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# KIN 3339A; F&N 3339A

Term: Fall 2016

- Lectures: Mon/Wed/Fri 11:30am-12:20pm
- Location: TBD
- Instructor: Peter Lemon, PhD
- Office: 3M Centre #2212
- Office Hours: TBD or by appointment
- Telephone: 661-2111, ext 88139
- e-mail: <u>plemon@uwo.ca</u>

### **COURSE DESCRIPTION**

Graduate Assistants: TBD Office: 3M Centre #2235 Office Hours: TBD or by appointment Telephone: 661-2111, ext 88164

Investigation of the important food/food components for individuals involved in chronic (regular) exercise programs and/or competition, i.e., athletes. The focus is on understanding how dietary needs are affected by regular, vigorous physical activity and the mechanisms responsible for any performance enhancement/decrement resulting from the supplementation of specific foods or food components. *Evaluations are based on application of concepts rather rote memorization of information reviewed in class*.

**Prerequisites:** Kin Students: Physiology 1021 (Hum Physiol), Kinesiology 2230 (Exercise Physiol). Note: A course in nutrition is recommended but not required. F&N Students: F&N 1030 (Fundamentals of Hum Nutr), 3373 (Nutr & Phys Act) are recommended.

**COURSE FORMAT:** Three lectures per week. All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

**<u>REQUIRED TEXTBOOK</u>**: M Dunford & JA Doyle. *Nutrition for Sport & Exercise*, Thomson – Wadsworth (3<sup>rd</sup> ed), 2015; select readings from periodicals including, but not limited to, *American Journal of Clinical Nutrition, Applied Physiology, Nutrition and Metabolism, International Journal of Sport Nutrition & Exercise Metabolism, and Journal of Applied Physiology.* 

#### **COURSE CONTENT**

	<u>Topic</u>	<u>Text</u>
1.	Introduction (Exercise Metabolism, Energy Demands,	Chapt 1,2,3
	Assessing Nutritional Status, Importance of Research,	
	Basic Nutrition)	
2.	Fuel Use During Exercise - Carbohydrate	Chapt 4
	- Fat	Chapt 6
3.	Protein/Amino Acid Needs of Athletes	Chapt 5
4.	Micronutrient (Vitamin, Mineral) Needs of Athletes	Chapt 8,9
5.	Fluid/Electrolyte Needs of Athletes	Chapt 7
6.	Dietary Supplements for Health & Athletic Performance	c Chapt 10
7.	Changing Body Size/Composition	Chapt 11
8.	Summary/Review	
EVALUATION		
	Mid-term Quiz (in class)	25%
	Project Quiz (research-based evaluation of health/exer	cise performance
	benefits/safety of a selected food/food component)	(in class) 25%

<u> 50% </u> 100% 2

#### **Course/University Policies**

1. **Lateness/Absences**: A missed mid-term examination without appropriate documentation will result in a zero (0) grade. It is <u>not possible to allow make-ups for scheduled midterms or final exams</u> <u>due to the number of students in this class</u>. Further, a grade of Incomplete will not be used without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (serious accidents, illness, death) or similar circumstances. Consequently, students need to prepare for exams well in advance and organize their schedules to be present on the day exams are given.

2. Written documentation: Students who require academic accommodation must provide notification and documentation in advance of due dates, examinations, etc stating specific reasons. Accommodation is possible assuming the exam can be taken at the same time as the main class takes it. Students must follow up with me 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 appropriate *Academic Counselling Office* of the student's Faculty/School of registration 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. 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 <a href="https://studentservices.uwo.ca/secure/index.cfm">https://studentservices.uwo.ca/secure/index.cfm</a> 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 might occur!) should be brought to my attention immediately.

4. **Scholastic offences:** These 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: <a href="http://www.uwo.ca/univsec/handbook/appeals/scholastic\_discipline\_undergrad.pdf">http://www.uwo.ca/univsec/handbook/appeals/scholastic\_discipline\_undergrad.pdf</a>.

A) Students must write their 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 might 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)

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." Note: *This policy does NOT apply to mid-term examinations*.

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 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 etc) 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 <a href="http://www.uwo.ca/univsec/board/code.pdf">http://www.uwo.ca/univsec/board/code.pdf</a>

## ENGLISH PROFICENCY FOR THE ASSIGNMENT OF GRADES

Visit the website 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/ssd/
- 2. Student Health -- http://www.shs.uwo.ca/student/studenthealthservices.html
- 3. Registrar's Office -- http://www.registrar.uwo.ca/
- 4. Ombuds Office -- <u>http://www.uwo.ca/ombuds/</u>