



## Nutrition – KNES 205 Kinesiology Program

### Course Outline

COURSE IMPLEMENTATION DATE: April 2000  
OUTLINE EFFECTIVE DATE: January 2025  
COURSE OUTLINE REVIEW DATE: September 2030

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#### GENERAL COURSE DESCRIPTION:

This course investigates factors involved in food choices and healthy living, the function of nutrients, distribution of nutrients in the diet, metabolism, and dietary requirements. Students gain theoretical knowledge and practical skills that allow them to make evidence-based decisions about healthy food choices and dietary habits. Nutrition for active lifestyles and exercise, weight management, disease prevention, considerations along the lifespan, and current trends and issues are covered.

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**Program Information:** This is a required course in the Kinesiology Program and may be used as an elective for students in other disciplines.

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**Delivery:** This course is delivered online or face-to-face.

**COTR Credits:** 3

**Hours for this course:** 45 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	45

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	N/A

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**Course Outline Author or Contact:**

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Signature

**APPROVAL SIGNATURES:**

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Department Head Signature

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Dean Signature

EDCO

Valid from: January 2025 – September 2030

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Either Anatomy and Physiology 12, BIOL 090, BIOL 101, KNES 190, KNES 200, Life Science 11, or equivalent

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

**Equivalent Course:** Students who have received COTR credit for KNES 205 may not receive additional credit for HLTH 205

## Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Sizer, F., Whitney, E., & Piche, L. (2020). *Nutrition: Concepts and Controversies, 5<sup>th</sup> Canadian Ed.* Nelson publishing. ISBN: 9781774747131

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

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

- describe the characteristics, functions and metabolism of major nutrients;
  - recognize & explain the factors involved in food choices and dietary habits;
  - discuss and appreciate Indigenous dietary perspectives;
  - evaluate claims about nutrition or food products for scientific soundness;
  - describe the relationship between diet, health and disease;
  - recognize and apply the considerations of diet necessary for an active lifestyle; and
  - discuss & explore current issues in nutrition from a critical standpoint.
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## COURSE TOPICS:

- Guidelines for a Healthy Diet
  - Indigenous Dietary Perspectives
- Digestion, Absorption, and Metabolism
- Macronutrients
  - Carbohydrates: Sugar, Starch, and Fibre
  - Lipids: Oils, Fats, Phospholipids and Sterols
  - Proteins and Amino Acids
- Micronutrients
  - Vitamins
  - Minerals
  - Water
- Energy Balance, Body Composition, and Weight Management Issues
- Nutrition, Fitness, and Physical Activity
- Nutrition for Diverse Populations
  - Pregnancy and Infancy
  - Across the Lifespan
  - Disease Prevention and Wellness

- Contemporary Issues in Nutrition
  - Safety of our Food Supply, Genetically Modified Foods, Organic Food

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

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**EVALUATION AND ASSESSMENT:**

Assignments	% Of Total Grade
Assignments	60%
Midterm Examination	20%
Final Exam	<u>20%</u>
Total	100%

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

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**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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**COURSE GRADE:**

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.