

Kinesiology and Health Sciences

COURSE OUTLINE – Spring 2024

**PE2420 (EC/EC2): 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.

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OFFICE HOURS: Upon request

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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(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, worksheets, and exams.

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:

2 Module quizzes (2x25%)	50%	Asses via a timed quiz on myclass Module 1 – due no later than May 24 Module 2 – due no later than June 14
Assignments (2x10%)	20%	Assignment 1 – Due no later than May 17 Assignment 2 - Due no later than June 7th
Final Exam	20%	No later than June 28 th

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

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

This class will be delivered asynchronously, meaning you can watch and read lectures at your own pace. There are hard deadlines for each quiz and assignment. They can be completed faster, but not slower, than suggested. Material for each module will only become available upon completion of the previous module (e.g. module 2 will not open until all work from module 1 has been completed).

Module 1: Nutrition Basics & Macronutrients	
Unit 1: Nutrition Basics, Energy	Chapter 1
Unit 2: Digestion	Chapters 4,5,6
Unit 3: Carbohydrates	Chapter 4
Unit 4: Fats	Chapter 5
Unit 5: Proteins	Chapter 6
Module 2: Micronutrients, Fluids	
Unit 1: Vitamins	Chapter 9
Unit 2: Minerals	Chapter 10&11
Unit 3: Fluids	Chapter 12
Module 3: Dieting, Eating Disorders, Eating through Lifespan	
Unit 1: Sport Nutrition	Chapter 16
Unit 2: Diet Culture, Myths, and Misinformation	Chapter 18
Unit 3: Eating through life stages	Chapter 15

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.
- 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 independent research and verification. Without exception, the source of the ideas must be cited

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.