

**KINESIOLOGY AND HEALTH SCIENCES
COURSE OUTLINE – Winter 2024**

**PE 2420 (B3) - Introduction to Nutrition for Exercise and Performance 3 (3-0-0) UT
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: Brendan Shaffick
OFFICE: K217
OFFICE HOURS: By Appointment

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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/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/>

DELIVERY MODE: In person

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 their 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.transferralberta.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:

| | | |
|--------------------------|-----|-----------------------|
| Discussion Participation | 20% | Continuous Assessment |
| Quizzes | 10% | Continuous Assessment |
| Practical Assessment | 10% | Continuous Assessment |
| Term Project | 15% | Mar 27 |
| Midterm Exam | 20% | Feb 28 |
| Final Exam | 25% | Apr 17-24 |

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 | 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:

Lecture: Tuesday & Thursday – 2:30-3:50 (J204)

| Wks | Dates | Lecture 1 | Lecture 2 | Assessments |
|-------------------------------|----------------------|---|---|--------------------------------------|
| 1 | Jan 09/11 | Course Introduction | Course Introduction | |
| 2 | Jan 16/18 | Nutrition Basics | Nutrition Basics | |
| 3 | Jan 23/25 | Nutrition Basics, Measuring Energy/ Food Guides & Labels | Nutrition Basics, Measuring Energy/ Food Guides & Labels | |
| 4 | Jan 30/Feb 01 | Measuring Energy/ Food Guides & Labels, Relationship with food | Measuring Energy/ Food Guides & Labels, Relationship with food | |
| 5 | Feb 06/08 | Intro to Digestion & Energy Systems | Intro to Digestion & Energy Systems | |
| 6 | Feb 13/15 | Carbohydrates | Carbohydrates | Term Project Proposal |
| 7 | Feb 20/22 | No Classes: Winter Break | | |
| 8 | Feb 27/Mar 01 | Review - Midterm | Midterm | |
| 9 | Mar 05/07 | Protein | Protein | Term Project Proposal Due |
| 10 | Mar 12/14 | Fats | Fats | |
| 11 | Mar 19/21 | Vitamins & Minerals | Vitamins & Minerals | Term Project Due |
| 12 | Mar 26/28 | Structuring a Diet | Structuring a Diet | |
| 13 | Apr 02/04 | Eating Disorders, Diet Culture | Eating Disorders, Diet Culture | |
| 14 | Apr 09/11 | Nutrition Myths, Open Discussion | Review - Final Exam | |
| Final Exam – Apr 17-24 | | | | |

STUDENT RESPONSIBILITIES:

1. Participation and Engagement:

Active participation is key in this experiential course. It's essential to attend and be engaged in all scheduled sessions; unfortunately, we cannot offer make-up assignments, however exceptions may be made on a case-by-case basis.

2. Attendance Protocols:

Every session has attendance checks. Those present but inactive may be given in-class tasks to ensure they remain engaged. Students arriving up to 15 minutes late should discreetly join the session and may be asked to complete a brief catch-up task after class. If over 15 minutes late, students may be marked as absent, given the significant amount of content missed. If you anticipate being late, please try your best to inform the instructor in advance.

3. Attendance and Exceptions:

For medical-related absences or injuries, a note from a doctor or qualified medical professional is mandatory. If you sustain an injury and expect prolonged absences, please liaise with the instructor promptly. Students involved in intercollegiate events should preemptively consult with the instructor about possible scheduling conflicts. Alternate assignments might be offered to accommodate unforeseen situations. Please be aware that exceeding 10% (or 5 sessions) absence could render you ineligible for the final exam.

4. Late Policy:

Assignments are due by 12 midnight MST/MDT on the specified due date. Late assignments face a 5% daily deduction, to a maximum of 7 days. Missed exams, barring validated emergencies will result in a grade of zero. Approved alternative assignments will also be subject to the daily penalty.

5. Electronic Devices:

You're welcome to use electronic devices as long as they don't disrupt the learning environment. If they become a distraction, you may be asked to step out or adjust your usage. Remember, our primary goal is a focused and respectful classroom for everyone. If you have an essential call, please step outside discreetly.

6. Code of Conduct:

Let's keep our class environment positive and respectful. Kindly avoid using offensive or inappropriate language. As we navigate through this course, conduct yourself in a manner that reflects leadership and inspires others.

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:

Your success in this course is a priority. Please know that we are here to support your academic journey. If you encounter challenges or need clarification on any aspect of the course, do not hesitate to reach out. Together, we'll work towards your growth and achievement.