

Brescia University College
School of Food and Nutritional Sciences
Winter 2018

Course	Foods & Nutrition 3373B: Nutrition and Physical Activity
Section	530
Lecture Details	3.0 hour lecture, Friday 12:30-3:30pm BR-19, St. James Building (Room 19), Brescia University College
Professor	Jennifer Broxterman, MScFN, RD
Email	jbroxter@uwo.ca Email Policy: If you need to contact me please email me at jbroxter@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: jbroxter@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.

Course Prerequisites and Antirequisites:

Antirequisite(s): n/a

Prerequisite(s): FN1030E or FN1021 (with a mark of at least 70%) or FN2121 (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).

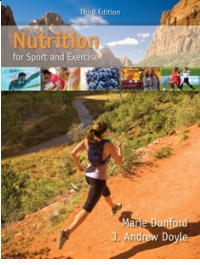
Pre-or Corequisite(s): FN2241A/B or FN2245A/B

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.

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.

Required Textbook:

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

EVALUATION

Item	% Final Mark	Due Date
Midterm Exam 1.5 hours, in-class, multiple choice	35%	Friday February 16
Journal Article Test 1.5 hours, in-class, multiple choice, open book test on assigned peer-reviewed sports nutrition journal articles	25%	Friday March 16
Final Exam 3 hours, multiple choice, cumulative	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.

Instructor 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.

Course 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.

Learning Objectives:

- Identify and describe how the macronutrients (carbohydrates, proteins, and fats) support the science of human nutrition and their relationship between physical activity, metabolism, and sport performance in both recreational and elite level athletes.
- Identify and describe how fluids and electrolytes support the science of human nutrition and their relationship between physical activity, metabolism, and sport performance in both recreational and elite level athletes.
- Apply appropriate decision-making models in developing a sports nutrition care plan for both competitive athletes and recreational exercisers through participation in in-class case studies completed in small groups.
- Apply critical thinking skills and a demonstration of knowledge of the course content through an open book journal article test where students must assess, critique, and analyze peer-reviewed academic research in the field of sports nutrition.
- Identify and describe the 5 types of ergogenic aids (Dietitians of Canada Sports Supplements description) and apply this knowledge through an in-class activity where students are assigned a random sports supplement to evaluate and present their findings to the class in small groups.
- Critique and challenge a variety of controversial issues in the field of sports nutrition and athletic performance, such as doping (cheating) in professional sport and discuss the benefits and drawbacks to the athlete through in-class discussions.
- Challenge and question societal norms around the definition of “health” through in-class discussions and assigned readings of sensitive topics such as disordered eating, body mass index (BMI) calculations, healthy obesity, the use of a scale as the measure of weight loss success, media and marketing of a thin or muscular ideal body type, etc. so that students may develop a broad appreciation and professional empathy of what living a “healthy lifestyle” actually entails through the adoption of a HAES (Health at Every Size) approach.

LECTURE SCHEDULE

2018 Winter Semester

	Date (2018)	Topic	Chapter
1	Fri. Jan. 12	Course Outline Introduction to Sports Nutrition Healthy Eating and Physical Activity Guidelines	1
2	Fri. Jan. 19	Energy Systems and Exercise	3
3	Fri. Jan. 26	Carbohydrates	4
4	Fri. Feb. 2	Proteins	5
5	Fri. Feb. 9	Fats	6
6	Fri. Feb. 16	MIDTERM EXAM 35% (1.5 hr)	lectures + ch. 1,3,4,5,6
7	Fri. Feb. 23	WINTER READING WEEK (no lecture)	n/a
8	Fri. March 2	In-Class Athlete Case Study Applications	n/a
9	Fri. March 9	Water and Electrolytes	7
10	Fri. March 16	JOURNAL ARTICLE TEST 25% (1.5 hr)	n/a
11	Fri. March 23	Diet Planning: Food First, Supplements Second	10
12	Fri. March 30	GOOD FRIDAY (no lecture)	n/a
13	Fri. April 6	Weight and Body Composition Disordered Eating and Exercise Patterns in Athletes	11 12
	TBD: Final Exam Period	FINAL EXAM 40% (3.0 hr)	All lectures + chapters covered

2017-18 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 for illness 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. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming 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 from: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf. 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.

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 policy on requesting accommodation due to illness can be viewed at: <http://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, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official dates <http://westerncalendar.uwo.ca/2017/pg7.html>). 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 (<http://westerncalendar.uwo.ca/2017/pg130.html>)

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 (<http://www.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 Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://westerncalendar.uwo.ca/2017/pg112.html>).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices (http://www.uwo.ca/univsec/pdf/academic_policies/exam/evaluation_undergrad.pdf and http://www.uwo.ca/univsec/pdf/academic_policies/exam/finalgrades.pdf).

6. PREREQUISITES

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 prerequisite(s).

7. SUPPORT

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 website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/>.

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. 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.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.