



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – Fall 2021**

**PE2420 (A2): Introduction to Nutrition for Exercise and Performance– 3 (3-0-0) 45 Hours for 15 weeks**

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

**INSTRUCTOR:** James Phillips                      **PHONE:** 780-539-2053  
**OFFICE:** K216    **E-MAIL:** Jphillips@gprc.ab.ca  
**OFFICE HOURS:** Available upon request

**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:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

Dunford, M., & Doyle, J. A. (2019). Nutrition for sport and exercise (4th ed.). Belmont, CA: Cengage.

**DELIVERY MODE(S):**

**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:**

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**\*\* 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**

**EVALUATIONS:**

Tests (4 x 5% each)	25%	See schedule
Dietary Analysis Project	25%	December 3 2021
Assignments	20%	See schedule
Final Exam	30%	TBA

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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:

Days highlighted in red are mandatory in-person classes.

Date	Topic	Readings	Assignments
Week 1 Sept 1-3	Day 2: Introduction, expectations, assignments		
Week 2 Sept. 6-10	Day 1: Labour Day – No class Day 2: Nutrition Basics		
Week 3 Sept 13-17	Day 1: Nutrition Basics Day 2: Save on Foods Tour		
Week 4 Sept 20-24	Day 1: Measuring Energy/ Food Guides & Labels Day 2: Relationship with food		Online Test #1
Week 5 Sept 27-Oct 1	Day 1: Intro to Digestion & Energy Systems Day 2: Carbohydrates		
Week 6 Oct 4-8	Day 1: Carbohydrates Day 2: Protein		
Week 7 Oct 11-15	Reading Week		
Week 8 Oct 18-22	Day 1: Protein Day 2: Fats		
Week 9 Oct 25-29	Day 1: Fats & Alcohol Day 2: Vitamins & Minerals		Online Test #2
Week 10 Nov 1-5	Day 1: Vitamins & Minerals Day 2: Hydration		
Week 11 Nov 8-12	Day 1: Sport Nutrition Day 2: Sport Nutrition	Nov 11 Remembrance Day	
Week 12 Nov 15-19	Day 1: Nutrition for Older Adults Day 2: Nutrition for Kids/Pregnancy		Online Test #3
Week 13 Nov 22-26	Day 1: Eating Disorders Day 2: Diet Culture		
Week 14 Nov 29-Dec 3	Day 1: Diet Day 2: Open Class – Lecture TBD based on students		Dietary Analysis Project
Week 15 Dec 6-10	Day 1: Nutrition Myths Day 2: Review		Online Test #4

## **STUDENT RESPONSIBILITIES:**

1. Regular attendance is a key to success in this and every other course. It is the student's responsibility to acquire any materials and content missed due to absence. Missed in-class assignments cannot be made up unless it is an excused absence with documentation.
2. See Additional Information section for late policies.

## **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 Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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

## **Additional Information (Optional):**

### **POLICY ON THE RECORDING OF TEACHING ACTIVITIES**

Students may not record classroom activities (such as lectures, group activities, 3rd party presentations, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

### **COPYRIGHT NOTIFICATION**

Any course material created by your instructor is his/her intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.