

# COURSE SYLLABUS



COURSE TITLE: CHEM-214-Nutrition for Fitness

CLASS SECTION: X03A/B

TERM: 2025W

COURSE CREDITS: 3

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

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

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## INSTRUCTOR DETAILS

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NAME: David Stuss

EMAIL: [stussd@camosun.ca](mailto:stussd@camosun.ca)

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

HOURS: Monday 12:30 PM – 1:20 PM; Tuesday-Friday 10:30 AM – 11:20 AM *or by appointment*

*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.*

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## CALENDAR DESCRIPTION

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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):

EQUIVALENCIES:

#### COURSE LEARNING OUTCOMES / OBJECTIVES

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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

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(a)	e-Text (Mandatory)	<i>Nutrition for Sport and Exercise</i> , 5th <sup>th</sup> 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

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

WEEK	CHAPTERS	LAB	LAB SECTION
1	1	Orientation	A & B
2	1	1: Evaluating Evidence	A
3	8	1: Evaluating Evidence	B
4	8	2: Evaluating Supplements: Vitamins	A
5	9	2: Evaluating Supplements: Vitamins	B
6	9	3: Evaluating Supplements: Minerals	A
7		<i>Reading Break</i>	-
8	7	<b>Midterm 1</b>	A & B
9	2	3: Evaluating Supplements: Minerals	B
10	4	4: Planning CHO Intake	A
11	4	4: Planning CHO Intake	B
12	5	<b>Midterm 2</b>	A & B
13	5-6	5: Planning Protein & Fats	A
14	6	5: Planning Protein & Fats	B
		<b>Final Exams (Apr 14-25)</b>	

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](#).

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

## EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
Assignments (4; variable weighting)	20%
Labs (5 x 2%)	20%
Midterm 1	22.5%
Midterm 2	15%
Final Exam	22.5%
	TOTAL
	100%

## COURSE GUIDELINES & EXPECTATIONS

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- 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.
- 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

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

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## STUDENT RESPONSIBILITY

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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.

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## SUPPORTS AND SERVICES FOR STUDENTS

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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 [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>

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Support Service	Website
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

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 Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>  
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines: <https://camosun.ca/cal>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### 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 (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence

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 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 Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education).

To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### 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 <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

### Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**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.