

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

**KIN 3339A - Exercise Nutrition  
Fall 2020**

<p><b>Instructor:</b> Peter WR Lemon, PhD <b>Office:</b> Health Sciences Bldg Rm 411 <b>Email:</b> <a href="mailto:plemon@uwo.ca">plemon@uwo.ca</a> <b>Phone:</b> 519/661-2111 x88139 <b>Office Hrs:</b> Tue 11:00-11:30am Thu 3:00 3:30pm or appointment via Zoom</p> <p><b>TAs:</b> Nikan Behboodpour (<a href="mailto:nbehboo@uwo.ca">nbehboo@uwo.ca</a>); Reed Zehr (<a href="mailto:reed.zehr@gmail.com">reed.zehr@gmail.com</a>); Karishma Hosein (<a href="mailto:khosein2@uwo.ca">khosein2@uwo.ca</a>) Babac Salmani (<a href="mailto:bsalmani@uwo.ca">bsalmani@uwo.ca</a>)</p>	<p><b>Lectures:</b> Asynchronous, online</p> <p><b>Room:</b> Online</p> <p>Discussion Groups (via Zoom)*: Babac: Mon, Wed, Fri 1-1:30pm ET Reed: Mon, Wed, Fri 2-2:30 pm ET Nikan: Mon, Wed, Fri 3-3:30pm ET Karshma: Tuesday 12-12:30pm ET, Thursday 1-1:30 pm ET, Thursday 2-2:30 pm ET</p>
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**My Course Description:** 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.

**Learning Outcomes/Schedule:**

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

- Assess diet quality including both macro- and micro-nutrients
- Evaluate food supplements relative to both health and exercise performance
- Understand body composition methodology
- Develop nutrition/activity programs for optimal health and body composition
- Access and interpret the nutrition research literature

**Required Course Material/Text:**

All required readings will be posted on OWL.

**REQUIRED TEXTBOOK:** M Dunford & JA Doyle.



## 5. **Support Services**

There are various support services around campus and th

their course requirements will be affected by a religious observance. Additional informat

