

Learning Outcomes/Schedule:

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

1. Understand and recognize how personal lifestyle choices and behaviors significantly impact health and well-being.
2. Understand the crucial role of nutrition and exercise in enhancing both lifespan and quality of life
3. Discuss mechanism(s) responsible for optimal health
4. Understand scientific method
5. Interpret current research findings regarding the effects of nutrition and exercise on health and wellness

Required Course Material: No required text. All required readings will be posted on OWL Brightspace.

Course Evaluation:

Assignments will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Acceptable reasons include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances. Due to the size of this class, a makeup midterm quiz is not possible; therefore, if the midterm is missed and appropriate documentation is provided, the point value of the missed quiz will be added to the value of the final exam. If the presentation is missed and appropriate documentation is provided it will be rescheduled.

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|-----------------------|-------------------------------------|-----|
| 1. Mid-term Quiz | (Feb 26) | 20% |
| 2. Group presentation | (after week 2, throughout the term) | 20% |

In groups of 2 or 3, students will deliver a 10-minute research-based oral presentation on a chosen exercise/nutrition topic, using a maximum of 7 slides (including a title slide, 5 content slides, and references slide).

20%
Group presentation (after week 2, throughout the term)

Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact [Accessible Education](#), which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found [here](#).

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances that are medical or (der)-58 .5 3ak #MCID

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order: