



ORIGINAL COURSE IMPLEMENTATION DATE: January 1996
 REVISED COURSE IMPLEMENTATION DATE: September 2018
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024
 Course outline form version: 09/15/14

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: KIN 260	Number of Credits: 3 Course credit policy (105)																
Course Full Title: Topics in Human Nutrition Course Short Title (if title exceeds 30 characters):																	
Faculty: Faculty of Health Sciences	Department (or program if no department): Kinesiology																
Calendar Description: <p>An introduction to the principles of human nutrition with an emphasis on topics of current interest. Students gain an understanding of the scientific function that nutrients and eating habits play in maintaining good health.</p> <p>Note: Students with credit for KPE 260 cannot take this course for further credit.</p>																	
Prerequisites (or NONE):	None.																
Corequisites (if applicable, or NONE):	None																
Pre/corequisites (if applicable, or NONE):	None																
Equivalent Courses (cannot be taken for additional credit) Former course code/number: KPE 260 Cross-listed with: Equivalent course(s): KPE 260 <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>	Transfer Credit Transfer credit already exists: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Transfer credit requested (OReg to submit to BCCAT): <input type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see bctransferguide.ca .																
Total Hours: 45 Typical structure of instructional hours: <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Lecture hours</td><td style="text-align: right;">35</td></tr> <tr><td>Seminars/tutorials/workshops</td><td style="text-align: right;">10</td></tr> <tr><td>Laboratory hours</td><td></td></tr> <tr><td>Field experience hours</td><td></td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours:</td><td></td></tr> <tr><td style="text-align: right;">Total</td><td style="text-align: right;">45</td></tr> </table>	Lecture hours	35	Seminars/tutorials/workshops	10	Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		Total	45	Special Topics Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i> Maximum enrolment (for information only): 36 Expected frequency of course offerings (every semester, annually, every other year, etc.):
Lecture hours	35																
Seminars/tutorials/workshops	10																
Laboratory hours																	
Field experience hours																	
Experiential (practicum, internship, etc.)																	
Online learning activities																	
Other contact hours:																	
Total	45																
Department / Program Head or Director: Alastair Hodges	Date approved: May 2017																
Faculty Council approval	Date approved: May 2017																
Campus-Wide Consultation (CWC)	Date of posting: October 20, 2017																
Dean/Associate VP: Joanne MacLean	Date approved: May 2017																
Undergraduate Education Committee (UEC) approval	Date of meeting: March 23, 2018																

Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Describe the concepts of, and basis for, nutrient requirements/recommendations.
2. Evaluate nutritional information for its reliability and worth.
3. Describe the functions and fates (ingestion, digestion, absorption, transport, storage, utilization and excretion) of the major nutrients in the body,
4. Explain the relationships between nutrition and health, including the consequences of over- and under-nutrition and the relationships between nutrition and some diseases.
5. Critically examine the nutrient intakes of themselves and others, identify problem areas and the potential consequences of problem intakes.

Prior Learning Assessment and Recognition (PLAR)

Yes No, PLAR cannot be awarded for this course because

Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)

Lectures, discussions, case studies, use of diet analysis program.

Grading system: Letter Grades: Credit/No Credit: Labs to be scheduled independent of lecture hours: Yes No

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Thompson, J., Manore, M. and Sheeshka, J.	Nutrition: A Functional Approach. 3 rd Canadian edition	<input checked="" type="checkbox"/>	Pearson	2014
2.		Diet analysis program	<input type="checkbox"/>		
3.		Canada's Food Guide	<input type="checkbox"/>		

Typical Evaluation Methods and Weighting

Final exam:	40%	Assignments:	%	Midterm exam 1:	15%	Midterm exam 2:	20%
Quizzes/tests:	5%	Projects:	20%	Field experience:	%	Total:	100%

Typical Course Content and Topics

1. Introduction
2. Nutrient recommendations and guidelines – DRIs, Canada's Food Guide, food labels
3. Digestion and absorption
4. Micronutrients – vitamins and minerals
 - a. minerals – general functions, absorption, toxicity
– sodium
 - b. vitamins – general functions, absorption, toxicity
– fat-soluble vitamins – vitamin D
– water-soluble vitamins – vitamin C
5. Supplements
6. Carbohydrates – types of carbohydrates
 - a. digestion, absorption and lactose intolerance
 - b. functions and regulation of glucose
 - c. recommendations for intakes
 - d. fibres – soluble vs insoluble
 - e. health effects and recommendations
7. Lipids – structures and functions
 - a. essential fatty acids
 - b. digestion and absorption
 - c. transport in blood
 - d. lipids and health – cardiovascular disease – cholesterol, trans fatty acids and ω -3 fatty acids
 - e. recommendations for intakes
8. Proteins – structures and functions
 - a. digestion and absorption
 - b. metabolism
 - c. protein synthesis and protein quality
 - d. recommendations for intake
 - e. protein and health – deficiency
9. Vegetarian diets
10. Energy – energy balance
 - a. regulation of energy intake
 - b. healthy body weight
 - c. energy imbalance – obesity and underweight
 - d. eating disorders