School of Kinesiology  
Faculty of Health Sciences  
Western University

KIN 4477B/F&N 4477B – Nutrition, Exercise & Wellness  
Winter 2018

Instructor: Peter Lemon, PhD  
Location: FIMS & Nursing Bldg  
Rm 1250  
Lectures: M/W/F 9:30AM-10:30AM

Office: 3M Centre 2212  
Office Hours: by appointment  
Phone: 519-661-2111 x88139  
Email: plemon@uwo.ca

TAs: TBD  
Office: 3M Centre 2235  
Office Hours: TBD or by appointment  
Phone: 519-661-2111 x88164

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description:
An overview of the impact of nutrition and exercise on selected health and exercise performance measures.  
Via lecture and reading materials students will come to appreciate how lifestyle decisions which are under their control can enhance health as well as exercise performance. A major focus is on learning how to answer questions and/or design novel experiments by reviewing the research literature and evaluating critically the presentations of their classmates.

Topics:
- Obesity
- Hypertension
- Cardiovascular Disease
- Diabetes
- Osteoporosis
- Metabolic Syndrome
- Cancer
- Cognition/Dementia
- Longevity
- Popular Diets
- Exercise Training/Performance

Pre-requisite:
You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.
Course Format:
Lectures: Mon/Wed/Fri 9:30am-10:30am
Location FIMS & Nursing Building Room 1250
3 hours lecture/discussion per week

Evaluations:
   Midterm Quiz (in class, Feb 14) 20%
   "Hot Topic" In Class Presentation 15%
   Group (2-3 students) 5 minute oral presentation of an exercise/nutrition topic of
   your choice (5 slides total; title, 3 data slides, references). All students will be prepared to ask
   questions of each presentation and to evaluate (provide written comments) their classmates.
   Research Proposal: 15% (one page limit)
Group (2-3 students) Research proposal of a current nutrition/exercise topic of your choice;
format will include an introduction based on previous research, purpose/hypothesis, methods to
be used, expected results, and several key references. This proposal is meant to extend the
information learned from your hot topic presentation attempting to discover some novel
information on the topic.

Final Exam (Comprehensive, final exam period) 50%

Course Materials
There is no required text book. Readings will be assigned from various scholarly journals using
PubMed, SCOPUS, Web of Science, etc.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due
date and will not be accepted late, except under medical or other compassionate
circumstances. Electronic submission of assignments will not be accepted (unless otherwise
specified) under any circumstances. Submitting a late assignment without appropriate
documentation will result in a zero (0) grade. Appropriate documentation for assignments worth
less than 10% should be submitted to the instructor. A missed mid-term examination without
appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-
ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete
without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable
reasons might include hospital stays, serious illness, family emergencies (like serious accidents
or illness, death) or similar circumstances.

2. **Written documentation:** Students who require academic accommodation should provide
notification and documentation in advance of due dates, examinations, etc. stating specific
reasons and dates. Students must follow up with their professors and their Academic
Counselling office in a timely manner. Documentation for any request for accommodation shall
be submitted directly, as soon as possible, to the Kinesiology Undergraduate Office not to the
instructor, with a request for relief specifying the nature of the accommodation being requested.
This documentation should be obtained at the time of the initial consultation with the physician
or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the
Kinesiology Undergraduate Office" for ALL such accommodation requests must be submitted
into the Kinesiology Undergraduate office. These documents will be retained in the student’s
file, and will be held in confidence in accordance with the University’s Official Student Record
Information Privacy Policy.
See https://studentservices.uwo.ca/secure/index.cfm for specific policy and forms relating to
accommodation.
3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately. **15% of course grades will be posted by the last day to drop a course.**

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf)

   A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com ([http://www.turnitin.com](http://www.turnitin.com))

   B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating

5. **Formatting (as recommended by the course instructor):** example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy,** “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” *This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.
8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

**STUDENT CODE OF CONDUCT**
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/board/code.pdf](http://www.uwo.ca/univsec/board/code.pdf)

**ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**
Visit the website [http://www.uwo.ca/univsec/handbook/exam/english.pdf](http://www.uwo.ca/univsec/handbook/exam/english.pdf)

**SUPPORT SERVICES**
There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- [http://www.sdc.uwo.ca/sss/](http://www.sdc.uwo.ca/sss/)

Students who are in emotional/mental distress should refer to Mental Health@Western [http://www.uwo.ca/uwocom/mentalhealth/](http://www.uwo.ca/uwocom/mentalhealth/) for a complete list of options about how to obtain help