

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 3339A - Exercise Nutrition  
Fall 2019**

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| <p><b>Instructor:</b> Peter WR Lemon, PhD<br/> <b>Office:</b> 3M Centre Rm 2212<br/> <b>Email:</b> plemon@uwo.ca<br/> <b>Phone:</b> 519/661-2111 x88139<br/> <b>Office Hrs:</b> Mo/We 12:30-1:30pm or by appointment</p> <p><b>TAs:</b></p> <p style="padding-left: 40px;">@uwo.ca</p> <p style="padding-left: 40px;">@uwo.ca</p> <p style="padding-left: 40px;">@uwo.ca</p> | <p><b>Lectures:</b> MoWeFr 11:30am - 12:30pm</p> <p><b>Room:</b> Health Sci Bldg Rm 40</p> |
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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

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| <p><b>Calendar Course Description (including prerequisites/anti-requisites):</b> This course investigates 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.</p> <p><b>Antirequisite(s):</b> The former Kinesiology 4439A/B, the former Foods and Nutrition 4439A/B.</p> <p><b>Prerequisite(s):</b> <a href="#">Physiology 1021</a> or equivalent, and <a href="#">Kinesiology 2230A/B</a>. Recommended: <a href="#">Foods and Nutrition 3373A/B</a>.</p> <p><b>Extra Information:</b> 3 hours per week.</p> |
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*You are responsible for ensuring that you have completed successfully all course pre-requisites and that you have not taken an anti-requisite course.*

*Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.*

**NOTE:** If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

**My Course Description:**

## Course/University Policies

1. **Academic offences:** 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: [https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com <http://www.turnitin.com>

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

## 2. Electronic Device Usage:

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. You may make audio or video recordings of 3339 lectures if they are for your own use.

## 3. Health and Wellness:

Information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/arit>



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| A+ | 90-100   | <i>One could scarcely expect better from a student at this level</i> |
| A  | 80-89    | <i>Superior work that is clearly above average</i>                   |
| B  | 70-79    | <i>Good work, meeting all requirements and eminently</i>             |
| C  | 60-69    | <i>Competent work, meeting requirements</i>                          |
| D  | 50-59    | <i>Fair work, minimally acceptable.</i>                              |
| F  | below 50 | <i>Fail</i>  |

**Rounding of Grades** (for example, bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no

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7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates.

#### 8. **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 <https://www.uwo.ca/univsec/pdf/board/code.pdf>