

COURSE NAME: REC135 Sport Nutrition

Credit Value: 3
Total Course Hours: 42
Prerequisite Course(s): None
Corequisite Course(s): None

COURSE DESCRIPTION

Sports nutrition introduces students to the application of nutrition and diet to sports for the purpose of achieving optimal athletic performance. This course includes nutritional guidelines and recommendations surrounding the consumption of macro and micronutrients for weight management, changing body composition and adjusting to needs of different sports.

LAND ACKNOWLEDGEMENT

Canadore College resides on the traditional territory of the Anishinaabeg and within lands protected by the Robinson Huron Treaty of 1850. This land is occupied by the people of Nipissing First Nation, Treaty #10 in the Robinson Huron Treaty of 1850 since time immemorial.

PLAR INFORMATION

This course is eligible for Prior Learning Assessment and Recognition. Students are advised to discuss options with their program coordinator.

COURSE LEARNING OUTCOMES

Upon completion of this course, the student will have reliably demonstrated the ability to:

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| <p>1.0 Evaluate the importance of sport nutrition to the field of strength and conditioning.</p> <ul style="list-style-type: none">1.1 Define sport nutrition.1.2 Examine nutrition specific professional boundaries of strength and conditioning professionals.1.3 Relate inter-professional connection of nutrition to other fields.1.4 Examine the role of food misinformation.1.5 Explain recommendations of Canada's food guide. <p>2.0 Identify and interpret the importance of dietary carbohydrate.</p> <ul style="list-style-type: none">2.1 Define glycemic index and glycemic load.2.2 Relate implications of glycemic index and load to sport performance.2.3 Describe the metabolism of dietary carbohydrate.2.4 Identify sources of varying types of carbohydrate.2.5 Explain carbohydrate intake requirements for optimal athletic performance. <p>3.0 Identify and interpret the importance of</p> | <p>dietary fat.</p> <ul style="list-style-type: none">3.1 Describe different types of dietary fat.3.2 Describe the metabolism of dietary fat.3.3 Identify sources of varying types of dietary fat.3.4 Explain fat intake requirements for optimal athletic performance. <p>4.0 Identify and interpret the importance of dietary protein.</p> <ul style="list-style-type: none">4.1 Differentiate between essential and non-essential amino acids.4.2 Describe the metabolism of dietary protein.4.3 Identify sources of varying types of protein.4.4 Explain protein intake requirements for optimal athletic performance. <p>5.0 Identify and describe the functions of dietary micromolecules.</p> <ul style="list-style-type: none">5.1 Define vitamins.5.2 Define minerals.5.3 Explain the metabolism of vitamins and minerals.5.4 Determine sources of vitamins and minerals. |
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- 5.5 Identify micromineral quantities required to support optimal performance and health.
- 6.0 Describe methods to modify body composition.
- 6.1 Weight management for weight class athletes.
- 6.2 Nutritional strategies to alter body composition.
- 6.3 Understand energy intake and expenditure, thermal effects of food, and metabolic rate.
- 6.4 Discuss psychological challenges and strategies surrounding weight management.
- 7.0 Describe optimal nutrient timing and hydration practices.
- 7.1 Restate the definition of electrolytes.
- 7.2 Understand the role of electrolytes in optimal hydration.
- 7.3 Describe euhydration strategies for optimal performance.
- 7.4 Determine ideal timing of nutrient intake before competition.
- 7.5 Determine ideal post competition nutritional strategies.
- 8.0 Examine the role of supplements in athletic performance.
- 8.1 Define dietary supplements.
- 8.2 Determine risks and benefits of consuming common dietary supplements.
- 8.3 Describe the role of the Canadian Centre of Ethics in Sport.
- 8.4 Identify and describe the function and risks associated with performance enhancing drugs.
- 9.0 Tailor nutritional practices and programming to support athlete needs.
- 9.1 Discuss different nutritional demands between sports.
- 9.2 Determine sex specific differences in nutrient and energy metabolism.
- 9.3 Identify alternatives for food sensitivities to optimise performance.
- 9.4 Identify common eating disorders in athletes.
- 9.5 Determine strategic nutritional practices to combat malnutrition.
- 10.0 Examine common diet trends in athletics.
- 10.1 Evaluate evidence of macromolecule restrictive diets.
- 10.2 Discuss the potential benefits of gluten free diets for athletes.
- 10.3 Determine optimal nutrition for plant based athletes.
- 10.4 Describe evidence of time based dietary trends, such as intermittent fasting.
- 10.5 Discuss trend of digital nutritional certification and counselling.

GENERAL EDUCATION

This is not a General Education course.

PROGRAM OUTCOMES

This course contributes to the following Ministry of Colleges and Universities approved program learning outcomes (PLO):

Strength and Sport Conditioning

1. contribute to the safe and effective delivery of sport conditioning programs through in-depth knowledge of appropriate testing and exercise protocols with regard to aerobic/anaerobic training, strength/power, flexibility, speed, agility and balance training.
2. create, plan, implement, and evaluate programs aimed at the development and enhancement of sports performance from the entry level (recreational) to elite (competitive).
3. promote healthy lifestyle choices and the use of functional ground-based training methods with the majority of athletes.
5. apply the standards and positions of agencies involved in sport training and competition (NCCP, NSCA,

Canadian Centre for Ethics in Sport).

8. apply sound business principles and marketing strategies to the continued delivery/success of sport conditioning programs, sports teams and special events.
9. utilize age appropriate approaches with individuals and groups involved in sport conditioning programs or competitions.
11. develop plans and affiliations aimed at professional growth and development.

ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

This course contributes to the following Ministry of Colleges and Universities approved essential employability skills (EES) outcomes:

1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication
3. Execute mathematical operations accurately
4. Apply a systematic approach to solve problems
5. Use a variety of thinking skills to anticipate and solve problems
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one's own actions, decisions, and consequences.

EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

There are no external accreditations or conditions identified for this course.

COURSE EVALUATION

Quizzes - 50%

Assignments and class activities - 50%

PROGRAM SPECIFIC GRADING

Per College Grading System.

50% required to pass.

GRADING SYSTEM

A+:	90-100%	B+:	77-79%	C+:	65-69%	D:	50-54%	S - Satisfactory
A:	85-89%	B:	73-76%	C:	60-64%	F:	0-49%	I - Incomplete
A-:	80-84%	B-:	70-72%	D+:	55-59%			F- Repeat Course, included in GPA

FS- Failure Supplemental

FR- Repeat course,
excluded from GPA

*For a complete chart of grades and descriptions, please see the Grading Policy.

LEARNING RESOURCES

Course Textbooks:

Recommended:

Title: Sport Nutrition
ISBN: 9781492529033
Edition: 3rd
Author: Asker Jeukendrup, Michael Gleeson

Other Resources:

As per Canadore's Bring Your Own Device (BYOD) requirements (link below), students will need a device capable of running Office 365 software. Software provided for free upon registration with the college.

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

Technology requirements - <https://www.canadorecollege.ca/BYOD>

The Harris Learning Library's staff can help you find resources to support your learning - www.eclibrary.ca

LEARNING ACTIVITIES

Lecture based, in class activities.

DELIVERY MODE

This course may be delivered, in whole or in part, in a number of modalities, including in class, online, hybrid, in a synchronous or asynchronous manner or a combination thereof, as per accreditation and/or regulatory standards where appropriate.

RECORDING GUIDELINES

This class may be recorded by faculty of the College. Faculty will inform students when recording of the class commences and ceases. 'Recorded' means that the audio-visual and chat portions of the class will be recorded and then be stored on the College or vendor provider server. They will be made available to students, but only

for the express and sole use of those registered in this course. If you have any questions or concerns about this recording, please contact your instructor or the College's privacy officer at privacy.officer@canadorecollege.ca. Full recording guidelines can be found at: <https://cdn.agilitycms.com/canadore-college/academic-centre-of-excellence/Canadore%20Recording%20Guidelines.pdf>

ACADEMIC POLICIES

Canadore College is committed to the highest standards of academic integrity, and expects students to adhere to these standards as part of the learning process in all environments. The College's Academic Integrity policy seeks to ensure that all students understand their rights and responsibilities in upholding academic integrity and that students receive an accurate and fair assessment of their work. Please review the Academic Integrity policy (A-18) and other academic policies found on our website: <https://www.canadorecollege.ca/about/policies>.

COLLEGE POLICIES

- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

STUDENT SUCCESS SERVICES - Your Success Matters!

Student Success Services provides student-focused services to facilitate students' success in their studies. Staff provide support by reducing and/or removing educational-related barriers through individualized accommodations and supports to students with disabilities.

Please visit our webpage to learn more: <https://www.canadorecollege.ca/support/student-success-services> or look for our events on social media.

To connect with Student Success Services email studentsuccessnow@canadorecollege.ca or call 705.474.7600 ext 5205.

FIRST PEOPLES' CENTRE:

A culturally safe environment offering CONFIDENTIAL student focused services, drop in or make an appointment to access:

- One on one counselling
- Elder in residence program
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills

- Learning Resource Centre

Drop by our offices at C254 College Drive, E101 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

<https://www.canadorecollege.ca/experience/indigenous-student-experience>

WAIVER OF RESPONSIBILITY

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

HISTORICAL COURSE OUTLINES

Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.