

COURSE SYLLABUS



COURSE TITLE: CHEM-214: Nutrition for Fitness

CLASS SECTION: X01A/B

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): In-person lecture/lab

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: David Stuss

EMAIL: stussd@camosun.ca

OFFICE: Fisher 350A (Lansdowne Campus) / Campus Center 235 (Interurban Campus)

HOURS: Interurban (CC 235): Tues & Thurs 10:30 – 11:30 AM, Weds 11:30 AM – 12:20 PM

Lansdowne (F350A): Tues 12:30 -1:20 PM

Virtual office hours available by appointment (Zoom)

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Fundamental aspects of nutrition associated with improved fitness and health through exercise are presented. Topics include balanced roles of proteins, carbohydrates, lipids, vitamins, minerals and water; supplements; dietary intake and energy usage; dietary programs and myths; nutrition for exercise and sports performance cardiovascular health, diabetes, osteoporosis, hypokinetic disorders, obesity, and aging.

PREREQUISITE(S):

All of:

- C in KIN 210

CO-REQUISITE(S): N/A

EXCLUSION(S): N/A

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon completion of this course a student will be able to:

1. Explain the fundamental roles and importance of dietary proteins, lipids (fats and oils), carbohydrates, vitamins, minerals and water, and the need for balanced intakes for optimal wellness.
2. Relate various recommended daily intakes of proteins, lipids, carbohydrates, vitamins, and minerals to appropriate dietary and, possibly, supplement sources with regard to exercise type and intensity, optimal recovery, and optimal wellness.
3. Describe the importance of appropriate hydration before, during, and after exercise, and explain the general importance of water consumption and electrolyte balance to optimal wellness.
4. Relate muscle function and energy expenditure to biochemical fuel sources required by the body during various types and durations of exercise.
5. Relate the basic functioning of the gastrointestinal tract, the liver and the kidneys to the uptake and subsequent utilization or elimination of nutrients or their metabolic products before, during and after exercise.
6. Outline the effectiveness or potential efficacy, and/or the potential concerns, of current nutritional supplements.
7. Describe important considerations when comparing various diets recommended for general wellness, or diets designed for people interested in achieving greater wellness through exercise targeting weight loss, or the general effects of aging.
8. Describe the rationale of diets designed for the management of diabetes, food intolerance, osteoporosis, poor cardiovascular health, or hypokinetic diseases as they relate to the preventive and/or rehabilitative effects of exercise.
9. Obtain refereed scientific and medical reports on-line or in print form for the purpose of accessing new information on diets and nutritional supplements related to exercise and wellness.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

(a)	e-Text (Mandatory)	<i>Nutrition for Sport and Exercise</i> , 5th th Ed. Dunford & Doyle. Cengage Learning, Stamford, CT (2022). (Includes Diet Analysis Plus & MindTap online resources).
(b)	Scientific Calculator	

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	CHAPTERS	LAB	LAB SECTION
1 (Jan 8 – Jan 12)	1	Orientation	X01A / X01B
2 (Jan 15 – Jan 19)	1	1: Evaluating Evidence	X01A
3 (Jan 22 – Jan 26)	8	1: Evaluating Evidence	X01B
4 (Jan 29 – Feb 2)	8	2: Evaluating Supplements: Vitamins	X01A
5 (Feb 5 – Feb 9)	9	2: Evaluating Supplements: Vitamins	X01B
6 (Feb 12 – Feb 16)	9	3: Evaluating Supplements: Minerals	X01A
7 (Feb 19 – Feb 23)		<i>Reading Break</i>	-
8 (Feb 26 – Mar 1)	7	Midterm 1	X01A / X01B
9 (Mar 4 – Mar 8)	2	3: Evaluating Supplements: Minerals	X01B
10 (Mar 11 – Mar 15)	4	4: Planning CHO Intake	X01A
11 (Mar 18 – Mar 22)	4	4: Planning CHO Intake	X01B
12 (Mar 25 – Mar 29)	5	Midterm 2	X01A / X01B
13 (Apr 1 – Apr 5)	5-6	5: Planning Protein & Fats	X01A
14 (Apr 8 – Apr 12)	6	5: Planning Protein & Fats	X01B
(Apr 15 – Apr 23)	Final Exam (Schedule posted on myCamosun Feb 16)		

(Selected material from Chapters 10-13 will also be covered.) Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Assignments (4; variable weighting)	15%
Quizzes (5-8; variable weighting)	15%
Labs (5 x 2%)	10%
Midterm Exams (2) (22.5% / 15%)	37.5%
Final Exam	22.5%

DESCRIPTION	WEIGHTING
	TOTAL
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

- Students are expected to monitor online communications (via D2L News) and to have a current email address associated with their D2L profile.
- The e-textbook is a critical part of the course and is necessary for completion / grading of the assignments. Each student is required to purchase their own copy of the e-text (available at a group discount).
- Regular lecture attendance is expected. Students who miss lecture are responsible for obtaining any presented content from peers.
- Online reading quiz due dates will be posted in class and in the D2L Calendar. Quizzes will not be accepted after the deadline, no exceptions.
- Lab assignment deadlines will be described in-lab. Late online lab quiz assignments will not be accepted after answer keys are posted.
- There are no make-up labs. In the event a student misses a lab due to illness, the lab instructor must be informed by email prior to lab, or a zero grade will be assigned.
- Participation in *one* lab that is missed due to illness will be excused without medical documentation. Data will be provided by the instructor with the lab report due at the regular time.
- Students who must miss a scheduled lab due to program-associated conflicts (competitions, postings, etc.) must set up an alternative arrangement with the instructor prior to the lab period.

SCHOOL OR DEPARTMENTAL INFORMATION

Access to Learning Skills Guides is available through the following link.

Student Learning Success Guides: All Guides

https://camosun.libguides.com/CSSCHome/Images_HOME?preview=8c8156761f510434e998e6240e396088

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](http://camosun.ca/services/accessible-learning/) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized

Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.