

# COURSE SYLLABUS



COURSE TITLE: CHEM-214: Nutrition for Fitness  
CLASS SECTION: X03AB  
TERM: W2022  
COURSE CREDITS: 3  
DELIVERY METHOD(S): Lecture & Laboratory in-person

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.  
Learn more about Camosun's [Territorial Acknowledgement](#).

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For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>

*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 explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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NAME: David Stuss  
EMAIL: [stusss@camosun.bc.ca](mailto:stusss@camosun.bc.ca)  
OFFICE: Fisher 350A (Lansdowne Campus) / Campus Center 235 (Interurban Campus)  
HOURS: Monday, Tuesday 11:00 PM – 12:00 PM (CC235)  
Wednesday 12:00 PM – 1:00 PM (CC235)  
Thursday 4:30 PM – 5:30 PM (F350A)

*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

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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): None

EXCLUSION(S): None

## 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> , 4 <sup>th</sup> Ed. Dunford & Doyle. Cengage Learning, Stamford, CT (2018). (Includes Diet Analysis Plus & MindTap online resources).
(b)	Scientific Calculator	

*The course will use an online edition of the textbook. Instructions for access codes will be provided in class.*

## 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	ACTIVITY or TOPIC	CHAPTERS	LAB	LAB SECTION
1	Introduction to Sports Nutrition	1	Orientation	X03A / X03B
2	Vitamins	8	1: Evaluating Evidence	X03A
3	Minerals	9	1: Evaluating Evidence	X03B
4	Water & Electrolytes	7	2: Evaluating Supplements	X03A
5	Energy & Energy Systems	2/3	2: Evaluating Supplements	X03B
6	Carbohydrates	4	Review	X03A / X03B
7	<i>Reading Break</i>	-	-	-
8	Exam Week / Special Topics	-	<b>Midterm I</b>	X03A / X03B
9	Protein	5	3: Energy Expenditure	X03A
10	Fats	6	3: Energy Expenditure	X03B
11	Diet Planning	10	4: Planning CHO Intake	X03A
12	Weight & Body Composition	11	<b>Midterm II</b>	X03A / X03B
13	Disordered Eating in Athletes	12	4: Planning CHO Intake	X03B
14	Diet for Lifelong Fitness	13	Review	X03A / X03B
Exam Period	<b>Final Exam</b> (to be scheduled by College Registrar, posted on MyCamosun)			

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 notice 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 (5 x 3%)	15%
Quizzes (8; variable weighting)	15%
Labs (4 x 2.5%)	10%

DESCRIPTION	WEIGHTING
Midterm Exams (2 x 20%)	40%
Final Exam	20%
<b>TOTAL</b>	<b>100%</b>

The midterm and final exams are not cumulative.

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

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### Lecture Attendance

Students are expected to attend all lectures. Lecture slides will be provided in advance but some testable material will only be covered during lecture. Students are expected to take written notes. It is the student's responsibility to acquire all information given during a class missed, including notes, hand-outs, changed exam dates etc.

### Lab Attendance

Lab participation is mandatory. There are no make-up labs for students who miss lab activities without a valid reason. Students who cannot attend specific labs due to conflicts from placements, athletic competition, etc. are responsible for arranging attendance of an alternative lab section with the instructor beforehand.

### Quizzes and Quiz Due Dates

Online quizzes covering textbook readings will be posted approximately every two weeks. Quizzes can be attempted twice. To ensure that readings (and quizzes) are completed in a timely manner, each quiz will have an approximate two-week window for completion with multiple notifications (in class, via D2L calendar, etc.). No extensions will be granted for missed reading quizzes, without exception.

### Due Dates and Late Assignments

All assignments must be handed in by the time indicated (on the assignment, or on D2L). Late assignments may be graded but marks equivalent to 10% of the total value of the assignment will be deducted for each day, inclusive of days on the weekend, past the deadline. If assignments have already been marked and returned, a late assignment will not be accepted.

### Exam Procedures

All exams must be written at the scheduled times with the exception of students requiring an accommodation by CAL. It is understood that emergency circumstances do occur (e.g. severe illness or family emergency); for such circumstances accommodation may be offered at the discretion of the instructor, provided the student:

- a) notifies the instructor in advance of the exam (not after), and
- b) provides documented evidence of the circumstance (e.g. medical certificate).

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Please note: the use of cell phones and/or earbuds during a test is not allowed and may result in a zero for that assessment.

## Study Habits

A weekly minimum of 6 hours study outside of scheduled class time is expected for the completion of readings, quizzes / assignments and for general studying of lecture notes. Lecture presentations will be uploaded to the course website, but should be used as a study guide, not as your sole source of information. Students are expected to take notes during lectures and to supplement lecture notes with relevant details from readings. It is a recommended practice to transform lecture notes into a study-friendly format after each lecture, incorporating additional information from your textbook.

## 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.

## 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 <http://camosun.ca/students/>.

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

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### 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](#) (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](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.