

<p>Course Name: KNPE 349/3.0</p> <p>Sports Nutrition NEW COURSE</p>	<p>Course Instructor:</p> <p>Dr. Chris McGlory</p>	<p>Learning Hours:</p> <p>Lectures: 1 x 3.0 hrs/ 12 weeks Labs: 1 x 1.0 hrs/ 12 weeks</p>																
<p>Course Description:</p> <p>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.</p>		<p>Prerequisite:</p> <p>Level 3 or above in a KINE program and KNPE 227/3.0 and KNPE 255/3.0</p>																
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • 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. 		<p>Exclusion:</p> <p>Course Texts:</p> <p>Nutrition software package: estimated cost \$75</p>																
<p>Course Evaluation:</p> <table border="0"> <tr> <td>Multiple Choice Test</td> <td>30%</td> </tr> <tr> <td>Short Essay Test</td> <td>30%</td> </tr> <tr> <td>Final Lab Report</td> <td>35%</td> </tr> <tr> <td>Attendance at Labs</td> <td>5%</td> </tr> </table>		Multiple Choice Test	30%	Short Essay Test	30%	Final Lab Report	35%	Attendance at Labs	5%	<p>Course Outline</p> <table border="1"> <tr> <td>Carbohydrates and endurance exercise</td> <td>Media and sport nutrition</td> </tr> <tr> <td>Protein and resistance exercise</td> <td>Practical aspects of applied sports nutrition</td> </tr> <tr> <td>Fatty acids and exercise</td> <td>Sex in sports and exercise</td> </tr> <tr> <td>How to critique a sports nutrition paper</td> <td>Supplements and drugs</td> </tr> </table>	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
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