Queen's University
School of Kinesiology and Health Studies

Course Name: **HLTH 331/3.0** Advanced Human Nutrition	**Course Instructor:** Dr. Chris McGlory	**Contact Hours:** Lectures: 1 x 3 hrs / 12 weeks
		Prerequisite: HLTH 230/3.0 or NURS 100/3.0 HLTH or KINE Plans level 2 or above. This course leads to: KNPE 449/3.0
		Exclusion:

Course Description:

The aim of this course is to provide students with a framework for understanding human nutrition. Specifically, students will learn how manipulating various components of nutrition can impact human health and as well as mitigate declines in human health during disease and aging. Given the wealth of nutrition-related information in social media (Twitter/Facebook etc.), another key aspect of this course will be the development of skills required to identify scientifically supported health claims of products vs. 'hype' and 'myth'. A primary focus of the course aims of utilizing evidence-based nutritional interventions to optimize human health at various stages of life (e.g., aging, pregnancy).

Textbook &/or Courseware Package

There is no textbook for this course.

Course readings will be placed on onQ.

Learning Outcomes:

- Identify the basic scientific principles underpinning human nutrition scientific principles underpinning human nutrition.
- Critically evaluate the literature to develop an evidence-based opinion on nutritional interventions to optimize health.
- Develop an understanding how different nutrients impact metabolic health.

Course Evaluation:

TBD

Course Outline

Introduction	Nutrition for frail and older adults
Energy balance and food labelling	Game changers critique and veganism
Carbohydrates and exercise	Nutrition for injury and illness
Omega-3 fatty acids and cardiovascular health	Nutraceuticals and mitochondria
Omega-3 fatty acids and skeletal muscle health	Appetite regulation/Protein nutrition
Cannabis use in athletes	Sustainable nutrition / Carbohydrates and Exercise