



COURSE OUTLINE

The course description is online @ <http://camosun.ca/learn/calendar/current/web/chem.html>

Ω Please note: the College electronically stores this outline for five (5) years only.
It is **strongly recommended** you keep a copy of this outline with your academic records.
You will need this outline for any future application/s for transfer credit/s to other colleges/universities.

1. Instructor Information

(a)	Instructor:	Kara Ronellenfitch, MSc
(b)	Office Hours:	Interurban: Mon 13:30 - 14:20 Tues 12:00 – 14:00 Lansdowne: Mon 16:00 – 17:00 Or by appointment
(c)	Location:	Interurban: By Appointment Lansdowne: Fisher Building 106E
(d)	Phone:	(250) – 370 - 3374
(e)	Email:	ronellenfitchk@camosun.bc.ca

2. Intended Learning Outcomes

Upon completion of this course the 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.

3. Required Materials

(a) **Textbook**

Dunford & Doyle (2015). **Nutrition for Sport and Exercise**. 3rd Edition. Cengage Learning, Stamford, CT.

(b) **General Materials**

Scientific calculator recommended

4. Course Content and Schedule

Credits	3 credits	Number of weeks	14
Workload / week	3 h lecture 2 h lab (alt. wks) 6 h study	Pre-requisites	SPEX 210

Lecture Schedule

Section	Day	Time	Location
X01-A/B	Mon	12:30 – 13:20	PORTA102
	Tues	10:30 – 11:20	CC 121
	Thurs	12:00 – 12:50	CBA 211
X02-A/B	Mon, Tues, Thurs	14:30 – 15:20	CBA 283

Lab Schedule

Section	Day	Time	Location
X01A/B	Thurs (alternating weeks *)	8:30-10:20	TEC230, unless otherwise specified
X02A/B	Fri (alternating weeks *)	9:30-11:20	TEC230, unless otherwise specified

* Labs are alternating except during Week 1 orientation, the midterm exam, and student presentations when all students from X01A and B or X02A and B will attend their lab together. A detailed section schedule will be provided on D2L.

Lecture Topics

Topic Areas	Related Chapters
Introduction to Sport Nutrition	1
Defining and Measuring Energy	2
Energy Systems and Exercise	3
Carbohydrates	4
Proteins	5
Fats	6
Water and Electrolytes	7
Vitamins	8
Minerals	9
Diet Planning	10
Weight and Body Composition	11
Disordered Eating and Exercise Patterns	12
Diet and Exercise for Lifelong Fitness and Health	13

Note: Topics may be added or deleted depending on time constraints

5. Basis of Student Assessment (Weighting)

Journal Assignment	15%
Labs	20%
Midterm	25%*
Final Exam	40%*

*Since the final exam is cumulative, if a student receives a higher grade on the final than the midterm, the final exam mark will replace the midterm mark (weighting the final as 65% and the midterm as 0% of your course grade).

- Assignment: Students will prepare and analyze both a 7-day dietary journal and a 7-day dietary plan using the tools and knowledge acquired during the course.
- Labs: The laboratory mark will be based on attendance, participation, in-lab assignments, and a group presentation.

- (c) Midterm: One 1hr 50min midterm will be held during the lab time on week 7 (Location TBA). Online study material and learning objectives will be provided on D2L throughout the term.
- (d) Final Exam: The final exam is comprehensive and will be held during the final exam period. Online study material will be provided on D2L. Attendance of the final exam is mandatory.

6. Grading System

Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite.	1
0-49	F	Minimum level has not been achieved.	0

Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy E-1.5 at camosun.ca for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that, due to design may require a further enrollment in the same course. No more than two IP grades will be assigned for the same course. (For these courses a final grade will be assigned to either the 3 rd course attempt or at the point of course completion.)
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services, or the College web site at camosun.ca.

STUDENT CONDUCT POLICY

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services, and the College web site in the Policy Section.

Missed Midterms and Final Exams

Midterms and exams must be written at the scheduled times. However, it is understood that emergency circumstances occur (e.g. illness or emergency in the immediate family). Under such circumstances, accommodation may be offered at the discretion of the instructor, provided (a) the instructor is notified in advance of the exam (not after) and (b) the student provides documented evidence of the circumstance (i.e. doctor's note). The accommodation will be in the form of a make-up exam or adjusting the weighting of the final exam to make up the missing marks, at the discretion of the instructor.

Please note: holidays or scheduled flights are not considered to be emergencies!

Late Penalties

Unless otherwise stated, all assignments are due at the beginning of the lab/class of the due date. There is a **10% per day** late penalty (including weekend days).

Lab Attendance

Attendance is mandatory. **You must attend the lab in which you are registered.** If you miss a lab, you will receive a zero on any assignments due during that lab. In addition, **1% of your course grade** will be subtracted for each lab missed. If you are unable to attend your scheduled lab due to illness or emergency, please notify the instructor with proper documentation before the lab.

It is important that you show up for the lab on time and prepared. Make sure any documents posted on D2L have been printed off and that you have read through the lab and are familiar with the materials.