



Course Outline

UNIVERSITY STUDIES

NUTR 100

**Nutrition for Health and Wellbeing
Fall, 2012**

**3 CREDITS
3 HOURS PER WEEK**

INSTRUCTOR: Clayton Nielsen

INSTRUCTOR: Clayton Nielsen
PHONE NUMBER: (780) 791-4813
E-MAIL: clayton.nielsen@keyano.ca
OFFICE NUMBER: S211F

OFFICE HOURS:

Tuesday	11:00- 11:50 PM
Wednesday	11:00- 11:50 PM
Thursday	12:00- 12:50 PM
Friday	9:00- 10:50 PM

HOURS OF INSTRUCTION:

Monday	11:00-11:50 AM
Tuesday	3:00- 3:50 PM
Thursday	11:00- 11:50 AM

COURSE DESCRIPTION:

The course examines the fundamental principles of nutrition and the effects it has in society, athletic performance and physical education. It includes an analysis of practical and theoretical concepts of nutrition and the effects that dietary intake has on exercise, body composition and athletic performance.

COURSE OUTCOMES:

Through a combination of lectures, readings, and laboratory experiences, successful students will:

1. To develop a knowledge of the functions of the major nutrients.
2. To comprehend the interactions between dietary intake, exercise and body composition.
3. To be able to critically evaluate claims about nutrition and food products.
4. To examine current issues in nutrition.
5. To explain the role of nutrition in exercise and athletic performance.

REQUIRED RESOURCES:

Sizer, F., Whitney, E., Piche, L Nutrition: Concepts and Controversies, 2012 (2nd edition).
Nelson Publishing

EVALUATION:

Diet Review DUE Nov 2nd	15%
Tests	30% (2 x 15%)
Group assignment DUE Nov 21st	20%
Final Exam	35%

TOPICS TO BE COVERED:**Please Note:**

This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

Week 01	Intro- Chapter 1
Week 02	Chapter 2 Nutrition Tool
Week 03	Chapter 3 Remarkable Body
Week 04	Chapter 4 Carbohydrates
Week 05	Chapter 5 Lipids
Week 06	Chapter 6 Proteins and amino acids
Week 07	Chapter 7 Vitamins
Week 08	Chapter 8 Water and Minerals
Week 09	Chapter 9 Energy balance and healthy body weight
Week 10	Chapter 10 Nutrients, physical activity and bodies responses
Week 11	Chapter 11- Diet and Health
Week 12	Chapter 12- 13 Food safety and tech 13- Life Cycle nutrition : mother and infant
Week 13	Lecture note- athlete specific
Week 14	Review

MOODLE

Go to <http://ilearn.keyano.ca>

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

GRADING SYSTEM:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7
D+		1.3
D	Minimal Pass	1
F	Failure	0

Students intending to transfer to other institutions should strive for a ‘C-’ as a minimum. Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

Students who do not complete all the required work should not expect to pass the course. Students should consult:

http://www.keyano.ca/current_students/examinations/index.htm

IMPORTANT DATES:

September 18, 2012	Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)
October 26, 2012	Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)
December 7, 2012	Last day of classes
December 10-19, 2012	Final Exams

COLLEGE POLICIES**Equality, Equity and Respect**

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:

http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Student Rights & Responsibilities

Students should consult the Keyano College Credit Calendar or online at:

<http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1112-10-full.pdf>

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.



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NUTR 100A

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Fall, 2012**

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3 HOURS PER WEEK**

Clayton Nielsen, Instructor

Date

Reviewed and approved by:

Vincella Thompson, Chairperson

Date

Guy Harmer, Dean

Date