

**UNIVERSITY OF LETHBRIDGE  
FACULTY OF HEALTH SCIENCES  
HLSC 2310 – HUMAN NUTRITION  
Course Outline – Spring, 2018**

**INSTRUCTOR:** Brenda Leung, PhD  
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**EMAIL:** Brenda.leung@uleth.ca  
**CLASS:** Wednesdays, 12:00 – 2:50 p.m.  
**ROOM:** AH175  
**OFFICE HOURS:** By appointment

### **COURSE DESCRIPTION**

The course will introduce students to the fundamental concepts of human nutrition, and functions of nutrients as they relate to human health and disease. The course will examine the macronutrients: carbohydrates, lipids and proteins; and the micronutrients: vitamins and minerals; as well as fluid and electrolyte requirements. Students will gain an appreciation of the role of diet and nutrition in health and disease, incorporate practical nutritional information into their day-to-day lives, as well as learn to implement their nutrition knowledge to support a healthy lifestyle and gain a perspective on eating consciously.

### **COURSE OBJECTIVES**

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

- Discover how food and dietary choices are influenced by an array of factors;
- Explore the concepts of nutrition and health
- Have an understanding of the interrelationships of the essential nutrients
- Understand how diets affect the body and brain
- Understand nutrition on physical activity
- Analyze personal dietary intake in relation to Canadian standards

### **PREREQUISITES**

Second-year standing or higher; minimum 10 course credits completed

### **REQUIRED TEXT**

*Nutrition: Concepts and Controversies* (4th Canadian Ed.) Frances Sizer, Ellie Whitney, Leonard Piche. (2018). Toronto, ON: Nelson Education Ltd.

MindTap program URL: <https://login.nelsonbrain.com/course/MTPPV5LPH6Q6>

Purchase of a textbook includes an access code for MindTap website (inquire at the bookstore if you don't receive one). Go to the MindTap website and register, by following the "MindTap program instructions" doc.

### **METHOD OF INSTRUCTION**

Classes will consist of 2 hour and 50 minute sessions, once a week. Most classes will be comprised of an interactive lecture, with group or individual work given out during class. Course material (e.g. required readings, assignment instructions, marking scheme) and marks will be posted on Moodle. Students are expected to attend all classes and are responsible for all material covered in class and assigned chapters in the textbook.

## CLASS PARTICIPATION

Your active and enthusiastic participation is essential for you to get the most out of class. Be sure to come prepared by doing the assigned reading prior to each session, and completing the questions posted on Moodle.

## CLASSROOM ETIQUETTE

Students are expected to attend all class meetings, arrive on time, and stay for the duration of class. Students are encouraged to participate in discussions during class. However, please refrain from talking while someone else is speaking, and refrain from dominating classroom and small group discussions. Turn cell phones to silent. Portable electronic devices may be used for course-related activity when applicable.

## 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.

## ASSIGNMENTS AND GRADING

Assignment	% of Final Grade	Due Date (2018)
MindTap website exercises	5%	Throughout term
In-Class Engagement Exercises	15%	Throughout term
Diet analysis	30%	Mar 21
Test #1 (Chapters 1 – 4 plus class material)	10%	Feb 7
Test #2 (Chapters 5 – 9 plus class material)	15%	Mar 14
Test #3 (cumulative)	25%	Apr 18

## ASSIGNMENTS

Assignments may be submitted via Moodle prior and up to the due date. Late assignments will receive a 10% deduction per day for each day they are late. Be sure to proofread your work. Your work will be graded with attention to quality and correctness. Please note that spelling and grammar do count towards your grade. Sloppy grammar and repeated misspellings will result in a lower grade.

## 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%

## PLAGIARISM STATEMENT

The University of Lethbridge subscribes to Turnitin.com, a plagiarism detection service. Please be advised that student work submitted for credit in this course may be submitted to this system 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.

## 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.

## 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](http://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](mailto:copyright@uleth.ca)) for assistance with any copyright questions or issues.

**TENTATIVE COURSE SCHEDULE:**

<b>Week</b>	<b>Day</b>	<b>Topic</b>	<b>Required Reading</b>
1	Jan 10	Course introduction • Food Choices & Health • What is nutrition? Why is it important?	Chapter 1
2	Jan 17	Nutrition Tools • Dietary standards • Food guides	Chapter 2
3	Jan 24	The Human Body • Mechanisms & systems of eating and digestion	Chapter 3
4	Jan 31	Carbohydrates • Complex and simple facts	Chapter 4
5	Feb 7	<i>Test #1</i> Fats • The Good, the Bad, and the misunderstood	Chapter 5
6	Feb 14	Protein • The meaty debate	Chapter 6
7	Feb 21	<b>Reading Week – No Class</b>	
8	Feb 28	Vitamins • Fat vs. water soluble	Chapter 7
9	Mar 7	Minerals & Water Balance • Fluids and Electrolytes	Chapter 8
10	Mar 14	<i>Test #2</i> Energy Balance & Body Weight	Chapter 9
11	Mar 21	<i>Diet Analysis due</i> Nutrition and Physical Activity • Energy systems, Fluid & Temperature Regulation	Chapter 10
12	Mar 28	Diet and Health • Physical health • Mental health	Chapter 11 Articles on Moodle
13	Apr 4	Food Safety & Biotechnology	Chapter 12
14	Apr 18	<b>Exam Week: Final Exam – location/time to be confirmed</b>	