

**UNIVERSITY OF LETHBRIDGE
FACULTY OF HEALTH SCIENCES
HLSC 2310 – HUMAN NUTRITION
Course Outline – Spring, 2015**

INSTRUCTOR: Donnelly Sellers, RD
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CLASS: Thursdays, 4:30 – 7:10 p.m.
ROOM: AH 116
OFFICE HOURS: Thursdays, 2:30 – 4:15 p.m., room M3014

COURSE DESCRIPTION:

You are what you eat. In an applied approach, addressing important nutrition concepts and controversies, this course capitalizes on students' natural interest in their health. It will demonstrate how nutrition relates to our everyday life and health, while at the same time debunking common misconceptions about nutrition. In learning about nutrients in the context of their function, you will be enabled to make smart decisions about your diet and subsequently your health, evaluate nutrition claims, and distinguish food myths from nutrition facts. Examples of topics that may be covered include a diet and exercise analysis, what is a healthy diet, issues around current diet fads, eating disorders, and current health issues such as obesity, diabetes, malnutrition and healthy living through healthy eating. Students will come to appreciate the role of nutrients in their body and their nutrition such that they may implement their nutrition knowledge to suit their own lifestyle.

Pre-Requisite for the Course:

The prerequisite for this course is completion of five courses (15.0 credit hours).

COURSE OBJECTIVES:

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

1. Explore the concepts of nutrition and health
2. Have an understanding of the major nutrients as well as vitamins and minerals and their effect on the body and health
3. Understand their own nutrition
4. Understand how diets affect the body and health
5. Understand the body's response to nutrients and physical activity
6. Understand food safety and technology
7. Explore current topics in nutrition



REQUIRED TEXT:

Thompson, J., Manore, M., & Sheeshka, J. (2014). *Nutrition: A Functional Approach* (3rd Canadian Ed.). Toronto, ON: Pearson Canada.

ATTENDANCE, RESPECT, AND PARTICIPATION POLICY:

As a student, you are expected to **attend all classes** and **take an active role in classroom discussions and activities**. The more you actively engage in the learning process, the greater the likelihood that the theoretical meaning of course concepts will become personal. I **will not** post my complete PowerPoint notes. Make a friend in class. If you miss class it is your responsibility to get the notes from another classmate. There will be various assignments, worksheets, activities, discussions, videos and potentially speakers throughout the semester. These are all examinable, so attendance is in your best interest. If you know you are going to miss a class, please let me know.

PRE-READING & STUDY GUIDES:

This course outline lists the chapters that will be covered in any given class. You will be provided with any study guides or other preparatory assignments to help understand the chapters of the textbook and to help prepare you for the quizzes and lectures if required.

OFFICE HOURS:

Scheduled office hours are Thursdays, 2:30 – 4:15 in room M3014 (exceptions: January 8 & 15 will be in M3023). Depending on my work schedule, I may also be available outside these hours upon request. If you would like to meet outside the hours specified, please make arrangements. I will also entertain questions before and after class each day should there be any, as I realize many of you may be working in addition to taking classes and as such may find it difficult to be on campus outside of class time. You may also ask questions via email. I check my email on a regular basis.

CELL PHONES:

Out of respect for your peers and the instructor, please turn your cell phones to vibrate or turn them off during class. If it is imperative that you take a phone call, please quietly leave the classroom without being disruptive to others. There are absolutely **NO CELL PHONES** allowed during exams. If you are seen texting or answer your cell phone, your exam will be taken and you will receive a grade of zero for that exam.

GRADING/ASSIGNMENTS:

Assignment	Weighting (%)	Due Date (beginning of class)
Self-Dietary Analysis <ul style="list-style-type: none">Record KeepingSummative PamphletExperience Reflection	20% 10% 10%	April 9 th
In-Class Assignments (4)	20%	TBD
Quizzes (4)	40%	As per schedule below

Examinations:

The quizzes will be comprised of lecture notes, assigned readings from the textbook, questions discussed in lecture, any videos or speakers we may have. They will cover all the material to the lecture before. Quizzes will consist of multiple choice, true/false questions, and short answers. Specific instructions for each quiz will be provided prior to its administration.

As stated in the University of Lethbridge Calendar, failure to attend an exam without a valid reason (i.e. medical with proof) or prior arrangement will result in a grade of zero. Proof of illness requires a signed medical certificate.

Diet Analysis Project: (Formal assignment provided in class)

Each student will be required to record and critically evaluate their food consumption and activity regime for a one-week period (7 days). This can be the week of your choice. The format for presentation of this project will be a pamphlet. Details of this assignment will be handed out in class.

NOTE: All assignments are due at the beginning of class on the specified due date. For the dietary assessment, a paper copy and an e-mailed copy are required. Late projects will be accepted **BUT** will suffer a **10% LATE PENALTY per day UNLESS there is a valid medical excuse supported by documentation**. More formal details of the assignments will be provided in class.

INTERNET RESOURCES AND COMMUNICATIONS:

Moodle:

Moodle, an online course management system, will be used to supplement this course. Assignment grades will be posted here for you to track your progress. Study guides and supplemental material will be posted on here as well. Please check Moodle for updates frequently and if you encounter any problems, please let me know immediately.

Email Communication:

Email will be used to communicate with you between classes. Please make sure you check your “uleth” email frequently (several times each week). I check my e-mail on a regular basis, so this is a good way to contact me with questions or to set up an appointment.

COURSE SCHEDULE:

Week	Day	Topic	Pre-Reading
1	Jan. 8	<ul style="list-style-type: none"> • Personal introductions. • Course introduction • What do you want to learn in this course? • What does nutrition mean? 	
2	Jan. 15	<ul style="list-style-type: none"> • What is nutrition? Why is it important? • Using DRIs • Who do we believe? 	Chapter 1
3	Jan. 22	<ul style="list-style-type: none"> • What is a healthy diet? • Canada’s Food Guide • Label Reading • Fad Diets • Body Mass • Energy Expenditure 	Chapters 2 & 11 (pgs. 365-378)
4	Jan. 29	<ul style="list-style-type: none"> • Digestion and absorption • How does food become me? • Common disorders 	Chapter 3
5	Feb. 5	<ul style="list-style-type: none"> • Quiz (Chapters 1-3, 11) • All About Carbohydrates 	Chapter 4
6	Feb. 12	<ul style="list-style-type: none"> • Fats – Good and Bad 	Chapter 5
7	Feb. 19	Reading Week – No Class	
8	Feb. 26	<ul style="list-style-type: none"> • Why do we need Protein? 	Chapter 6
9	Mar. 5	<ul style="list-style-type: none"> • Quiz (Chapters 4-6) • Hydration • Vitamins and Minerals 	Chapters 7 & 8
10	Mar. 12	<ul style="list-style-type: none"> • Vitamin and Minerals Cont’d 	Chapter 9
11	Mar. 19	<ul style="list-style-type: none"> • Vitamin and Minerals Cont’d 	Chapter 10

Week	Day	Topic	Pre-Reading
12	Mar. 26	Quiz (Chapters 7-10) Obesity/Eating Disorders Physical Activity Sports Nutrition	Chapters 11 (pgs. 378-403) & 12
13	Apr. 2	Food Safety Food Production Global Nutrition	Chapter 13
14	Apr. 9	Quiz (Chapters 11-13) Nutrition throughout the lifecycle	Chapters 14 & 15

Note: This schedule is **tentative** and **subject to change** dependent on discussions, topics of interest that may arise, questions, and unforeseen circumstances.

ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY:

Reasonable accommodations are available for students who have a documented disability. If you have been diagnosed with a disability, there is no need to face the challenge of University without support. Please contact the Accommodated Learning Centre at 403-329-2766 to set up an appointment <http://www.uleth.ca/ross/counselling/index.html>. After registering with the Accommodated Learning Centre, your instructor will be notified by a formal letter of any accommodations you require. In addition, students are responsible for requesting accommodations from the instructor at least ***two weeks*** in advance of the evaluation date. The instructor and student are jointly responsible for arranging the resources needed for the evaluation process.

GRADING BREAKDOWN:

The grading system for this course is consistent with that established in the Faculty of Health Sciences, effective May, 2002.

Letter	GPA	Percent	Letter	GPA	Percent
A+	4.0	95 - 100%	C+	2.3	71 - 74.9%
A	4.0	91 - 94.9%	C	2.0	67 - 70.9%
A-	3.7	87 - 90.9%	C-	1.7	63 - 66.9%
B+	3.3	83 - 86.9%	D+	1.3	59 - 62.9%
B	3.0	79 - 82.9%	D	1.0	55 - 58.9%
B-	2.7	75 - 78.9%	F	0	0 - 54.9%

COPYRIGHT STATEMENT:

All University of Lethbridge students, faculty and staff must comply with Canadian law and institutional license agreements pertaining to copyright. At the same time, keeping abreast of our copyright obligations and options is a complex task as copyright matters locally and globally are in flux and are likely to remain so for at least the near future.

The University's Copyright website (www.uleth.ca/copyright) is a source of current copyright information that includes:

- answers to common copyright questions (see the [FAQs](#)),
- guidance on whether you need permission or a license to copy a particular work (see the [Copyright Permissions Flow Chart](#)),
- guidance on assessing whether fair dealing may apply to specific instances of copying you wish to undertake (see the [Guidelines for Copying under Fair Dealing](#)), and
- a [permissions look-up tool](#) to help you determine the kinds of copying and other uses permitted by the Library's license agreements covering specific online journals and other online resources.

You are encouraged to contact the University Copyright Advisor (copyright@uleth.ca) for assistance with any copyright questions or issues.

PLAGIARISM STATEMENT:

The University of Lethbridge subscribes to **Turnitin.com**, a plagiarism detection service. Please be advised that student work submitted for credit may be submitted to this service to verify its originality. Students must be able to submit both electronic and hard copy versions of their work upon request.

ACADEMIC OFFENSES:

Students are referred to the *University of Lethbridge Calendar* regarding academic offenses. Specifically,

1. Plagiarism

- a. No student shall represent the words or ideas of another person as his or her own. This regulation will affect any academic assignment or other component of any course or program of study, whether the plagiarized material constitutes a part or the entirety of the work submitted.
- b. Upon submission of evidence that the student has represented another person's words or ideas as his or her own, the student shall bear the burden of proving that there was no intent to deceive.

2. Cheating

- a. In the course of an examination, no student shall obtain or attempt to obtain information from another student or other unauthorized source, or give or attempt to give information to another student, or knowingly possess, use or attempt to use any unauthorized material.
- b. No student shall represent or attempt to represent oneself as another or have or attempt to have oneself represented by another in the taking of an examination, preparation of a paper or other evaluated activity.

Procedures and penalties:

1. The instructor must review the alleged offence with the student and shall advise the student to refer to the Discipline Policy.
2. Where the instructor has reason to believe that an offence has been committed, he/she must impose a written reprimand in which a summary of both the offence and additional penalty, if any, is included. Penalties in addition to a letter of reprimand in the file may be imposed. Such penalties are less severe than suspension or expulsion, insofar as the student's admission/registration status is maintained. In addition to the reprimand, the instructor may impose one or more of the following additional penalties:
 - a. Additional work.
 - b. Grade reduction in or rejection of the assignment.
 - c. Grade reduction in the course.
 - d. A grade of 'F' in the course. If a student is given a grade of 'F', then the student is no longer registered in that offering of the course and no longer has classroom privileges (see **Part 2 - Registration**). Should a student elect to appeal this penalty, the student will remain registered until the appeal is decided.

IMPORTANT DATES:

January

- 1 Statutory Holiday – University offices closed.
- 7 First day of classes for the Spring 2015 semester.
- 13 Last day for course add/drop and registration for the Spring 2015 semester, including Independent Study and Undergraduate Thesis courses.
- 14 First day for submission of Credit/Non-Credit course designations to the Registrar's Office and Student Services (ROSS). (January 14 – February 1)

February

- 1 Last day for submission of Credit/Non-Credit course designations to the Registrar's Office and Student Services (ROSS).
- 16 Statutory Holiday – University offices closed.
- 17-20 Reading Week – no classes.
- 26 Last day for withdrawal from individual courses offered in the first half of the semester only (see the fee assessment schedule in Part 3 – Fees of the University Calendar).

March

- 1 Deadline for Application for Graduation for Spring 2015 Convocation.
- 15 Students who withdraw by this date are assessed a percentage of fees. After this date, students are assessed full fees (see the fee assessment schedule on p. 60).

April

- 1 Deadline to clear all outstanding accounts for Spring 2015 Convocation.
- 18 Last day of classes for the Spring 2015 semester. (The last class meeting for professional semester students varies according to required hours in the practicum.)
Last day for application to the Faculty/School Advising Office for Withdrawal with Cause for the Spring 2015 semester.
Last day for withdrawal from individual courses (including half-semester courses offered in the last half of the semester), or complete withdrawal, for the Spring 2014 semester. Students are assessed full fees (see the fee assessment schedule on p. 660).
- 21 Spring semester final examinations begin
- 29 Spring semester final examinations end.
Deadline for receipt of outstanding documents in support of an Application for Graduation for Spring Convocation.

WEBSITES FOR FURTHER INFORMATION

1. Health Canada: <http://www.hc-sc.gc.ca/english/>
2. Dietitians of Canada: <http://www.dietitians.ca/>
3. US Department of Health & Human Services: <http://www.hhs.gov/>
4. New Dietary Guidelines: <http://www.healthierus.gov/dietaryguidelines>
5. The Food and Nutrition Information Center (US Department of Agriculture):
<http://www.nal.usda.gov/fnic/>