

Kin 4477B; F & N 4477B: Nutrition, Exercise & Wellness

Term: Winter 2017

É Lectures: Mon/Wed/Fri 9:30am-10:20pm	
É Location: TBD	
É Instructor: Peter Lemon, PhD	Graduate Assistants: TBD
É Office: 3M Centre Rm 2212	Office: 3M Centre Rm 2235
É Office Hours: TBD or by appointment appointment	Office Hours: TBD or by
É Telephone: 661-2111, ext 88139	Telephone: 661-2111, ext 88164
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Course Description: An overview of the impact of nutrition and exercise on selected health and exercise performance measures.

Via lecture and reading materials students will come to appreciate how lifestyle decisions which are under their control can enhance their health as well as their exercise performance. A major focus is on learning how to answer questions and/or design novel experiments by reviewing the research literature and evaluating critically the presentations of their classmates.

Topics: Obesity
Hypertension
Cardiovascular Disease
Diabetes
Osteoporosis
Metabolic Syndrome
Cancer
Cognition/Dementia
Longevity
Popular Diets
Exercise Training/Performance

Prerequisite: One of Kin 3339 or F&N 3339 (Exercise Nutrition)

Format: 3 hours lecture/discussion per week

Evaluations:

Midterm Quiz (in class) 20%

Research Proposal: 15% (one page limit)

Group (2-3 students) Research proposal of a current nutrition/exercise topic of your choice; format will include an introduction based on previous research, purpose/hypothesis, methods to be used, expected results, and 2-3 key references

Oral Presentation 15%

Group (2-3 students) 5 minute oral presentation of an exercise/nutrition topic of your choice. All students will be prepared to ask questions of each presentation and to evaluate (provide written comments) their classmates.

Final Exam (Comprehensive) 50%

Course Materials

There is no required text book. Reading will be assigned from various scholarly journals using PubMed, SCOPUS, etc.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments should be submitted to the Undergraduate office and to me. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. Make-ups for scheduled midterms, presentations or final exams are not possible due to the size of the class. Consequently, students are expected to prepare well in advance and to organize their plans to be available for mid-term and finals exams as well as to hand in assignments on time. Further, grades of Incomplete will not occur without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
2. **Written documentation:** Students who require academic accommodation must provide notification and documentation in advance of due dates, examinations, etc stating specific reasons and dates. Students must follow up with me and their Academic

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their assignments in their own words. Whenever students take

YouTube.com, updating your Facebook status, playing Solitaire, etc), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Tgi kwtctar'Qhke"-- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>