

I. COURSE DESCRIPTION:

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.

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

Upon successful completion of this course, the student will be able to:

1. relate the concept of nutrition to the achievement of wellness and prevention of diseases.

Potential Elements of Performance:

- define wellness
- describe the components of wellness
- define nutrition and nutritional status
- identify and assess the indications and determinants of an individual's nutritional status.
- compare signs of healthy nutritional status with signs of poor nutritional status
- identify common diseases related to poor nutrition
- complete a diet history assessment which includes dietary intake, anthropometry and personal determinants of nutritional status.
- describe how nutrition contributes to wellness promotion and prevention of disease

2. identify the sources, functions and utilization of common nutrients.

Potential Elements of Performance:

- describe the mechanisms of digestion, absorption and metabolism of food nutrients
- explain the energy yielding metabolic pathways
- identify the six classes of nutrients
- identify functions and sources of various nutrients
- using Canada's Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis
- identify how athletic activities impact nutrient requirements
- read food labels to determine levels of nutrients, supplements and additives

3. apply the concepts of energy balance and healthy weight.

Potential Elements of Performance:

- describe energy homeostasis
- describe how energy is measured both in foods and in the human body

- identify the components of energy intake and expenditure
- describe the relationship of energy intake and expenditure in maintaining a healthy weight
- calculate one's own energy intake and expenditure levels
- describe how to maintain weight control and meet requirements with athletic activities
- identify popular dietary trends

4. compare and contrast nutritional requirements for active people

Potential Elements of Performance:

- identify specific nutritional needs
- describe energy utilization during different types of activities
- discuss nutritional strategies to gain maximal performance

5. relate the use of supplements, nutrients, diets & other performance enhancing strategies to their efficacy and safety

Potential Elements of Performance:

- identify various performance enhancing supplements
- identify the benefits and risks associated with supplements

III. TOPICS:

1. Basic Concepts in Nutrition
2. Indications and Determinants of Nutritional Status: Nutritional Analysis
3. Canada's Food Guide, Labels
4. Fats, Proteins, Carbohydrates
5. Vitamins, Minerals, Water
6. Energy Balance and Healthy Weight Concept
7. Nutrition for the Active Person

IV. RECOMMENDED RESOURCES/TEXTS/MATERIALS:

Sault College D2L (course notes, important announcements)

Sault College Student Portal – www.mysaultcollege.ca

Any Nutrition Text

V. EVALUATION PROCESS/GRADING SYSTEM:

1. Grading:

| | |
|---|------------|
| Participation (includes in class & online activities) | 15% |
| Attendance & punctuality | 5% |
| Poster | 15% |
| Diet Analysis | 15% |
| Online tests (10) | 25% |
| Final Exam | <u>25%</u> |
| | 100% |

2. The pass mark for this course is 50%. There are NO rewrites. In order to pass this course, all assignments/in class work MUST be completed and turned in.

3. Students missing the tests or final exam because of illness or other serious reason must phone the professor **before** the exam to inform her/him (759-2554, Ext. 2635). Those students who have notified the professor of their absence, according to policy, will be eligible to arrange an opportunity to write the exam at another time. Students must contact the teacher on their first day back at school or clinical following a missed test or exam. Those students who **do not follow the above procedures** will receive a zero for that test or exam.

4. Due dates for the Individual Assessment and Lit Review are identified in the Lecture Syllabus. If you have a legitimate reason that the work cannot be finished in a timely fashion, please discuss it with the professor **beforehand**. If the work is handed in within a week of the due date a maximum grade of 50% will be given. If the work is handed in more than a week late a grade of zero will be given. **However, the work MUST be completed and handed in in order to pass the course.**

V. EVALUATION PROCESS/GRADING SYSTEM:

The following semester grades will be assigned to students:

| <u>Grade</u> | <u>Definition</u> | <u>Grade Point Equivalent</u> |
|--------------|---|-------------------------------|
| A+ | 90 – 100% | 4.00 |
| A | 80 – 89% | |
| B | 70 - 79% | 3.00 |
| C | 60 - 69% | 2.00 |
| D | 50 – 59% | 1.00 |
| F (Fail) | 49% and below | 0.00 |
| CR (Credit) | Credit for diploma requirements has been awarded. | |

| | |
|----|--|
| S | Satisfactory achievement in field /clinical placement or non-graded subject area. |
| U | Unsatisfactory achievement in field/clinical placement or non-graded subject area. |
| X | A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course. |
| NR | Grade not reported to Registrar's office. |
| W | Student has withdrawn from the course without academic penalty. |

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. *It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers may not be granted admission to the room.*

VII COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal/LMS form part of this course outline. www.mysaultcollege.ca