



**DEPARTMENT OF PHYSICAL  
EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – WINTER 2020**

**PE2420 (A3/B3): Introduction to Nutrition for Exercise and  
Performance – 3 (3-0-0) UT 45 Hours**

**INSTRUCTOR:** Sebastian Fontaine  
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**OFFICE HOURS:** By appointment

**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:**

No required textbook. All resources will be available as an Open Educational Resource on Moodle

**DELIVERY MODE(S):** This course work will be delivered in a blended format using a variety of teaching methods including lecture, scenarios, in-class worksheets, exams, and nutritional analysis.

**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;

- 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:**

- Students will develop a basic knowledge of the functions of the major nutrients.
- Students will work to clarify basic interactions between dietary intake, exercise, and body composition.
- Students will be able to critically evaluate claims about nutrition and food products.
- Students will explore the role of nutrition in exercise and athletic performance.
- 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.
- Students will demonstrate competency in tracking and analyzing nutritional practices for the purposes of critical reflection.
- Students will work to critically analyze own and others nutritional practices and increase competence to make recommendations.

**CLASS SCHEDULE:**

Mondays and Wednesdays in D308. A3 at 2:30-3:50pm, B3 at 4:00-5:20pm.

This schedule is subject to change based on how we progress as a class, including topics and due dates. Changes will be announced in class and on Moodle.

Module		Topics	Assessments
1	Week 1: Jan. 6 & 8	Class 1: Introduction ( <b>To be done in own time, no class on 6<sup>th</sup> Jan</b> ) Class 2: Nutrition basics	Introduction quiz – due Jan 7
1	Week 2: Jan. 13 & 15	Library Save on foods tour	Assignment 1 and 2 due end of class on 15 January
1	Week 3: Jan. 20 & 22	Class 1: Measuring energy Class 2: Food guides and labels	Assignment 3 due – Jan 22
1 2	Week 4: Jan. 27 & 29	Class 1: Intro to Digestion & Energy Systems Class 2: Carbohydrates	Test 1: 30-31 Jan
2	Week 5: Feb. 3 & 5	Class 1: Carbohydrates Class 2: Protein	Assignment 4 due – Feb 3

2	Week 6: Feb. 10 & 12	Class 1: Protein Class 2: Fats and Alcohol	Assignment 5 due – Feb 10
	Week 7: Feb. 17 & 19	<b>Winter Break</b>	Feb. 21 <b>No Lab</b>
2	Week 8: Feb. 24 & 26	Class 1: Fats and Alcohol Class 2: Vitamins and minerals	Test 2: 27-28 Feb
3	Week 9: Mar. 2 & 4	Class 1: Vitamins and minerals Class 2: Vitamins and minerals	Assignment 6 due – Mar 4
3	Week 10: Mar. 9 & 11	Class 1: Supplements Class 2: Hydration	Test 3: 12-13 Mar Assignment 7 due – Mar 11
4	Week 11: Mar. 16 & 18	Class 1: Athlete nutrition Class 2: Nutrition for children and youth	
4	Week 12: Mar. 23 & 25	Class 1: Nutrition for older adults Class 2: Nutrition during pregnancy	Test 4: Mar 26-27 Assignment 8 due – Mar. 25
5	Week 13: Mar. 30 & Apr. 1	Class 1: Eating disorders Class 2: Dieting	Assignment 9 due – Mar 30
5	Week 14: Apr. 6 & 8	Class 1: Nutrition myths Class 2: Review	Test 5: 9-10 April

**\*Note:** All readings are available on Moodle, including a handout for each module with specific readings and assignment/test guidelines.

#### **EVALUATIONS:**

Tests (5 x 5% each)	25%	See schedule
Dietary Analysis Project	15%	April 3 2020
Assignments	30%	See schedule
Final Exam	30%	TBA

**ADDITIONAL INFORMATION:****Tests:**

There will be 5 online tests, each worth 5% of your total course grade. Details for each test will be provided in the module outline on Moodle.

**Dietary Analysis Project:**

The purpose of this project is to learn how to analyze dietary intake and provide recommendations. Projects are due at the start of class on the due date. Late projects will be deducted 10% per day (including handing in after the start of class on the due date) unless prior arrangements have been made. No submissions will be accepted after 4 days late. If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.

**Assignments:**

Throughout the semester there will be assignments to supplement lectures. Assignments will be posted on Moodle. In some cases assignments will be printed and handed in, other assignments will be completed fully online. Late assignments will be deducted 10% per day and after 4 days will not be accepted. Some assignments cannot be handed in late due to the nature of the assignment, so read assignment guidelines carefully. If you have extenuating circumstances contact the instructor as soon as possible. Details for all assignments will be posted on Moodle in the module handout.

**Final Exam:**

The final exam will cover material from throughout the semester, with heavier emphasis on the application of course knowledge.

**TRANSFERABILITY:**

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

\*\* 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**

**GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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

**STUDENT RESPONSIBILITIES:**

- Regular attendance is a key to success in this and every other course. It is the student’s responsibility to acquire any materials and content missed due to absence. Missed in-class assignments cannot be made up unless it is an excused absence with documentation.
- See Additional Information section for late policies.

**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 Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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