Kinesiology and Health Sciences

COURSE OUTLINE – Winter 2024

PE2420 (A3): Introduction to Nutrition for Exercise & 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.

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: 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 via in-person person classes and labs. Participation by zoom may be accommodated at the discretion of the instructor.

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.
8. To differentiate between scientifically supported claims and other claims in the nutritional field.
9. To introduce and explore exercise training principles, basic sport nutrition guidelines, methods of energy expression, energy systems, and the relationship with nutrition practices.

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.alberta.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 – 6 @ 5% each	30%	Assessed throughout the semester during class
Dietary Analysis Rough draft & Citation Assignment	10%	Thursday, March 21st
Dietary Analysis Project	30%	Thursday, April 11th
Final Exam	30%	TBA

GRADING CRITERIA

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

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Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	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: Tuesday & Thursday 4:00-5:20 J201

Date	Chapter Readings	Topic
Week of January 8th, 2024		Introduction
Week of January 15th, 2024	Chapter 1	Nutrition Basics
Week of January 22nd, 2024	Chapter 8	Nutrition Basics, Measuring Energy/ Food Guides & Labels
Week of January 29th, 2024		Measuring Energy/ Food Guides & Labels, Relationship with food
Week of February 5th, 2024	Chapter 2	Intro to Digestion & Energy Systems
Week of February 12th, 2024	Chapter 4	Carbohydrates
Week of February 19th, 2024	No Classes	No Classes

Week of February 26th, 2024	Chapter 6	Protein
Week of March 5th, 2024	Chapter 5	Fats
Week of March 12th, 2024	Chapter 9,10	Vitamins & Minerals
Week of March 19th, 2024		Structuring a diet
Week of March 26th, 20234	Chapter 3, 16	Hydration, Alcohol, Sports Nutrition
Week of April 2nd, 2024	Chapter 14, 15	Nutrition for diverse populations
Week of April 9th, 2024	Chapter 18	Eating Disorders, Diet Culture, Review
Week of April 16th, 2024	No Classes	

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.
- AI use will not be permitted during closed-book exams. Consulting AI in this context will be considered equivalent to asking a neighboring student for the answer or copying their work, both of which are academic misconduct.
- When working on a lab, project, or essay, generative AI can be used for cited idea generation. That means it can give you ideas, but it is your responsibility to identify the source of the ideas, as well as their veracity, by doing your own independent research and verification. Without exception, the source of the ideas must be cited

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STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at https://www.nwpolytech.ca/about/administration/policies/index.html.

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

Additional Information:

Instructors may include additional information here. Delete this section if not required.