

KIN 3339A; F&N 3339A

Term: Fall 2016

Lectures: Mon/Wed/Fri 11:30am-12:20pm

Location: TBD

Instructor: Peter Lemon, PhD

Office: 3M Centre #2212

Office Hours: TBD or by appointment

Telephone: 661-2111, ext 88139

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Graduate Assistants: TBD

Office: 3M Centre #2235

Office Hours: TBD or by appointment

Telephone: 661-2111, ext 88164

COURSE DESCRIPTION

Investigation of the important food/food components for individuals involved in chronic (regular) exercise programs and/or competition, i.e., athletes. The focus is on understanding how dietary needs are affected by regular, vigorous physical activity and the mechanisms responsible for any performance enhancement/decrement resulting from the supplementation of specific foods or food components. *Evaluations are based on application of concepts rather rote memorization of information reviewed in class.*

Prerequisites: Kin Students: Physiology 1021 (Hum Physiol), Kinesiology 2230 (Exercise Physiol).

Note: A course in nutrition is recommended but not required. F&N Students: F&N 1030 (Fundamentals of Hum Nutr), 3373 (Nutr & Phys Act) are recommended.

COURSE FORMAT: Three lectures per week. All course information including grades, assignment

