

KINESIOLOGY AND HEALTH SCIENCES COURSE OUTLINE – Fall 2022

PE2420 (EC): Introduction to Nutrition for Exercise and Performance – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

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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: None

REQUIRED TEXT/RESOURCE MATERIALS:

University of Hawai'i at Mānoa Food Science and Human Nutrition Program (2018). *Human nutrition*. Retrieved from <http://pressbooks.oer.hawaii.edu/humannutrition/> CC BY 4.0 license.

DELIVERY MODE(S): This course will be delivered using a variety of teaching methods including lectures, readings, scenarios, worksheets, exams, and nutritional analysis. The course will be delivered asynchronously and fully online.

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:

Quizzes	Ongoing (see weekly schedule)	10%
Discussions and Learning Activities	Ongoing (see weekly schedule)	20%
Assignments	Due Sept 15, Oct 27, Dec 1	20%
Tests	Due Oct 27 & Dec 1	20%
Final Exam	December 12-16	30%
Total		100%

GRADING CRITERIA:

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

STUDENT RESPONSIBILITIES:

- As this is an online course, it is imperative that you plan time to work on the course regularly. If you fall behind it will be difficult to catch up. You are responsible for completing all assignments, quizzes, and tests as well as participating in discussions throughout the week and reviewing slides and videos posted on myClass.
- Instructions for all evaluations will be provided on myClass, including due dates and grading criteria.
- Quizzes, tests, and discussions must be completed by the due date. No extensions will be granted unless documentation can be provided for medical or family emergencies.
- Assignments will be deducted 10% for late submission for up to 3 days. After three days, late submissions will not be accepted unless documentation can be provided for medical or family emergencies.
- If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

The course is divided into 3 modules, with several units in each module. Generally, units will open on Fridays and all work must be completed by the following Thursday. For discussions, initial posts will be due Tuesdays and follow-up/replies due Thursdays. Specific requirements for each unit will be posted on myClass. Module 3 contains the Final Exam which will have a different format and schedule than the other modules, details will be posted on myClass.

Module 1: Nutrition Basics and Macronutrients	
Unit 1: Nutrition Basics	Due September 8
Unit 2: Measuring Energy and Food Guides	Due September 15
Unit 3: Food Labels and Introduction to Digestion & Energy Systems	Due September 22
Unit 4: Carbohydrates	Due September 29
Unit 5: Fats	Due October 6
Unit 6: Protein and Alcohol	Due October 20 (Fall Break: October 10-14)
Unit 7: Module 1 Conclusion	Due October 27
Module 2: Micronutrients and Nutrition Across the Lifespan	
Unit 1: Micronutrients	Due November 3
Unit 2: Supplements	Due November 10
Unit 3: Lifespan Nutrition	Due November 17
Unit 4: Eating Disorders and Disordered Eating	Due November 24
Unit 5: Module 2 Conclusion	Due December 1
Module 3: Applying Nutrition Knowledge & Final Exam	
Unit 1: Nutrition Myths and Misinformation	Due December 8
Unit 2: Final Exam	Open December 12-16

