



**Instructor:** Raylene Reimer-De Bruyn  
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**Office:** KNB 440  
**Office:** By appointment  
**Hours:**

**Room:** KNB 132  
**Days:** Tues/Thurs  
**Time:** 2:00 – 3:15 pm  
**Course Website:** Blackboard

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<b>Course Description:</b>	Provides students with a basic understanding of the role of nutrition in health and fitness.
<b>Course Objectives:</b>	This introductory course is designed to provide the student with a basic understanding of the role of nutrition in health and disease and fitness. The course will cover a broad range of topics from fundamental nutrition principles to practical applications. Popular nutrition myths, trends and consumer products will be critically examined. The overall aim of the course is to better equip the student to apply nutrition guidelines to their individual nutrition needs and those of specialized populations.
<b>Required Reading Materials:</b>	Nutrition Now, 6 <sup>th</sup> Edition (required) by Judith M. Brown, Wadsworth. Diet Analysis Plus Version 10.0 online access (bundled with textbook or separate purchase).
<b>Contacting the Instructor:</b>	<p>Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor please phone or email the instructor to make an appointment.</p> <p>Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.</p>

**Grading Scale:**

Grade	Percent	Grade Point Value	Description
A+	96-100%	4.00	Outstanding
A	90-95%	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	85-89%	3.70	
B+	80-84%	3.30	
B	75-79%	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70-74%	2.70	
C+	65-69%	2.30	
C	60-64%	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	55-59%	1.70	<b>Minimum grade required if needed as a prerequisite course.</b>
D+	50-54%	1.30	
D	45-49%	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<45%	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course Content:**

Assignment I	15% (October 23, 2012)
Midterm Exam I	25% (October 11, 2012)
Midterm Exam II	25% (November 8, 2012)
Final Exam	35% (during scheduled exam period)

**Late Policy:**

Assignments handed in late will be assessed a 10% per day late penalty and will not be accepted after 2 days past the due date. Assignments can be placed in the drop boxes at the top of the atrium or handed in during class time.

**Final Examination:**

Final exam will be scheduled by the registrar. Use of calculators and/or portable computing machines will not be allowed during examinations.

**Additional Course Information:**

Please refer to Blackboard for any course announcements throughout the term.

**Course Content:**

- Unit 1: Key Nutrition Concepts and Terms**  
Introduction
- Unit 2: The Inside Story about Nutrition and Health**  
Nutritional state of Canadians  
Diet and diseases of western civilization
- Unit 3: Ways of Knowing About Nutrition**  
Nutrition misinformation, nutrition myths  
Reliable nutrition information
- Unit 4: Understanding Food and Nutrition Labels**  
Ingredient labels  
Dietary supplement labeling  
Irradiated foods  
Organic foods
- Unit 5: Nutrition, Attitudes and Behavior**  
Food choices

- Malnutrition and mental performance
- Food, serotonin, and behavior
- Unit 6: Healthy Diets: The Dietary Guidelines, MyPyramid, and More**
- Dietary guidelines for Canadians
- Dietary tools
- Unit 7: How the Body Uses Food: Digestion and Absorption**
- Digestion and nutrient utilization
- Unit 8: Calories! Food, Energy and Energy Balance**
- Calories as energy
- How the body regulates caloric intake
- Unit 9: Obesity to Underweight: The Highs and Lows of Weight Status**
- Overweight/underweight/healthy weight
- Unit 10: Weight Control: The Myths and Realities**
- Critical examination of current diet fads
- Unit 11: Disordered Eating: Anorexia Nervosa, Bulimia, and Pica**
- Anorexia Nervosa, Bulimia Nervosa
- Resources
- Unit 12: Useful Facts about Sugars, Starches, and Fiber**
- Simple sugars
- Artificial sweeteners
- Complex carbohydrates
- Dietary fiber
- Carbohydrate-related disorders (Diabetes, Hypoglycemia)
- Unit 13: Diabetes Now**
- Unit 14: Alcohol: The Positives and Negatives**
- Alcohol intake and diet quality
- How the body metabolizes alcohol
- Unit 15: Proteins and Amino Acids**
- Protein quality (animal vs. vegetable)
- Amino acid supplements
- Risks of underconsuming or overconsuming protein
- Unit 16: Vegetarian Diets**
- Unit 17: Food Allergies and Intolerances**
- Common food allergies and treatment
- Food intolerances
- Unit 18: Fats and Cholesterol in Health**
- Basic understanding of fats and cholesterol
- Reducing fat in the diet
- Unit 19: Nutrition and Heart Disease**
- Atherosclerosis, heart disease and fat
- Unit 20: Vitamins and Your Health**
- Adequate dose versus toxicity
- Antioxidant vitamins
- Unit 21: Phytochemicals and Genetically Modified Food**
- Unit 22: Diet and Cancer**
- Unit 23: Good Things to Know about Minerals**
- Selected minerals
- Unit 24: Dietary Supplements and Functional Foods**
- Guidelines for choosing and using supplements
- Unit 25: Water is an Essential Nutrient**
- Unit 26: Nutrition-Gene Interactions in Health and Disease**
- Unit 27: Nutrition and Physical Fitness for Everyone**
- Nutrition recommendations for physical activity

**Unit 28: Nutrition and Physical Performance**

Sports nutrition

Fuel for exercise / Hydration

Body composition and sport nutrition

Sport drinks and energy bars

Ergogenic aids

**Unit 29: Good Nutrition for Life: Pregnancy, Breast-feeding, and Infancy**

Nutritional needs

Fetal origins of disease hypothesis

**Unit 30: Nutrition for the Growing Years: Childhood through Adolescence**

Critical nutrients for growth and development

**Unit 31: Nutrition and Health Maintenance for Adults of all Ages**

Chronic disease and diet in aging

Caloric restriction

**Unit 32: The Multiple Dimensions of Food Safety**

Unit 33: Aspects of Global Nutrition

## **Supplementary Course Information**

### *In accordance with the University of Calgary Calendar*

<b>Academic Accommodation Awareness Information:</b>	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are <u>not</u> eligible for formal academic accommodation.
<b>Plagiarism/Cheating/Other Academic Misconduct: (see Calendar)</b>	A <u>single</u> offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.
<b>Midterm Exam Policy:</b>	The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in <u>exceptional circumstances only</u> which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification <u>prior</u> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <u>not</u> valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
<b>FOIP Policy:</b>	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <a href="http://www.ucalgary.ca/secretariat/privacy">http://www.ucalgary.ca/secretariat/privacy</a>
<b>Internet and Electronic Communication Device Information:</b>	Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.  Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.
<b>Emergency Evacuation/Assembly Points:</b>	For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby
<b>Safewalk Information:</b>	Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).
<b>Student's Union:</b>	The Kinesiology Representative is Calindy Ramsden - E-mail: <a href="mailto:kinesrep@su.ucalgary.ca">kinesrep@su.ucalgary.ca</a> .