor:	Ron Thomson	Phone: 539-2901
Office:	K217	
Class Time:	Tuesdays and Thursdays 1:00pm – 2:20pm	
Location:	J201	
Credit:	3.0 Credits	
Transfer:	PEDS 2xxx or NUTR 100 (3 credits)-U of A KNES 237 or junior option (3 credits)-U of C 1 unspecified Education option (3 credits)-U of L	

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.

Objectives:

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

Course Text: Williams, Melvin H. (2005). Nutrition for Health, Fitness and Sport (7th ed.). Montreal, Canada.: McGraw Hill.

Evaluation:

- Energy balance assignment 30%
 - Due December 9th
- Midterm Exam 30%
 - October 28th
- Final Exam 40%
 - TBA Final Exam Week

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.