



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 1210 A02:

Nutrition for Health and Changing Lifestyles

(3 credit hours)

Fall 2021



TABLE OF CONTENTS

	3
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COURSE DETAILS	3
Instructor Contact Information	3
Course Description	4
Course Goals	4
Course Learning Objectives	5
Textbook, Readings, and Course Materials	5
Using Copyrighted Material	6
Course Technology	6
Expectations for Students	6
Expectations for the Instructor	7
<hr/>	8
CLASS SCHEDULE AND COURSE EVALUATION	8
Course Evaluation Methods	11
Grading	11
Voluntary Withdrawal	11
<hr/>	12
EVALUATION DESCRIPTIONS	12
Referencing Style	13
Assignment Feedback	13
Assignment Extension and Late Submission Policy	13
UNIVERSITY SUPPORT OFFICES & POLICIES	13

COURSE DETAILS

Course Title & Number:	HNSC 1210 A02: Nutrition for Health and Changing Lifestyles
Number of Credit Hours:	3 credit hours
Class Times & Days of Week:	Monday, Wednesday, Friday – 11:30 AM -12:20 PM Recorded lectures will be available after 24 hours on UM Learn, however, in-class exams must be attended during the lecture time.
Location for classes:	Remote learning through UM Learn and Cisco Webex
Pre-Requisites:	Not applicable
Voluntary Withdrawal Deadline:	November 22, 2021
Holidays and Closures:	September 30, 2021 (The National Day for Truth and Reconciliation) October 11, 2021 (Thanksgiving Day) November 8-12, 2021 (Fall Term break) December 24, 2021 – January 4, 2022 (Winter Holiday)

Instructor Contact Information

Instructor(s) Name:	Karlee Dyck, MSc. RD.
Preferred Form of Address:	Karlee
Pronouns:	She, her, hers
Office Location:	Remote – Cisco Webex
Availability:	I am happy to meet virtually outside of class to provide support or answer questions. Please send me an email so that we can arrange a time that works for both of us. I am also available 5-10 minutes before class for quick questions.
Email:	karlee.dyck@umanitoba.ca I will do my best to respond to emails as quickly as possible. From Monday to Friday, please allow 24 for a response. Emails sent Friday may be replied to on Monday. <i>Please Note:</i> All email communication must conform to the Communicating with Students university policy.
Contact:	If you need to contact me during the course, the best way to reach me is through email. Please ask general questions and assignment questions in the course discussion forum rather than sending an email. That way other students may also find the answer to their questions and everyone can learn from each other.

Throughout the course, I will relay important messages to you through the “Course Announcements” on the home page. Please be sure to check this regularly.

ATTENTION STUDENTS RESIDING OUTSIDE WINNIPEG

As this is a remote learning course, all instructional activities and deadlines will be Winnipeg time (Central Time). Please make sure your calendars are adjusted to reflect any time changes. Please inform your Instructor as soon as possible if you are taking the course while residing outside of Winnipeg, specifically:

- If you are in a rural Canadian area affected by poor internet connections that may impact completing assessments and exams on time
- If you are in another time zone within or outside Canada, specify where you are, and if you foresee any challenges with attending classes and completing assessments and exams on time

NOTE: It is your responsibility to communicate with your instructors well in advance of tests/exams/assignment due dates, of any ongoing issues, OR immediately once an issue arises that *may* impact your ability to complete course work.

Course Description

U of M Course Calendar Description

This course addresses the relationship between nutrition and health. The focus is on healthy eating and strategies for modifying food patterns within the context of lifestyle and health states.

General Course Description

This course explores how nutrition can affect health. We will dive into the basic information on each nutrient and how the body digests, absorbs, and utilizes them. We will also learn what a healthy eating pattern looks like and the guidelines for nutrient and food intakes.

This is a foundational course for basic nutrition information. It is required for students pursuing a major in Human Nutritional Sciences (Nutrition and Foods Options). However, all students may benefit from learning about their own eating patterns, comparing their intake to recommended guidelines, and subsequently making changes to eat healthier.

Course Goals

Upon completion of the course you should be able to:

- identify the standards for healthy eating that exist in Canada;
- identify influences on food choices;
- recognize your own nutritional needs and how to achieve them through foods;
- identify characteristics of nutrition quackery and valid nutrition information;

- identify nutrients of concern for various lifecycles and lifestyles (e.g. children, older adults, vegetarians, athletes, etc);
- recognize the relationship between nutrition and health status;
- analyze personal dietary intake in relation to Canadian standards; and
- identify functions, food sources and deficiency/toxicity symptoms for vitamins and minerals.

Course Learning Objectives

You will find the learning objectives for each unit in the course notes. The questions on the midterm and final exam will be directly focused on these learning objectives.

Textbook, Readings, and Course Materials

Required textbook – Sizer, F., Whitney, E., & Piche, L. (2021). *Nutrition concepts and controversies with MindTap*. (5th Canadian Ed.). Toronto, ON: Nelson Education Ltd. ISBN: 9780176911720 (paper copy) or ISBN: 9780176892999 (E-book)

The required textbook is available for purchase from the University of Manitoba Bookstore in both paper and e-book format. Please order your materials immediately, if you have not already done so.

MindTap (Required) – The MindTap component of the textbook is required for this course. You will be using Mindtap (specifically the Diet and Wellness Plus app) for Assignment 2. We will also be using the quizzes on Mindtap for each chapter. **You will be provided a code when you purchase either the e-book or the hard copy of the textbook new from the bookstore.** To access our course on MindTap, you will click on the link within our UM Learn course.

Recommended website (examples): Below are some examples of reliable nutrition information websites that you may find helpful during this course.

Health Canada: <https://www.canada.ca/en/health-canada/services/food-nutrition.html>

Public Health Agency of Canada: <https://www.canada.ca/en/public-health.html>

Dietitians of Canada: www.dietitians.ca

American Dietetics Association: www.eatright.org

Unlock Food: www.unlockfood.ca

Diabetes Canada: www.diabetes.ca

Heart and Stroke Foundation: www.heartandstroke.ca

Canadian Cancer Society: www.cancer.ca www.healthyeatingisinstore.ca

Osteoporosis Canada: www.osteoporosis.ca

National Eating Disorder Information Centre: www.nedic.ca

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I 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

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. The student can use all technology in classroom setting only for educational purposes approved by instructor and/or the University of Manitoba Disability Services.

This course uses UM Learn. The login page can be found at:

<https://universityofmanitoba.desire2learn.com/d2l/login>

To gain access or learn how to navigate in these technologies please contact the Centre for The Advancement Of Teaching & Learning or click the following link for details:

http://intranet.umanitoba.ca/academic_support/catl/resources/umlearn.html

Lectures will be provided through Cisco Webex. This video conferencing technology is integrated with UM Learn. For help with Cisco Webex, please log in to UM Learn and navigate through the following tabs:

Support → Third-Party Integrations → Cisco Webex → Webex for Students (video)

Expectations for Students

- Foremost, I expect you to treat me and your fellow students with respect. Please see the [Respectful Work and Learning Environment Policy](#) for details. A lot of our communications may be written (for example, discussion groups in UM Learn, emails, and chat boxes) and I ask that you ensure respectful language is used at all times.
- Please attend the live lectures if you are able to. This is the best way to stay engaged with your learning.
- Please hand in assignments on time. This creates a fair environment, where each student has the same amount of time to complete tasks.
- I strongly encourage you to carefully read the chapters in the textbook that are discussed in the course notes. All topics, figures and tables covered in the course notes will be tested on the final exam.
- If you require any clarification on the material covered in class, or if you have any concerns, please contact me (early on, if possible). This is one important way you can take charge of your learning!

- Follow the policies below regarding Class Communication, Academic Integrity, and Recording Class Lectures:

Class Communication:

You are required to obtain and use your University of Manitoba email account for **all** communication between yourself and the university.

All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

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:

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the instructor, Karlee Dyck. Course materials (both paper and digital) are for the participant's private study and research.

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

Expectations for the Instructor

- Respect your time by starting and ending class promptly.
- Be available 5- 10 minutes prior to class to discuss any questions or comments you may have, and to ensure availability for appointments.
- Treat you with respect as both a person and an adult learner.
- Provide regular opportunities to assess your learning (both graded and non-graded).

- Be open to hearing and discussing ideas from a different point of view, and to hearing feedback and suggestions. In this way, the course will be a product of both the instructor and learners.

CLASS SCHEDULE AND COURSE EVALUATION

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

Date	Class Content	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
Week of Sept 8	<ul style="list-style-type: none"> • Review the Course Syllabus, Course Schedule • Familiarize yourself with the course materials, textbook, and readings. • Lecture Chapter 1 	<p>Chapter 1 Read textbook Chapter 1 and the Lecture 1 notes</p>			
Week of Sept 13	<ul style="list-style-type: none"> • Chapters 1/2 • Review the requirements for Assignment 1. Choose an article to critique for Assignment 1. • Review sample questions at the end of the textbook chapter and on MindTap. 	<p>Chapter 2 Read textbook Chapter 2 and the Lecture 2 notes</p>	Quiz 1	Due Sept 19	0.5%
Week of Sept 20	<ul style="list-style-type: none"> • Chapters 2/3 • Record your 2-day diet record as outlined in Assignment 1. • Continue to work on Assignment 1. • Review sample questions at the 	<p>Chapter 3 Read textbook Chapter 3 and the Lecture 3 notes</p>	Quiz 2	Due Sept 26	0.5%

	end of the textbook chapter and on MindTap.				
Week of Sept 27	<ul style="list-style-type: none"> Chapters 3/4. Review sample questions at the end of the textbook chapter and on MindTap. 	Chapter 4 Read textbook Chapter 4 and the Lecture 4 notes	Quiz 3	Due Oct 3	0.5%
Week of Oct 4	<ul style="list-style-type: none"> Chapter 4 Q&A for Assignment Submit Assignment 1 Review sample questions at the end of the textbook chapter and on MindTap. Compile your study notes for units 1 – 4 for the online midterm exam. 		Assignment 1 Due	Due Oct 6 by 4:00 pm	12% Results will be available prior to VW date
			Quiz 4	Due Oct 10	0.5%
Week of Oct 11	<ul style="list-style-type: none"> Chapter 5 Midterm review Complete the online midterm exam on UM Learn. Review the requirements for Assignment 2. Ensure you have Diet & Wellness Plus Set-up. 	Chapter 5 Read textbook Chapter 5 and the Lecture 5 notes	Midterm – In-class 50 minutes; 50 multiple choice questions covering Chapters 1-4.	Oct 13, 2021	25% Results will be available prior to VW date
Week of Oct 18	<ul style="list-style-type: none"> Chapters 5/6 Review sample questions at the end of the textbook chapter and on MindTap. 	Chapter 6 Read textbook Chapter 6 and the Lecture 6 notes	Quiz 5	Due Oct 24	0.5%

Week of Oct 25	<ul style="list-style-type: none"> Chapters 6/7 Check the U of M website for the date and time of your Final Exam. Review sample questions at the end of the textbook chapter and on MindTap. 	Chapter 7 Read textbook Chapter 7 and the Lecture 7 notes	Quiz 6	Due Oct 31	0.5%
Week of Nov 1	<ul style="list-style-type: none"> Chapters 7/8 Continue to work on Assignment 2. Review sample questions at the end of the textbook chapter and on MindTap. 	Chapter 8 Read textbook Chapter 8 and the Lecture 8 notes	Quiz 7	Due Nov 7	0.5%
November 8-12 Fall Break – No Classes					
Week of Nov 15	<ul style="list-style-type: none"> Submit Assignment 2. Chapters 8/9 Review sample questions at the end of the textbook chapter and on MindTap. 	Chapter 9 Read textbook Chapter 9 and the Lecture 9 notes	Assignment 2 Due Quiz 8	Due Nov 17 by 4:00 pm. Due Nov 21	13% Results will be available prior to Final Exam 0.5%
Last day to voluntarily withdraw (VW) from course (November 22, 2021)					
Week of Nov 22	<ul style="list-style-type: none"> Chapter 9 Review sample questions at the end of the textbook chapter and on MindTap. 				
Week of Nov 29	<ul style="list-style-type: none"> Chapter 9/10 	Chapter 10	Quiz 9	Due Dec 5	0.5%

	<ul style="list-style-type: none"> Review sample questions at the end of the textbook chapter and on MindTap 	Read textbook Chapter 10 and the Lecture 10 notes			
Week of Dec 6	<ul style="list-style-type: none"> Chapter 10 Use this time to consolidate your understanding of all the course material thus far. Prepare for final examination. 		Quiz 10	Due Dec 10	0.5%
Final exam (scheduled by Registrar's Office); the exam is 105 minutes in length and consists of 100 multiple choice questions. Approximately 25% of material from content prior to the mid-term test and 75% on course material after the mid-term					

Course Evaluation Methods

Due Date:	Assessment Tool	Value of Final Grade
October 6, 2021	Written Assignment 1	12%
October 13, 2021	Mid-term Test (in-Class)	25%
November 17, 2021	Written Assignment 2	13%
Final Exam Period	Final Exam	45%
See Class Schedule	10 Quizzes	5%

Grading

Indicate your grading scale. A sample is given below that you can adjust to your course expectations.

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	90-100	4.05-4.5	4.5
A	80-89.9	3.6-4.05	4.0
B+	75-79.9	3.37-3.6	3.5
B	70-74.9	3.15-3.37	3.0
C+	65-69.9	2.92-3.15	2.5
C	60-64.9	2.7-2.92	2.0
D	50-59.9	Less than 2.7	1.0
F	Less than 50		0

Voluntary Withdrawal

The last day to withdraw with no refund (VW date) is November 22, 2021. Students who do not drop the course by the VW deadline will be assigned a final grade. The withdrawal courses will be recorded on your official transcript. Please refer to the [Registrar's Office](#) web page for more information.

EVALUATION DESCRIPTIONS

Assignments: Both assignments are to be completed individually. There are no group assignments for this course. Detailed instructions about the assignments are found under “Instructions for Assignments” on your course website.

TITLE: Assignment 1 – Analyzing Dietary/Nutritional Claims & Evaluating Your Diet

GOAL: To apply information learned in lectures & chapters 1 & 2.

PROCEDURE: Please refer to the directions as outlined in guidelines for Assignment 1.

SUBMISSION GUIDELINES: Only assignments submitted electronically via UM Learn will be accepted.

EVALUATION CRITERIA: Please refer to the guidelines for Assignment 1 for evaluation criteria and rubrics.

TITLE: Assignment 2 – Analysis of Your Diet Project

GOAL: To apply information learned in lectures & chapters 1-10.

PROCEDURE: Please refer to the directions as outlined in guidelines for Assignment 2.

SUBMISSION GUIDELINES: Only assignments submitted electronically via UM Learn will be accepted.

EVALUATION CRITERIA: Please refer to the guidelines for Assignment 2 for evaluation criteria and rubrics.

Quizzes: There will be a timed, online quiz through MindTap for each unit. Each quiz has 8 questions, and you will have 10 minutes to complete each quiz. You can access the links to each quiz through UM Learn under Course Content. Ensure that you have completed the assigned readings for the unit before attempting the quiz. You can complete the quizzes as many times as you like before the due date as practice for the midterm and final exam, and your highest score will record in the gradebook.

Midterm exam: The midterm is 50 minutes in length and consists of 50 multiple choice / true and false questions, focusing on course notes and materials from chapters 1–4. This exam will be administered online through UM Learn and will be available for a 1-hour time period, however once you open the exam, you will have 50 minutes to complete it. Therefore, it is important that you do not open the midterm exam until you are ready to complete the entire exam. Example multiple choice questions are found in the textbook at the end of each chapter, as well as on MindTap.

The midterm exam will be an unproctored exam (not supervised), however it is expected that you will complete the midterm examination without using unauthorized materials (such as notes, textbooks or other websites). This exam should also be completed individually and should be completed by the student who is registered in the course. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

Final exam: The final exam is 105 minutes in length and consists of 100 multiple choice questions, focusing on course notes and materials in the textbook. The Registrar’s Office is responsible for the final exam schedule which is available approximately one month after the start of the course. The Registrar’s Office will also identify if the final exam will be administered in-person or online.

When studying for your midterm and final exam, focus on the sections covered in your course notes. You are not expected to know sections of the textbook that are not covered in the notes. You are expected to be familiar with all tables and figures from the textbook that are mentioned in the course notes and

lectures. It is strongly recommended that you complete the sample questions at the end of each chapter in the textbook, as well as the sample questions on MindTap, as these will help you prepare for the exam.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC.

The University of Manitoba Library has resources available on APA reference style, which can be found at www.umanitoba.ca/libraries

Assignment Feedback

Assignments will be graded using the rubrics provided on UM Learn. Students can expect to receive their mid-term exam results and Assignment 1 evaluation (for a total of 37% of their course grade) prior to the VW date, in order to make a decision on completing or withdrawing from the course.

Assignment Extension and Late Submission Policy

All assignments (including late assignments) must be submitted electronically to UM Learn. There will be a demonstration in class to help you navigate this process. ****Please do not email assignments to me as they will not be accepted****

Late Assignments: 10% of the total marks will be subtracted for each day that an assignment is late (i.e. 10% for the 1 day late (the day after the due date), 20% for 2 days late, 30% for 3 days late). Assignments submitted more than 10 days after the due date will automatically receive a mark of 0.

Be sure that you plan your time accordingly throughout the term, as extensions will not be granted for reasons other than medical or compassionate circumstance. If you have missed the deadline for the online quizzes or midterm, please email me with your explanation to have the quiz/midterm reopened. Again, extensions will only be granted for medical or compassionate circumstances.

UNIVERSITY SUPPORT OFFICES & POLICIES

We want you to succeed at this course and at the University of Manitoba! There are many resources to help you academically and non-academically.

Links and descriptions of student resources are available at the UM Learn course syllabus.