Kinesiology and Health Sciences

COURSE OUTLINE – Spring 2023

PE2420 (A4): Introduction to Nutrition for Exercise & Performance– 3 (3-0-0) 45 Hours for 4 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.

INSTRUCTOR:	James Phillips	**PHONE:**	780-539-2053
OFFICE:	K216	**E-MAIL:**	Jphillips@nwpolytech.ca
OFFICE HOURS:	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 (5th ed.). Belmont, CA: Cengage.

DELIVERY MODE(S): This course will be delivered via in-person classes.

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. 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 – 4 @ 5% each	20%	Assessed throughout the semester during class
Assignments 4 @ 5%	20%	Assessed throughout the semester
Final Project	30%	Due by Wednesday, May 24th
Final Exam	30%	Thursday, May 25th

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:

Lectures: Monday-Thursday 9:00am-11:50am in J201

*This is a tentative schedule and may change based on progress as a class. Change will be communicated both in class and through myclass.

Date	Topic	Assignments
Module 1 (Week 1)	Measuring Energy/ Food Guides & Labels, Relationship with food, Digestion, Energy Systems	Quiz 1, Assignment 1
Module 2 (Week 2)	Macronutrients: Carbohydrates, Fats, Protein	Quiz 2, Assignment 2
Module 3 (Week 3)	Micronutrients: Vitamins and Minerals Alcohol, Water & Hydration	Quiz 3, Assignment 3
Module 4 (Week 4)	Sport Nutrition, Dieting, Diet Myths, Nutrition for different life stages	Quiz 4, Assignment 4 Final Project Final Exam

STUDENT RESPONSIBILITIES:

- All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 4 days late. After 4 days late, assignments 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.
- 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.
- If you are participating via zoom your camera must be on and you must be in an appropriate learning environment.
- Lectures/Slides will be provided to students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's job to ensure they are taking appropriate notes.

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 https://www.nwpolytech.ca/programs/calendar/ or the College Policy on Student Misconduct: Plagiarism and Cheating at https://www.nwpolytech.ca/about/administration/policies/index.html

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