

COURSE IMPLEMENTATION DATE: **January 2001**

COURSE TO BE REVIEWED DATE: [January 2005]
(Four years after implementation date)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and material will vary
- see course syllabus available from instructor

FACULTY/DEPARTMENT: KINESIOLOGY AND PHYSICAL EDUCATION

KPE 460

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COURSE NAME/NUMBER

FORMER COURSE NUMBER

UCFV CREDITS

NUTRITION APPLICATIONS: SPORT AND DISEASE

COURSE DESCRIPTIVE TITLE

CALENDAR DESCRIPTION:

This course involves the application of basic human nutrition knowledge to practical situations such as eating for sport and physical activity and eating for the prevention, management, and treatment of disease. Nutritional ergogenic aids are discussed in detail as is advanced meal planning for active individuals. The role of nutrition in specific diseases is addressed. You will also be exposed to doing basic dietary analyses and interpretation, and to suggesting dietary modifications.

PREREQUISITES: KPE 160 and KPE 260

COREQUISITES: None

SYNONYMOUS COURSE(S)

(a) Replaces:	N/A	
	<u>(Course #)</u>	
(b) Cannot take	N/A	for further credit
	<u>(Course #)</u>	

SERVICE COURSE TO:

(Department / Program)

(Department / Program)

TOTAL HOURS PER TERM: 45

STRUCTURE OF HOURS:

Lectures:	30	hrs
Seminar:	15	hrs
Laboratory:		hrs
Field Experience:		hrs
Student Directed Learning:		hrs
Other (Specify):		hrs

TRAINING DAY-BASED INSTRUCTION

LENGTH OF COURSE:

HOURS PER DAY: _____

MAXIMUM ENROLMENT: 36

EXPECTED FREQUENCY OF COURSE OFFERING: Once/year

WILL TRANSFER CREDIT BE REQUESTED?

YES NO X

TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:

YES NO X

AUTHORIZATION SIGNATURES:

Course designer(s): R. Milne-Frechette

Chairperson: _____
(Curriculum Committee)

Department Head: _____
C. Chamberlin

Dean: _____
J. Snodgrass

PAC Approval in Principle Date:

PAC Final Approval Date: October 25, 2000

COURSE NAME / NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES/ LEARNING OUTCOMES:

Upon successful completion of this course, students will:

- a. have a thorough understanding of the metabolism of energy during physical activity
- b. understand the requirements and appropriate food choices for physical activity
- c. be more aware of the usefulness of so-called nutritional ergogenic aids for physical activity
- d. be able to interpret dietary records and analyses and offer suggestions for improvement for active individuals
- e. be able to offer suggestions for meal planning for various athletes
- f. understand the role of nutrition in the prevention, management, and treatment of many chronic diseases
- g. be able to offer suggestions for dietary improvements for individuals with certain chronic diseases
- h. have had the opportunity to review current research in this area and gain an understanding and appreciation for the science of nutrition and its many applications

METHODS:

Lectures, workshops, discussions

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR YES X NO

METHODS OF OBTAINING PLAR:

1. Articulated course credit
2. Challenge exam
3. Portfolio assessment

TEXTBOOKS, REFERENCES, MATERIALS:

Smolin, L.A. (1996). *Nutrition: Science and Applications*. Harcourt-Brace.

Library Reserve Readings.

SUPPLIES / MATERIALS:

Nutrition Analysis software program (www.dietsite.com)

STUDENT EVALUATION:

Journal research reviews	10%
Dietary Case Study I	15%
Dietary Case Study II (plus presentation)	20%
Bake-off	5%
Midterm	25%
Final exam	25%

COURSE NAME / NUMBER

COURSE CONTENT:

Introduction; review of metabolism of macronutrients

Part I. Nutrition and Physical Activity

- metabolism of fat during exercise
- metabolism of CHO and protein during exercise
- timing and choice of food for eating with exercise
- diets for different athletes
- nutritional ergogenic aids: usefulness, facts, myths, sports drinks and bars, hydration
- review of diet records, analysis, and interpretation; introduction to suggesting dietary modifications

Part II. Nutrition and Disease

- discussion of cause, prevention, management, treatment, and dietary modifications for:
 - cardiovascular disease
 - cancers, osteoporosis
 - diabetes, obesity
 - stress, migraines, chronic fatigue
 - eating disorders, depression
- food allergies vs. sensitivities