

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 4477B - Exercise, Nutrition & Wellness
Winter 2020**

Instructor: Peter WR Lemon, PhD Office: 3M Centre Rm 2212 Email: plemon@uwo.ca Phone: 519/661-2111 x88139 Office Hrs: MoWeFr 10:30-11:30am or by appointment TAs: @uwo.ca @uwo.ca @uwo.ca	Lectures: MoWeFr 9:30am - 10:30am Room: Social Sciences Centre Rm 3028
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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.

Calendar Course Description (including prerequisites/anti-requisites): 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 both health and exercise performance.

Antirequisite(s): Kinesiology 4471B (001) 2008-09; [Foods and Nutrition 4477A/B](#).

Extra Information: 3 lecture hours.

You are responsible for ensuring that you have successfully completed 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.

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Learning Outcomes/Schedule:

Upon completion of this course, students will be able to:

- Recognize how factors largely under their control influence health and wellbeing
- Understand the importance of nutrition and exercise on both length and quality of life
- Discuss mechanism(s) responsible for optimal health

Course/University Policies

1. **Academic offences:** They are taken seriously and students are

March 4th, 2020 (for second term half-or full year courses)

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 _____ you; the

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>