

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

NUTR 2500: Sports Nutrition

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 3 h + Seminar 1 h + Lab 0 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

In this course, students will discuss the role of nutrition for health, fitness and athletic performance. Topics covered include the basic principles of human nutrition and exercise; carbohydrate, fat and protein metabolism at rest and during exercise; energy balance and body composition; fluid and electrolyte balance; vitamin and mineral needs and issues for athletes; evaluation of sports foods, supplements and ergogenic aids, nutrition during training, competition and recovery; nutrition for special populations - women, children, youth and seniors; and nutrition and fitness assessment.

Prerequisites and Corequisites unavailable, please consult Department for details

Learning Outcomes:

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

Information unavailable, please consult Department for details

Instructor(s): TBA

Office: TBA **Phone:** 604 323 XXXX **Email:** TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

For textbook information, visit https://mycampusstore.langara.bc.ca/buy_courselisting.asp?selTerm=3|8

Note: *This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.*

Assessments and Weighting:

Final Exam %

Other Assessments %

(An example of other assessments might be:) %

Information currently unavailable, please consult Department for details

Grading System:

Specific grading schemes will be detailed in each course section outline.

Information currently unavailable, please consult Department for details

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Information currently unavailable, please consult Department for details

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

This generic outline is for planning purposes only.