

I. COURSE DESCRIPTION:

In this course, the student will gain an understanding of the functions, sources and utilization of common nutrients in the body. Students will explore common nutritional excesses and deficiencies which impact on the health of Canadians. Students will apply knowledge of healthy nutrient use, exercise and weight principles in planning menus. The course will also cover the nutritional requirements necessary at various ages and stages of development. The course will emphasize dietary needs and nutrient utilization during various types of physical activity. Students will also gain a broader social and cultural awareness on nutritional issues within Canada and worldwide.

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 determinants of an individual's nutritional status, including cultural practices, lifestyle, knowledge, values and beliefs and attitudes
- compare signs of healthy nutritional status with signs of poor nutritional status
- identify common diseases related to poor nutrition
- 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
- identify the six classes of nutrients
- identify functions and sources of common nutrients
- using Canada's Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis
- read food labels to determine levels of nutrients, supplements and additives

3. apply healthy weight principles in menu planning.

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
4. assess the indications and determinants of an individual's nutritional status.

Potential Elements of Performance:

- complete a diet history assessment which includes dietary intake, observable signs nutritional status, anthropometry and personal determinants of nutritional status.
5. identify and describe the functions of the nutrients in terms of physical activity and the nutrient needs of athletes in a variety of sports

Potential Elements of Performance:

- identify sport specific nutrient needs
 - identify effective, ineffective and potentially dangerous dietary strategies in sports and fitness
6. compare and contrast nutritional requirements at various ages and stages of development.

Potential Elements of Performance:

- identify specific nutritional needs and related determinants of each age and stage of development
- describe healthy nutritional practices to meet developmental needs
- identify common nutritional problems related to various age groups
- develop a menu plan based on the nutritional needs of a stage of development

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 Health Weight Concept
7. Nutrition in the Athlete
8. Nutrition through the Life Cycle

IV. RECOMMENDED RESOURCES/TEXTS/MATERIALS:

Williams, Anderson and Dawson: *Nutrition for Health, Fitness and Sport 10th ed*, 2013. McGraw-Hill publ.

Sault College D2L (course notes, important announcements)

Sault College Student Portal – www.mysaultcollege.ca

V. EVALUATION PROCESS/GRADING SYSTEM:

1. Grading:

Participation and in class work	10%
Attendance & punctuality	5%
Diet Comparison	10%
Lit Review	20%
Diet Analysis	15%
Mid-term	20%
Final Exam	<u>20%</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.

- 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.
- Students receiving borderline marks (49, 59, 69, 79, 89) may have their mark advanced to the next category if they have attended at least 80% of the classes.
- Information regarding the assignments is available on D2L. Due dates for the Diet Analysis, Diet Comparison and Lit Review are identified in the Lecture Syllabus and on D2L. If you have a legitimate reason that the work cannot be finished in a timely fashion, please discuss it with me **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, ALL 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%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
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 form part of this course outline. www.mysaultcollege.ca