



## COURSE OUTLINE: NTR101 - SPORT NUTRITION

Prepared: Ann Boyonoski

Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	NTR101: NUTRITION FOR HEALTH FITNESS AND SPORTS
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Academic Year:</b>	2023-2024
<b>Course Description:</b>	In this course, students will gain an appreciation for the effects of nutrition on physical activity and athletic performance. Students will examine the functions, sources and utilization of the specific nutrients in the body with emphasis on the health and performance implications for the physically active individual. The course will also examine various dietary supplements and food drugs and their effects on health and athletic performance. Students will gain an understanding of energy pathways in the body and the concepts of body composition and weight control. Students will compare popular dietary trends, complete a dietary assessment and research various performance enhancing supplements in order to critically assess their value in fitness and athletic performance.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	NTR100
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
	VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.
	VLO 4 Select and apply interview tools and coaching* strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways.
	VLO 5 Develop business plans for a fitness and/or training business organization to ensure sustainability and viability while mitigating risks.
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 3 Execute mathematical operations accurately.
	EES 5 Use a variety of thinking skills to anticipate and solve problems.



	EES 6	Locate, select, organize, and document information using appropriate technology and information systems.
	EES 7	Analyze, evaluate, and apply relevant information from a variety of sources.
	EES 8	Show respect for the diverse opinions, values, belief systems, and contributions of others.
	EES 9	Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
	EES 10	Manage the use of time and other resources to complete projects.
	EES 11	Take responsibility for ones own actions, decisions, and consequences.

**General Education Themes:** Social and Cultural Understanding  
 Science and Technology

**Course Evaluation:** Passing Grade: 50%, D  
 A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Other Course Evaluation & Assessment Requirements:** All work MUST be completed and handed in in order to pass the course.

**Books and Required Resources:** See Instructor for Course Materials

<b>Course Outcomes and Learning Objectives:</b>	<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
	1. Identify the sources, functions and utilization of common nutrients.	1.1 Describe the mechanisms of digestion, absorption and metabolism of food nutrients. 1.2 Explain the energy yielding metabolic pathways. 1.3 Identify the six classes of nutrients. 1.4 Identify functions and sources of various nutrients. 1.5 Using Canada’s Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis.
	<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
	2. Relate the concept of nutrition to the achievement of wellness and prevention of diseases.	2.1 Identify how athletic activities impact nutrient requirements. 2.2 Read food labels to determine levels of nutrients, supplements and additives. 2.3 Define nutrition and nutritional status. 2.4 Identify and assess the indications and determinants of an individual’s nutritional status and compare signs of healthy nutritional status with signs of poor nutritional status. 2.5 Identify common diseases related to poor nutrition. 2.6 Complete a diet history assessment which includes dietary intake, anthropometry and personal determinants of nutritional status. 2.7 Describe how nutrition contributes to wellness promotion and prevention of disease.
	<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>

	3. Apply the concepts of energy balance and healthy weight.	3.1 Describe energy homeostasis. 3.2 Describe how energy is measured both in foods and in the human body. 3.3 Identify the components of energy intake and expenditure. 3.4 Describe the relationship of energy intake and expenditure in maintaining a healthy weight. 3.5 Calculate one's own energy intake and expenditure levels. 3.6 Describe how to maintain weight control and meet requirements with athletic activities. 3.7 Identify popular dietary trends.
	<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
	4. Compare and contrast nutritional requirements for active people	4.1 Identify specific nutritional needs. 4.2 Describe energy utilization during different types of activities. 4.3 Discuss nutritional strategies to gain maximal performance.
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	5. Relate the use of supplements, nutrients, diets & other performance enhancing strategies to their efficacy and safety.	5.1 Identify various performance enhancing supplements. 5.2 Identify the benefits and risks associated with supplements.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Attendance	5%
Diet Analysis	15%
Final Exam	25%
Media Scrapbook	15%
Online Tests (12 - the lowest will be dropped)	25%
Participation (includes in class & online activities)	15%

**Date:** August 4, 2023

**Addendum:** Please refer to the course outline addendum on the Learning Management System for further information.