Queen's University
School of Kinesiology and Health Studies

Course Name: **KNPE 349/3.0** Sports Nutrition	**Course Instructor:** Dr. Chris McGlory	**Learning Hours:** Lectures: 1 x 3.0 hrs/ 12 weeks Labs: 1 x 1.0 hrs/ 12 weeks
		Prerequisite: Level 3 or above in a KINE program and KNPE 227/3.0 and KNPE 255/3.0

Course Description: The aim of this course is to provide foundational knowledge regarding the basic physiological pathways that support energy production during endurance-type and resistance-type exercise. After establishing this knowledge, you will then investigate and critically evaluate nutritional interventions to potentiate these energy systems and promote post-exercise recovery.	**Exclusion:** **Course Texts:** There is no textbook for this course. Course notes will be placed on onQ.
Learning Outcomes: • To identify and describe the major energy producing pathways during endurance and resistance exercise. • To identify and describe key fundamental principles underlying applied sports nutrition. • To critically evaluate the existing literature related to sports nutrition. • To develop and apply nutritional interventions to enhance exercise performance and recovery.	**Course Evaluation:** Midterm 1 25% Midterm 2 25% Lab Attendance 10% Final Lab Assignment 40%

Course Outline	
Carbohydrates and endurance exercise	Media and sport nutrition
Protein and resistance exercise	Practical aspects of applied sports nutrition
Fatty acids and exercise	Sex in sports and exercise
How to critique a sports nutrition paper	Supplements and drugs