

**UNIVERSITY OF LETHBRIDGE
FACULTY OF HEALTH SCIENCES
HLSC 2310 – HUMAN NUTRITION
Course Outline – Fall 2017**

INSTRUCTOR: Lauren Tweel, MSc, RD
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CLASS: Moodle
ROOM: TBD
OFFICE HOURS: By appointment

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 able 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.

Online Learning can be very different from lecture-based courses. On your own reading is a large requirement of this course. That being said, I acknowledge there are different types of learners and therefore I will do the best I can to provide a variety of interactive learning pieces. When resources are available I will post videos, presentations and if I am able (and it is requested) possibly some video lectures or live-feeds to answer questions. Please let me know if you are having difficulty understanding the material from the readings and I will be happy to help.

Prerequisite 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/fads in nutrition



REQUIRED TEXT:

Blake, Joan Salge. (2016). *Nutrition & You*. (4th Ed.). Hoboken, New Jersey: Pearson, 2016.

ONLINE ATTENDANCE, RESPECT, AND PARTICIPATION POLICY:

As a student, you are expected to **log in a minimum of once weekly** and **take an active role in online 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** post PowerPoint

presentations so that you can make notes on them while reading the text. The PowerPoint presentations alone are not a replacement for the text. There will be various assignments, worksheets, activities, discussions, videos and possible video lectures throughout the semester. These are all examinable, so regular participation on Moodle is important. If you know you are going to be away for more than a week or when an assignment is due, please let me know **AHEAD** of time so we can make alternate arrangements.

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/exams if required.

OFFICE HOURS:

I do not have scheduled office hours as this is an online class. However I will make myself available to answer questions you have. Questions that may benefit the learning of the rest of the class are appropriate to post in a Moodle forum. Otherwise the best place to contact me is email and I will check that daily (unless I am away – which I will state). If I cannot answer your questions adequately through email then we may set up a time to either meet on campus or have a phone conversation. Please keep in mind that I do work full time so emails/messages sent during the day may be responded to later on in the day.

CELL PHONES:

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)
Participation: <ul style="list-style-type: none"> Weekly posts sharing new thoughts, what you learned or questions you may have from this week's chapter(s). Appx 4-5 lines or 1 paragraph required for points. 	25%	<ul style="list-style-type: none"> Sunday, end of the week by 11:59pm.
Case Study: Dietary Analysis <ul style="list-style-type: none"> Dietary Analysis 	15%	<ul style="list-style-type: none"> Dec.11th , by 11:59pm
Mini Assignments <ul style="list-style-type: none"> Assignment #1 (Part 1) Assignment #2 Assignment #1 (Part 2) 	30% (10% each)	<ul style="list-style-type: none"> Sept. 24th, 11:59pm Oct. 22nd, 11:59pm Dec. 3rd, 11:59pm
Quizzes (3)	30%	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 and true/false questions. Specific instructions for each quiz will be provided prior to its administration. All quizzes will be done via Moodle and will open on Sunday at 11:59 p.m. and be due the Friday of the week they are listed by 11:59 p.m. Testing centres will be used for the quizzes.

As stated in the University of Lethbridge Calendar, failure to attend/submit 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)

Students will be given a case study that provides anthropometric data, a food and activity record and other relevant information. Students will complete a dietary analysis using the DRIs and guidelines learned in class and make recommendations based on their findings. The format for presentation of this project will be a report. Details of this assignment will be distributed 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 the main tool for this course. Questions, discussions, notes and all other course information can be found here. Grades will be posted here for you to track your progress. Please check Moodle frequently for updates and if you encounter any problems, please let me know immediately.

Email Communication:

Email will be used to communicate with you if Moodle is not appropriate. 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	Sept. 6	Course introduction Personal introductions What do <u>YOU</u> want to learn in this course? What does nutrition mean?	No pre-readings for this week but I do expect you to post a small paragraph with a brief intro about you, what you hope to learn and what you know already about nutrition.
2	Sept. 11	What is Nutrition?	Chapter 1
3	Sept. 18	Mini Assignment #1 (Part 1) Tools for Healthy Eating	Chapters 2, p. 31-38, 48-61 As this is an American Text, please see resources I post for this week
4	Sept. 25	The Basics of Digestion	Chapter 3
5	Oct. 2	Quiz (Chapters 1-3) Carbohydrates: Sugars, Starches, and Fiber	Chapter 4
6	Oct. 9	Fats, Oils, and Other Lipids	Chapter 5

Week	Day	Topic	Pre-Reading
7	Oct. 16	Mini Assignment #2 Proteins and Amino Acids	Chapter 6
8	Oct. 23	Quiz (Chapters 4-6) Vitamins	Chapter 7
9	Oct. 30	Minerals and Water	Chapter 8
10	Nov. 6	Alcohol? Weight Management and Energy Balance	Chapter 9 Chapter 10
11	Nov. 13	Reading Week – No Posts Although if you have questions feel free to post or email ☺	Finish up any readings from the previous week
12	Nov. 20	Quiz (Chapters 7-10) Nutrition and Fitness	Chapters 11
13	Nov. 27	Mini Assignment #1 (Part 2) Wild Card Week! Nutrition throughout the Life Cycle? OR Consumerism/Sustainability and Food Safety and Technology?	Chapters 14 & 15 OR Chapters 12 & 13
14	Dec. 4	Case Study: Dietary Analysis (Due Dec. 11th) Review Week	Ask questions regarding your case study, previous chapters or any outstanding nutrition questions not answered during the course.

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 <https://www.uleth.ca/ross/accommodated-learning-centre/>. 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:

Wednesday, September 6 – First day of classes for the Fall term

Tuesday, September 12 – Final day for course add/drop and registration for the Fall term

Monday, October 9 – Thanksgiving (University offices closed)

Saturday, October 14 – Fall Convocation

Saturday, November 11 – Friday, November 17 – Fall Reading Break (no classes; University offices open)

Monday, November 13 – Remembrance Day Observed (University offices closed)

Wednesday, December 6 – Last day of classes for the Fall term

Saturday, December 9 – Monday, December 18 – Final Examinations for the Fall term

WEBSITES FOR FURTHER INFORMATION

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