

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 3339A - Exercise Nutrition
Fall 2021**

Instructor: Dr. Peter Lemon Office: HSB 411D Email: plemon@uwo.ca Phone: 519-661-2111 ext. 88139 Office Hrs: Mon, 11:30am - 12:30pm Wed, 12:30-1:30pm TAs: To be Announced	Lectures: M/W/F 10:30 - 11:30 Fall 2021 Instruction Mode: In person, if allowed.
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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):

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.

Antirequisite(s): The former Kinesiology 4439A/B, the former Foods and Nutrition 4439A/B.

Prerequisite(s): [Physiology 1021](#) or equivalent, and [Kinesiology 2230A/B](#). Recommended: [Foods and Nutrition 3373A/B](#).

Extra Information: 3 hours per week. Tf1 0 0 1 171.14 354.29 Tm0q0.00000912 0 612 792 r 171.1

Schedule:

Course Outline / Text Readings

<u>Topic</u>	<u>Text</u>
1. Introduction (Exercise Metabolism, Energy Demands, Assessing Nutritional Status, Importance of Research) / Basic Nutrition	Chapt 1,2,3
2. Fuel Use During Exercise: - Carbohydrate	Chapt 4
- Fat	Chapt 6
4. Protein/Amino Acid Needs of Athletes	Chapt 5
5. Micronutrient (Vitamin, Mineral) Needs of Athletes	Chapt 8,9
6. Fluid/Electrolyte Needs of Athletes	Chapt 7
7. Dietary Supplements for Health & Athletic Performance	Chapt 10
8. Changing Body Size/Composition	Chapt 11
9. Summary/Review	

Required Course Material:

REQUIRED TEXTBOOK: Nutrition for Sport and Exercise by Marie Dunford & Andy Doyle, 2022 (5rd Ed); select readings from periodicals including, but not limited to, American Journal of Clinical Nutrition, Applied Physiology, Nutrition and Metabolism, International Journal of Sport Nutrition & Exercise Metabolism, and Journal of Applied Physiology.

Course Evaluation:

	<u>% of Final Grade*</u>
Diet Analysis Assignment Quiz (Sept 29)	10%
Quiz 1 (Oct 6)	10%
Quiz 2 (Oct 27)	15%
Project Assignment - research-based evaluation of the health/exercise benefits/safety of a selected food/food component (Nov 17)	15%
Final Exam (comprehensive; <u>exam period</u>)	50%
Total	100%

*Note: grades for missed course evaluations are added to the next evaluation

Course/University Policies

1. Statement on Use of Personal

their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are use

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.

3. 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

Accommodation Policies

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation b

student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

November 12th, 2021 (for first term half-courses)

November 30th, 2021 (for full-year courses)

March 7th, 2022 (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 satisfactory</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; marks. _____

9. **Contingency Plan for an In-Person Class Pivoting to 100% Online Learning:** In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

10. **Online Etiquette:** Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off

you before beginning your comment or question
remember to unmute your microphone and turn on your video camera before speaking
self-identify when speaking.
remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

Keep in mind the different cultural and linguistic backgrounds of the students in the course.
Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.

Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment.

Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

11. 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. F00416 Tf1 0 0 1 72.024 427.27 Tm0 g0 G[(t)5pJETm pIW*