



COURSE OUTLINE

NTR101

Prepared: Ann Boyonoski Approved:

Course Code: Title	NTR101: NUTRITION FOR HEALTH FITNESS AND SPORTS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	18W
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.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Substitutes:	NTR100
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#1. Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.</p> <p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#4. Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.</p> <p>#5. Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.</p>
Essential Employability Skills (EES):	<p>#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>#3. Execute mathematical operations accurately.</p>



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

Course Evaluation:

Passing Grade: 50%, D

Other Course Evaluation & Assessment Requirements:

All work MUST be completed and handed in in order to pass the course.

Evaluation Process and Grading System:

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

Course Outcomes and Learning Objectives:

Course Outcome 1.

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

Learning Objectives 1.

- 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



COURSE OUTLINE

NTR101

3

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determinants of nutritional status.
describe how nutrition contributes to wellness promotion and prevention of disease

Course Outcome 2.

identify the sources, functions and utilization of common nutrients.

Learning Objectives 2.

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

Course Outcome 3.

apply the concepts of energy balance and healthy weight

Learning Objectives 3.

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

Course Outcome 4.

compare and contrast nutritional requirements for active people



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Learning Objectives 4.

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

Course Outcome 5.

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

Learning Objectives 5.

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

Date:

Wednesday, August 30, 2017

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