



UM | Faculty of Agricultural
and Food Sciences

Syllabus
HNSC 4600 Practice-based Research
in Human Nutritional Sciences
Winter 2021 (CRN, 51341)

Department of Food and Human Nutritional Sciences





**University
of Manitoba**

We acknowledge with great respect that The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Metis Nation.

Manitoba Partnership Program, Winnipeg Regional Health Authority

Instructors: Miyoung Suh, RD, PhD, Food and Human Nutritional Sciences
Kathy Vagianos, RD, MSc, Research & Education Dietitian, Health Sciences Centre

Contact Info: Miyoung Suh, 577 Duff Roblin Bldg, Fort Garry campus/
R4052 St. Boniface Hospital Research Centre
Telephone: 204-235-3106
Email: miyoung.suh@umanitoba.ca

Kathy Vagianos, MS 789-A, Health Sciences Centre, 820 Sherbrook Street;
Telephone: 787-4387 (leave message on voice mail if not available)
Email: kvagianos@exchange.hsc.mb.ca

Office Hours: By appointment (arrange a time by email); given the workshop format of the course, both instructors will be available to answer questions during class time.

Course Format:

**Lecture, Field work (Virtual), Data analysis and Presentation
Mondays (2:30- 5:00 pm) via online synchronous (Webex)***
except the week of 3rd, 4th, and 5th dedicated to FIELD work (various times).

** If Webex is down, Zoom will be used a back up system*

Course Description:

A practice-based research project relevant to dietetic practice.
Pre-requisite: Registration in the final year of the Food and Human Nutritional Sciences program. Enrolment limited to students pre-selected by the Manitoba Partnership Dietetic Education Program. Not to be held with HNSC 4120 or HNSC 4122. [3 credit hours]

Course Objectives: This course will enable students:

- To apply theoretic knowledge of the research process to a practice-based research project under the supervision of a mentor(s).
- To communicate and disseminate research findings through preparation of a final report, and an oral or poster presentation.
- To provide exposure to research activities in dietetic practice.

Resources:

There is no textbook for this course, however, previous coursework in nutrition, research/statistics, communications, etc. will be valuable. Students will be using the scientific literature as their primary resource. The instructors will provide assigned readings or references to websites for some of the course topics

Using Copyrighted Material:

Please respect copyright. We will use copyrighted content in this course. We have ensured that the content we use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Course Technology:

UM Learn will be used for posting all lectures, assignment, and other content. Cisco Webex will be used for the deliberation of synchronous lectures and labs, and communications with instructor. Students are encouraged to take a look at the Webex features (eg. muting, sharing screen, raising hand, etc.)

Course Delivery and Expectations:

- The course will be team taught by an instructor from the Department of Food and Human Nutritional Sciences, University of Manitoba, and the Research & Education Dietitian with the Manitoba Partnership Dietetic Education Program, Winnipeg Regional Health Authority.
- Students will be assigned to work in small groups on practice-based research projects. The course instructors will identify the projects and have the basic framework for the projects in place. The course/lecture topics will provide students with the theoretical knowledge which they will apply to their research project.
- The course will be taught in a workshop format with one 2.5 hour class scheduled per week. The weekly schedule of topics will enable completion of the research project and presentation of results within the 13 week university term.
 - The beginning of each class will use a lecture format to provide students theoretical knowledge and background.
 - During the second part of each class, students will apply their knowledge to complete each stage of the research process for their research project. The course instructors will be present to provide guidance. It is anticipated that the majority of the project/group work will be completed during the class time.
- Students are required to attend all classes (except the weeks scheduled as “Data collection for project” – see below), and work with their group members during the scheduled class time.
 - During the three ‘data collection’ weeks, formal classes will be cancelled and students will be required to attend the appropriate sites for data collection for their project.
 - During these ‘data collection’ weeks, students will be required to be available at other time(s) during the week (which don't interfere with other classes) to help ensure the best access to potential research participants
 - A minimum of 5 hours (3 for class time and 2 hours for the lab (field work) per week are expected for these 3 weeks, a total of 15 hours over 3 weeks (may not be applicable during the COVID19 Pandemic period).

- In the week of 9th or 10th, students are required to arrange a meeting with their preceptor(s) to discuss the final data presentations and other research significance, which can be done in class or outside of the class time.
- We will make efforts to reply to your questions/concerns within 72 hours-maximum 1 week, depending on the questions and time allowed.
- We value the diverse learning environment. Any lectures and discussions will be based in respect of diversity (culture, ethnicity, religion, gender identity, sexuality, disability, age, socioeconomic status and etc).
- We also expect you to follow some policies around Class Communication, Academic Integrity, and Recording Class Lectures as below.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Recording Class Lectures:

Dr. Miyoung Suh and Kathy Vagianos hold copyright to all of the course materials and lectures. Thus, no audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without her permission. Course materials (both paper and digital) are only for your private study and research, but not to share with others via posting in any media and online.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services, 520 University Centre

Phone: (204) 474-7423; Email: Student_accessibility@umanitoba.ca

ICDEP Indicators:

This course is designed to meet **The Integrated Dietetic Competencies for Dietetic Education and Practice (ICDEP, 2013, Version 2.0)** developed by the Partnership for Dietetic Education and Practice.

1. Practice (Demonstrate professionalism)

1.13 Participate in practice-based research (4 performance indicators)

- a. Demonstrate knowledge of research and evaluation principles.

- b. Identify research questions, methods, and ethical procedures related to dietetic practice.
- c. Source, critically appraise and interpret literature relevant to a research question.
- d. Summarize and communicate research information.

To achieve the above competencies, this course provides the following content areas of the **Foundational Knowledge** in ICDEP:

18. Research and Evaluation

**ICDEP Cognitive Complexity Level and Description (Level 1, Demonstrate broad knowledge; Level 2, Demonstrate comprehension; Level 3, Analyze, interpret and apply knowledge)*

- a) Theoretical foundations of research (*Level 2, revisit your earlier research method course notes*)
- b) Qualitative, quantitative and mixed methodologies (*Level 2, revisit your earlier research method course notes*)
- c) Ethics in research (Level 2)
- d) Evidence-informed practice (Level 2)
- e) Literature search strategies (Level 2)
- f) Systematic review and critical appraisal of literature (Level 2)
- g) Use of technology to seek and manage information (Level 3)

COURSE SCHEDULE AND EVALUATION

Grading and Evaluation:

Evaluation	Date	Marks
CORE, PHIA & Course Agreement	Jan 29 (by 4:00pm)	3%
Literature review of topic area & methodology		
i) The list of outlines	Feb 8 (by 4:00pm)	2%
ii) Submission	Mar 1 (by 4:00pm)	15%
Presentation content and Oral presentation	Apr 12 (by 4:00pm)	30%
Final project report	Apr 19 (by 4:00pm)	40%
Group member assessment on data collection & overall contribution	Apr 19 (by 4:00pm)	10%
		Total 100%

The last date to voluntarily withdraw without academic penalty is March 31, 2021.

Grading: Final grades will be assigned as follows:

≥ 90.0%	A+	65.0 - 69.9	C+
85.0 - 89.9	A	60.0 - 64.9	C
75.0 - 84.9	B+	50.0 - 59.9	D
70.0 - 74.9	B	< 50%	F

- At the end of the course, students will be provided with a form to assess the contributions of each group member to the group/project. The instructors will average the assessments for each student to determine their "Group member assessment" of the course evaluation.

- **Class attendance and field work is mandatory.** Each class and field work absence (or leaving classes early) without appropriate documentation will result in a **deduction of 2 points per each absence** from the final grade. If a student is unable to attend a class due to medical or compassionate reasons, appropriate documentation will be required to waive the attendance requirement for the missed class.
- Prior to the field work and data collection, students are required to complete the followings:
 - i) PHIA training (on line)
 - ii) Signature on an agreement on Course Agreement on Roles and Duties and Confidential information
 - iii) TCPS 2 Tutorial Course on Research Ethics (CORE)

As of September 1, 2011, anyone who is doing research involving human must have CORE certificate of completion from the Interagency Advisory Panel on Research Ethics online Tutorial (https://ethics.gc.ca/eng/education_tutorial-didacticiel.html)

Students must submit the certificate and PHIA pledge number to instructor via e-mail by the date indicated in the time table below.
- For each given due date, **late submissions will result in a 2% of loss of the final total grade.** It will be counted immediately after 4:00p.m of the due date.
- At the end of the term, all unclaimed assignments will become property of the Faculty of Agricultural and Food Sciences and will be subject to destruction.
- (Optional only) To disseminate the findings of each project, students may submit an abstract to a local scientific conference/meetings/research day (eg. Dietitians of Canada-Manitoba Nutrition in your Practice Day (held every even years); Health Professionals Education research Day (http://umanitoba.ca/faculties/health_sciences/health-professions-educational-research-day.html) and any appropriate meetings.
- Students name will be acknowledged for contributions to this research work in case of the publication that may/may not happen in the future. To be given authorship credit they must meet the following four conditions (*adapted from International Committee of Medical Journal Editors, 2013*): 1) substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data; 2) drafting the article or revising it critically for important intellectual content; and 3) final approval of the version to be published; 4) Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved. All contributors who do not meet the criteria for authorship will be listed in an acknowledgements section.

2021	Class Activities	Class Rooms & Due dates
Jan 18	Welcome and Class Introductions Introduction to Course - Review course objectives - Review research projects How to obtain Human Ethics Approval and Informed Consent	Assign Research Project Personal Health Information Act (PHIA) training: Access and Privacy office will send a link
Jan 25	Effective Scientific Literature Review - Research designs and methodologies - Hypothesis and objectives - Data collection techniques - Grading the evidence Group Talk with Preceptors (~4pm)	Due on submission (Jan 29, Fri, 4:00pm): 1. CORE certificate 2. PHIA Pledge number 3. Agreement on Course Agreement on Roles and Duties <i>*File name to send: 'Last name-4600-CORE-Date' of submission (eg.01292021)</i>
Feb 1	Data collection for project *required to be available at other time(s)	no official class
Feb 8	Data collection for project *required to be available at other time(s)	no official class *Due on literature review content outlines (headings/subheading) (Feb 8, Mon, 4pm)
Feb 15	<i>Mid-Term Break</i>	No class
Feb 22	Data collection for project (if necessary) begin data analysis *required to be available at other time(s)	no official class
Mar 1	Basic data management skills (excel) Raw data input	*Due on literature review of topic area and methodology (Mar 1, Mon, 4pm)
Mar 8	Raw data input continued Data Interpretation and data presentation in figures and tables	
Mar 15	Research conclusions, implications and future directions	
Mar 22	Preparing a research report and a power point presentation	*Required to meet preceptor(s) by arrangement (*Can be arranged in the week of Mar 15)
Mar 29	Preparing an abstract - Review on the final paper including abstract and PICO	
Apr 5	Review of research process Complete power point presentation	Due on final PPT submission (Apr 7, Wed, 4pm)
Apr 12	Oral presentations (PPT) Opened to FHNS faculties and students, WRHA Preceptors, Dietitians and other stakeholders	Last Class
Apr 19		Due on submissions (Apr 19, Mon, 4pm): 1. Final paper submission 2. Group member evaluation

UNIVERSITY SUPPORT OFFICES & POLICIES

Schedule “A”:

Section (a) academic supports and resources:

Writing and Learning Support

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor’s feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/> You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries’ homepage: www.umanitoba.ca/libraries.

Section (b) mental health support and resources:

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:*

<http://umanitoba.ca/student/counselling/index.html>, 474 University Centre or S207 Medical Services
(204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team if you are concerned about yourself or another student and don’t know where to turn. SSCM helps connect students with on and off campus

resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>
520 University Centre, (204) 474-7423

University Health Service

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus, (204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <http://umanitoba.ca/student/health-wellness/welcome.html>

Katie.Kutryk@umanitoba.ca, 469 University Centre, (204) 295-9032

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site: <http://umanitoba.ca/student/livewell/index.html>

Section (c) a notice with respect to copyright:

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

Section (d) university and unit policies, procedures, and supplemental information:

Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic

integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.

- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:
Respectful Work and Learning Environment
http://umanitoba.ca/admin/governance/governing_documents/community/230.html
Student Discipline
http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,
Violent or Threatening Behaviour
http://umanitoba.ca/admin/governance/governing_documents/community/669.html
- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at:
http://umanitoba.ca/admin/governance/governing_documents/community/230.html More information and resources can be found by reviewing the Sexual Assault site
<http://umanitoba.ca/student/sexual-assault/>
- For information about rights and responsibilities regarding **Intellectual Property** view the policy http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site
<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>, 520 University Centre, 204 474 7423;
student_advocacy@umanitoba.ca