

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 3339A - Exercise Nutrition
Fall 2020**

<p>Instructor: Peter WR Lemon, PhD Office: Health Sciences Bldg Rm 411 Email: plemon@uwo.ca Phone: 519/661-2111 x88139 Office Hrs: Tue 11:00-11:30am Thu 3:00 3:30pm or appointment via Zoom</p> <p>TAs: Nikan Behboodpour (nbehboo@uwo.ca); Reed Zehr (reed.zehr@gmail.com); Karishma Hosein (khosein2@uwo.ca) Babac Salmani (bsalmani@uwo.ca)</p>	<p>Lectures: Asynchronous, online</p> <p>Room: Online</p> <p>Discussion Groups (via Zoom)*: Babac: Mon, Wed, Fri 1-1:30pm ET Reed: Mon, Wed, Fri 2-2:30 pm ET Nikan: Mon, Wed, Fri 3-3:30pm ET Karshma: Tuesday 12-12:30pm ET, Thursday 1-1:30 pm ET, Thursday 2-2:30 pm ET</p>
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My Course Description: This course investigates the important food/food components for individuals involved in chronic (regular) exercise programs and/or competition, i.e., athletes. The focus is on understanding how dietary needs are affected by regular, vigorous physical activity and the mechanisms responsible for any performance enhancement/decrement resulting from the supplementation of specific foods or food components.

Learning Outcomes/Schedule:

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

- Assess diet quality including both macro- and micro-nutrients
- Evaluate food supplements relative to both health and exercise performance
- Understand body composition methodology
- Develop nutrition/activity programs for optimal health and body composition
- Access and interpret the nutrition research literature

Required Course Material/Text:

All required readings will be posted on OWL.

REQUIRED TEXTBOOK: M Dunford & JA Doyle.

5. **Support Services**

There are various support services around campus and th

their course requirements will be affected by a religious observance. Additional informat

