Kinesiology 9466B 001 – Special Topic: Exercise Nutrition and Metabolism

**Course/Instructor Information**

**Lecture/Discussion:** Tues/Thurs; noon-1pm; Room TBD  
**Prerequisite:** Exercise Nutrition (3339 Kin/F&N) or equivalent  
**Instructor:** PWR Lemon, PhD  
**Office:** 2212 3M Centre (Lab 2235 3M Centre)  
**Office Hours:** 1-2pm Tues/Thurs or by appointment  
**Phone #:** 519-661-2111, ext 88139  
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**Course Description**  
A discussion of how both acute and chronic exercise affect nutrient requirements as well as whether and how dietary supplementation and regular exercise can enhance exercise performance or health.

**Course Outline**  
Nutrient Requirements  
- Carbohydrate  
- Fat  
- Protein  
- Vitamins  
- Minerals  
- Fluids  
Supplementation  
- Performance  
- Health  
Popular Diets and Fat Loss programs  
Laboratory Techniques

**Methods of Evaluation**  
a. **Individual Presentation (in class): 20%**  
   *In class presentation of an exercise nutrition topic of your choice from the research literature. All students will evaluate and provide feedback. Material covered could be included on the midterm or final.*
b. **Midterm (in class): 10%**  
c. **Class participation: 20%**  
d. **Final Exam (Comprehensive): 50%**

**Course Materials**  
There is no required text book. Readings will be assigned from various scholarly journals (examples include: Applied Physiology, Nutrition & Metabolism, International Journal of Sport Nutrition & Exercise Metabolism, American Journal of Clinical Nutrition, etc). Students are expected to become familiar with scientific search engines like PubMed.