

<p>Course Name: HLTH 331/3.0</p> <p>Advanced Human Nutrition</p>	<p>Course Instructor:</p> <p>Dr. Chris McGlory</p>	<p>Contact Hours:</p> <p>Winter 2021 – Remote Delivery</p>								
		<p>Prerequisite:</p> <p>HLTH 230/3.0 or NURS 100/3.0 HLTH, KINE or PHED Plans level 2 or above.</p>								
		<p>Exclusion:</p> <p>None</p>								
<p>Course Description:</p> <p>The aim of this course is to provide students with a framework for understanding advanced human nutrition. Specifically, students will learn how manipulating various components of nutrition can impact human health and athletic performance as well as mitigate declines in human health during disease. A primary focus of this course will be upon the basic biochemical principles that regulate tissue (i.e., skeletal muscle) protein turnover and functionality. 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 significant proportion of the course will be driven by the student's own interests.</p>		<p>Textbook &/or Courseware Package</p> <p>This course will require Nutritics that costs ~\$75 for a single user license. You are not required to use the Mobile Libro App with this software.</p> <p>Course Notes</p> <p>Course notes will be placed on onQ.</p> <p>Readings</p> <p>Experimental research papers, reviews, position stands, and government recommendations will be provided throughout the course. However, all students are required to familiarize themselves with the Dietary Reference Intakes that can be found here https://www.canada.ca/en/health-canada/services/food-nutrition.html.</p>								
<p>Course Objectives:</p> <ol style="list-style-type: none"> 1. Identify the basic scientific principles underpinning human nutrition. 2. Critically analyse an individual's diet and identify components that are both deficient and surplus. 3. Develop an understanding of how to enhance athletic performance with nutritional interventions 		<p>Course Evaluation:</p> <table> <tr> <td>Midterm 1</td> <td>20%</td> </tr> <tr> <td>Report</td> <td>25%</td> </tr> <tr> <td>Midterm 2</td> <td>20%</td> </tr> <tr> <td>Final Exam</td> <td>35%</td> </tr> </table>	Midterm 1	20%	Report	25%	Midterm 2	20%	Final Exam	35%
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<p>Course Outline</p>										
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	
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