

Brescia University College
School of Food and Nutritional Sciences
Winter 2017

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| Course | Foods & Nutrition 3373B: Nutrition and Physical Activity |
| Section | 530 |
| Lecture Details | 3.0 hour lecture, Wednesday 4:30-7:30pm UH-27, Ursuline Hall (Room 27), Brescia University College |
| Professor | Jennifer Broxterman, MScFN, RD |
| Email | jbroaxter@uwo.ca Email Policy: If you need to contact me please email me at jbroaxter@uwo.ca . I check email regularly from 9am to 5pm and will respond within 48 hours Monday through Friday. I do not check my email on weekends. When emailing, please put the course code (FN3373) in the subject heading, and a quick description of your question/concern. For example: FN3373– exam question |
| Office Location | Ursuline Hall, Room 208, Brescia University College |
| Office Hours | <ul style="list-style-type: none"> • By appointment only • Book via email: jbroaxter@uwo.ca • See OWL announcement for posted schedule |

Course Description: An integrative study of the impact of various levels of physical activity and inactivity on nutritional needs and food and nutrient intakes based on current research and recommendations with attention to popular half-truths and myths.

Objectives: By the end of the course, students will:

- a. Acquire a basic understanding of the science of human nutrition and its relationship between physical activity, metabolism, and sport performance.
- b. Be able to apply the knowledge learned to make informed food choices for his/her diet.
- c. Explore a variety of controversial issues relating to food and nutrition.
- d. Develop skills for finding reliable information related to food and nutrition.

Course Prerequisites and Antirequisites:

Antirequisite(s):

Prerequisite(s): Foods and Nutrition 1030E or Foods and Nutrition 1021 (with a mark of at least 70%) or Foods and Nutrition 2121 (with a mark of at least 70%). Registration in the Foods and Nutrition or Nutrition and Families modules (Honors Specialization, Specialization, Major, Minor in Foods and Nutrition).

Corequisite(s):

Pre-or Corequisite(s): Foods and Nutrition 2241A/B or Foods and Nutrition 2245A/B.

Format: One, 3-hour class per week including lectures and class discussions. In addition, there will be individual and/or group assignments and case studies to complete inside and outside of lecture hours.

Class Expectations: Students are expected to attend class regularly.

Required Textbook: Nutrition for Sport and Exercise 3rd Edition. Marie Dunford & J. Andrew Doyle. Cengage Learning, 2015. ISBN: 978-1-285-75249-5

Parking: Parking on Brescia property is enforced by UWO. Students may park at metered spaces or purchase a parking permit to use other available spaces. Daily permits can be purchased from the reception desk in the St. James Building.

EVALUATION

| Item | % Final Mark | Due Date |
|--|--------------|--|
| Midterm Exam 1.5 hours, in-class, multiple choice | 35% | February 15, 2017 |
| Journal Article Test 1 hour, in-class, multiple choice, open book test on assigned peer-reviewed sports nutrition journal articles | 25% | March 22, 2017 |
| Final Exam 2 hours, multiple choice | 40% | Date & location TBA: scheduled by the Registrar's Office |
| TOTAL | 100% | |

Note: The date and location of the exams will be scheduled by the Registrar's Office and will be posted online as well as announced in class. Students who miss exams because they have assumed dates and time incorrectly will not be permitted to reschedule them.

Divisional Policy for Late Assignments: Assignments are due at the **time and date** indicated on the course outline. The mark will be automatically reduced by 20% on assignments submitted late. Assignments submitted after this seven (7) day period will not be accepted for marking.

Documentation for Late Assignments: Assignments submitted late will only be accepted for marking with documentation of confirmed personal illness or death in the student's immediate family. **IMPORTANT:** You must meet with an **Academic Advisor from your undergraduate department** to obtain proper documentation to submit a late assignment. Emails and in-class requests made to the professor will not be accepted. See page 4 of the course outline for further details.

LECTURE SCHEDULE

2017 Winter Semester

| | Date (2017) | Topic | Chapter |
|----|------------------------|---|---------------------------------------|
| 1 | Wed. Jan. 11 | Course Outline Introduction to Sports Nutrition Healthy Eating and Physical Activity Guidelines | 1 |
| 2 | Wed. Jan. 18 | Energy Systems and Exercise | 3 |
| 3 | Wed. Jan. 25 | Carbohydrates | 4 |
| 4 | Wed. Feb. 1 | Proteins | 5 |
| 5 | Wed. Feb. 8 | Fats | 6 |
| 6 | Wed. Feb. 15 | MIDTERM EXAM 35% (1.5 hr) | lectures + ch. 1,3,4,5,6 |
| 7 | Wed. Feb. 22 | READING WEEK (no lecture) | n/a |
| 8 | Wed. March 1 | In-Class Athlete Case Study Applications | n/a |
| 9 | Wed. March 8 | Water and Electrolytes | 7 |
| 10 | Wed. March 15 | Diet Planning: Food First, Supplements Second | 10 |
| 11 | Wed. March 22 | JOURNAL ARTICLE TEST 25% (1 hr) | n/a |
| 12 | Wed. March 29 | Weight and Body Composition | 11 |
| 13 | Wed. April 5 | Disordered Eating and Exercise Patterns in Athletes | 12 |
| | TBA: Final Exam Period | FINAL EXAM 40% (2.0 hr) | All lectures + chapters covered |

BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm> . If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2017/pg117.html>

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, www.registrar.uwo.ca, for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences 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/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

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 The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

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. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the 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.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/> . The Western Registrar's website is at <http://www.registrar.uwo.ca/index.html> . The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/> . Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.