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

Course/Instructor Information

Lecture/Discussion: Tues/Thurs; noon-1pm; Room LWH 2210

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
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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.