DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2018

PE2420 (A3, B3 & VC): Introduction to Nutrition for Exercise and Performance – 3 (3-0-0) 45 Hours

INSTRUCTOR:	Julia Dutove, Ph.D.	**PHONE:**	780-539-2974
OFFICE:	K220	**E-MAIL:**	jdutove@gprc.ab.ca

OFFICE HOURS: Monday 1-2:30pm, Tuesday 11:30am-12:30pm, or 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:
Dunford, M., & Doyle, J. A. (2015). *Nutrition for sport and exercise* (3rd ed.). Belmont, CA: Cengage.

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.

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, GMU, CU, CUC, KUC.

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**

EVALUATIONS:

Online tests	25%	February 16 (15%) & March 20 (10%)
Dietary Analysis Part 1	5%	February 12
Dietary Analysis Part 2	20%	March 28
In-class and Online Assignments	10%	See Course Schedule
Online Presentation	10%	April 6
Final Exam	30%	During Finals: April 16-26

GRADING CRITERIA:
Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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:
Section A3: Monday & Wednesday – 2:30-3:50pm (D308)
Section B3: Monday & Wednesday – 4:00-5:20pm (J226)
Note: This is a tentative schedule and may change based on our progress as a class. In particular, weeks 9-11 may be rearranged (including related assignments and tests) depending on availability for the Save-On trip. Any changes will be communicated in class and on Moodle.

Date	Topic	Due	Readings
Week 1	No scheduled classes		
Week 2 Jan 8 & 10	Introduction to nutrition		Chapter 1
Week 3 Jan 15 & 17	Food guides and energy balance		Chapter 2 & 11.1-11.3
Week 4 Jan 22 & 24	Digestion and energy systems **January 24: Library session (meet in library)**	Assignment #1 due Jan 26 by 11:59pm	Chapter 3
Week 5 Jan 29 & 31	Carbohydrates		Chapter 4
Week 6 Feb 5 & 7	Protein		Chapter 5
Week 7 Feb 12 & 14	Fats	Dietary Analysis Part 1 due in class Feb 12 Test #1 due Feb 16 by 11:59pm	Chapter 6
Week 8 Feb 19 & 21	**Winter Break: No classes**		
Week 9 Feb 26 & 28	Vitamins	Assignment #2 due in class Feb 28	Chapter 8
Week 10 Mar 5 & 7	Minerals **March 6: Deadline to withdraw**	Assignment #3 due in class Mar 7	Chapter 9
Week 11 Mar 12 & 14	Hydration and supplements	Test #2 due Mar 13 by 11:59pm	Chapter 7, 10.3-10.4, 11.5 Reading on Moodle
Week 12 Mar 19 & 21	Review and Save-On trip	Assignment #4 due Mar 21 by 11:59pm Assignment #5 due Mar 23 by 11:59pm	Readings on Moodle
Week 13 Mar 26 & 28	Eating disorders/disordered eating	Dietary Analysis Part 2 due in class Mar 28	Chapter 12 Reading on Moodle
Week 14 Apr 2 & 4	Nutrition across the lifespan	Presentations due April 6 by 11:59pm	Chapter 10.2, 10.5, 11.3-11.4 Reading on Moodle
Week 15 Apr 9 & 11	April 9: Presentations April 11: Final exam review		

STUDENT RESPONSIBILITIES:

- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. 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.
- 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 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.

ADDITIONAL INFORMATION:

Online Tests:
There will be 2 online tests during the semester. The first test will cover carbohydrates, fats, and protein and will be worth 15% of the overall grade. The second test will cover vitamins and minerals and will be worth 10% of the overall grade.

Dietary Analysis:
The purpose of this project is to learn how to analyze dietary intake and provide recommendations. This project will have two parts. Projects are due at the start of class on the due date. Late projects will be deducted 10% per day (including handing in after the start of class on the due date) unless prior arrangements have been made. After 4 days late, projects will not be accepted. If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.

In-class and Online Assignments:
Throughout the semester there will be online and in-class assignments to supplement lectures. In-class (and some online) assignments will not be able to be made up unless you have an excused absence. Assignments will not be accepted after the due date, unless other arrangements have been made, and may be subject to a late penalty. If you have extenuating circumstances and require more time to complete an assignment, contact the instructor as soon as possible.

Online Presentation:
Students will create a presentation to be posted online. Topics will be given in class and students will be able to view classmates assignments on Moodle.

Final Exam:
The final exam will cover material from throughout the semester and will be written during the final exam period.