

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**

## **PE. 2420 Introduction to Nutrition for Exercise and Performance**

**Instructor: Ali Wilson**

**Term: Fall 2004**

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**Office: M103**

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### **Class Schedule**

- **Tuesdays & Thursdays 11:30-12:50pm**

### **Credit**

- **3.0 Credits Transfer: U of A - PEDS 2xxx or NUTR 100 (3)**  
**U of C - KNES 237 or jr. option (3)**  
**U of L - unspecified option (3)**

### **Textbook**

- **Sizer, F.S. and Whitney, E.N. (2003). Nutrition Concepts and Controversies (9<sup>th</sup> eds.). Toronto, Canada: Nelson Thomson Learning.**

### **Readings: Handouts, Internet and others**

### **Method of Instruction:**

- Theoretical Exploration of Nutrition and its importance to exercise and human performance.

### **Purpose of the Course:**

- Develop a foundation of knowledge in relationship to nutrition and exercise
- Understand the importance of nutrients in fostering health
- Examine critical and controversial issues surrounding nutrition.

### **Evaluation:**

- |                          |      |
|--------------------------|------|
| • Class Participation    | 10 % |
| • Quizzes (3 X 5%)       | 15 % |
| • Nutritional assignment | 20 % |
| • Mid-term examination   | 25 % |
| • Final Exam             | 30 % |

## Participation

- As this course relies on student discussion and analysis, it is crucial for all students to regularly attend classes. Students' engagement in various class activities and discussion will accumulate to a maximum 5 participation percentage points to their final grade. Preparing and providing foods for Potluck Analysis will contribute to the other 5% of this participation component. Students with three absent days or more may be requested to drop PE 2420.

## Written Pieces of Work & Plagiarism

- The work will be evaluated primarily for the actual content presented.
- A well-presented work, reinforced with references, which are free of grammatical errors, etc.
- A totally original work without copying from any sources; plagiarism = "0"
- The work is to be a work that is totally your own, not using the words of anyone else.
- The work needs to display the similarities & differences among your and the authors ideals.
- Manifests a fundamental understanding of the reading and its implication to the field of Nutrition.
- Papers and projects must demonstrate college quality writing which means that words are properly spelled; punctuation is appropriate; sentences are complete; verb/subject, pronoun/antecedent agree; and writing is clear and concise. Drafts may be submitted prior to the assignment's due date for guidance and help. Final drafts must be word-processed and proof read and will be assessed for both content and presentation.
- Academic dishonesty includes but is not limited to cheating, fabrication, and plagiarism. Phrases, key words, and direct quotations from any written source must be properly documented with textual references to the source using APA format.

## Exams/Assignments/Quizzes

- Missed assignments without prior authorization or medical note will be levied a 10% penalty each day for a maximum 3 days. After 3 days the assignment will receive a fail grade of 0%
- Missed exams and quizzes will result in a fail grade of 0% unless prior authorization or medical note is presented.

## Grading Scheme:

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>

C	2.0	64 - 66	<i>Minimal Pass</i>
C-	1.7	60 - 63	
D+	1.3	55 - 59	
D	1.0	50 - 54	<i>Fail</i>
F	0.0	0 - 49	

### Tentative Schedule:

<b>Week</b>	<b>Content</b>	<b>Reading</b>
Sept 3	Student Orientation	
Sept 7	Introduction to Nutritional Principles – Why is Nutrition So Important?	
Sept 9	Retreat	
Sept 14	Introduction to Nutritional Principles	
Sept 16	How the Body Works with Nutrition	
Sept 21	Diet Planning with the Food Guide	
Sept 23	Diet Planning with the Food Guide	
Sept 28	The Major Nutrients – Carbohydrates - <b>Quiz</b>	
Sept 30	The Major Nutrients - Carbohydrates	
Oct 5	The Major Nutrients - Fats	
Oct 7	The Major Nutrients - Fats	
Oct 12	The Major Nutrients - Proteins	
Oct 14	Potluck - Analysis	
Oct 19	Mid-Term Examination	
Oct 21	The Major Nutrients – Water/Minerals	
Oct 26	The Major Nutrients – Vitamins	
Oct 28	Energy Balance and Healthy Body Weight	
Nov 2	Energy Balance and Healthy Body Weight - <b>Quiz</b>	
Nov 4	Nutrition and Exercise	
Nov 9	Nutrition and Exercise	
Nov 11	Remembrance Day	
Nov 16	Nutrition and Exercise	
Nov 18	Steroids and Supplements	
Nov 23	Video – Foreign Substances	
Nov 25	Diet and Health	
Nov 30	Diet and Health - <b>Quiz</b>	
Dec 2	Food Safety and Food Technology	
Dec 7	Food Safety and Food Technology	
Dec 9	Potluck Analysis	

## **Nutritional Assignment: (20%) DUE NOV. 25, 2004**

In an essay format with tables, graphs and other mediums, develop a yearly diet plan for a specific athlete. The plan may include but is not limited to these guidelines.

- **Nutrient Recommendations**
- **Food Guide Analysis**
- **Pre-Competition Period, Competition Period & Post-Competition Period**
- **Explain the objectives of the diet?**
- **Supplement suggestion – benefits and controversies**
- **A 7 day menu**
  - Calories
  - Nutritional Elements – beneficial and non-beneficial
  - Portions – suggested servings