

TRAILBLAZER ADVENTURER
INNOVATOR DEFENDER CHALLENGER
ADVENTURER TRAILBLAZER DEFENDER VISIONARY
VISIONARY ADVENTURER TRAILBLAZER CHALLENGER DEFENDER VISIONARY

Course Syllabus

HNSC 2130 Nutrition Through the Life Cycle

(Fall Term, 2021)



Faculty of Agricultural and Food Sciences

UNIVERSITY
OF MANITOBA

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COURSE DETAILS

Course Title & Number: Nutrition Through the Life cycle, HNSC 2130

Number of Credit Hours: 3

Class Times & Days of Week:

Monday/Wednesday/Friday 8:30 – 9:20 (September 8 – December 10, 2021)

Location for classes: Course offered via remote learning through UM Learn

Pre-Requisites: HNSC 1210

Instructor Contact Information

Instructor(s) Name:	Kathy Vagianos, RD, MSc
Office Location:	N/A
Office Hours or Availability:	No regular office hours will be held. However, the instructor will be available by appointment only between 1:00 – 2:00 on Mondays . To book an appointment students must choose a booking time using UM LEARN WEBEX appointments no later than 48 hours before the chosen time .
Office Phone No.	Contact via email only.
Email:	Kathy.Vagianos@umanitoba.ca
Contact:	Preferred method to contact instructor is by email. Instructor will respond within 1 business day .

Course Description

The University of Manitoba Undergraduate Calendar describes the course as follows:

Examination of nutritional needs throughout the life cycle, the nutritional concerns of different age groups and the development of healthy eating practices.

In this introductory level three semester hour course, the essential nutritional requirements for the various stages of human life will be examined. Students will find it useful to have a basic knowledge of Human Anatomy, Physiology and Biochemistry for the successful completion of this course. This course is required for completion of a BSc degree in Human Nutritional Sciences.

Course Goals

The aim of this course is to provide learners with information about the changes in nutritional needs as humans develop from babies to adults and undergo different life changing events.

Course Learning Objectives

Upon completion of this course you should be able to:

1. Describe the factors which will influence nutritional requirements through the life cycle, including: Pregnancy, lactation, infancy, childhood, adolescence and aging.
2. Explain the interrelation of the biochemical and physiological functions of nutrients through the life cycle.
3. Explain the role nutrition may play in certain disease states within each stage of the life cycle.
4. Discuss the criteria of an adequate diet through the life cycle and specific nutrient needs at each stage.

Textbook, Readings, and Course Materials

The following required materials are available from the [University of Manitoba Bookstore](#) and/ or other online sources.

Required textbook – (Digital or print copy): Brown, Judith E. (2017). Nutrition Through the Life Cycle (7th Ed). **All lectures and test / exam material will be based on material in the textbook.**

Additional Material - Some material will be made available to students via the University of Manitoba's D2L system as deemed appropriate by the instructor.

Optional textbook – Mahan, K. L. & Escott-Stump, S (2016) Krause's Food, Nutrition and Diet Therapy (13th Ed.)

Note – Students are responsible for all information presented in class.

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.

Plagiarism, Cheating and Examination Impersonation

You should acquaint yourself with the University of Manitoba's policy on plagiarism, cheating and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba *Undergraduate Calendar*. When in doubt about any practice, ask your instructor.

Student Advocacy, 519 University Centre, 474-7423, is a resource available to students dealing with Academic Integrity matters.

Attendance at Class and Debarment

Please refer to the University of Manitoba General Calendar 2020 – 2021 for General Academic Regulations.

“Regular attendance is expected of all students in all courses. An instructor may initiate procedures to debar a student from attending classes and from final examinations and/or from receiving credit where unexcused absences exceed those permitted by the faculty or school regulations. A student may be debarred from class, laboratories, and examinations by action of the dean/director for persistent non-attendance, failure to produce assignments to the satisfaction of the instructor, and/or unsafe clinical practice or practicum. Students so debarred will have failed the course”

Expectations: I Expect You To

I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#). I expect you to follow policies around 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. You must do your own work during tests and 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 by course instructor Kathy Vagianos. 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: You Can Expect Me to

I will be online / in class for 5 minutes prior to and up to 10 minutes after the class time to discuss any questions or comments you may have. I will provide you with timely feedback on your class term tests. I will be using power point presentations based on content from the required textbook for the course. I will provide you with additional reading material as I see fit to the content of the lecture.

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	Topic	Chapter
September 8	Welcome & Orientation Nutrition Basics	1
September 10	Nutrition Basics	1
September 13	Preconception Nutrition	2 & 3
September 15	Preconception Nutrition	2 & 3
September 17	Preconception Nutrition	2 & 3
September 20	Nutrition During Pregnancy	4 & 5
September 22	Nutrition During Pregnancy	4 & 5
September 24	Nutrition During Pregnancy	4 & 5
September 27	Nutrition During Lactation	6 & 7
September 29	Nutrition During Lactation	6 & 7
October 1	Nutrition During Lactation	6 & 7
October 4	Canada's Food Guide and Case Studies	2 - 7
October 6	Topic: TBD	
October 8	Test #1 (25% of final grade)	Chapters 1 - 7
October 11	NO CLASSES	
October 13	Infant Nutrition	8 & 9
October 15	Infant Nutrition	8 & 9
October 18	Infant Nutrition	8 & 9
October 20	Topic: TBD	
October 22	Toddler and Preschool Nutrition	10 & 11
October 25	Toddler and Preschool Nutrition	10 & 11
October 27	Toddler and Preschool Nutrition	10 & 11
October 29	Child and Preadolescent Nutrition	12 & 13
November 1	Child and Preadolescent Nutrition	12 & 13
November 3	Child and Preadolescent Nutrition	12 & 13
November 5	Child and Preadolescent Nutrition	12 & 13
November 8	NO CLASSES	
November 10	NO CLASSES	
November 12	NO CLASSES	
November 15	Test #2 (25% of final grade)	Chapters 8 - 13
November 17	Adolescent Nutrition	14 & 15
November 19	Adolescent Nutrition	14 & 15
November 22	Adolescent Nutrition	14 & 15
November 24	Adult Nutrition	16 & 17
November 26	Adult Nutrition	16 & 17
November 29	Adult Nutrition	16 & 17
December 1	Nutrition and Older Adults	18 & 19
December 3	Nutrition and Older Adults	18 & 19
December 6	Nutrition and Older Adults	18 & 19
December 8	Review of all Course Material	All Chapters
December 10	Review of all Course Material	All Chapters
University Final Exam Schedule	FINAL EXAM Comprehensive	Chapters 1 - 19

Foundational Knowledge Content Areas for Dietetics Education:

This dietetic education program is an accredited program recognized by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body.

Highest level achieved: 1= demonstrate broad knowledge; 2= demonstrate comprehension; 3 = analyze, interpret and apply knowledge

Content Area	Foundational Knowledge	Cognitive Complexity Level
Human Nutrition across the Lifespan	Ingestion, digestion, absorption, metabolism and excretion of nutrients	3
	Biochemical utilization of nutrients and energy	3
	Nutrient and energy requirements	3
	Physical activity and energy balance	3
	Nutrition recommendations and guidelines	3
	Effect of deficiencies and toxicities of nutrients	3
	Food sources of nutrients and dietary supplements	3
	Role of nutrients and other food components in health	3
	Dietary practices	3
Nutrition Assessment	Food and nutrient intake of individuals and populations	3

Grading Scale

Letter Grade	Percentage Range
A+	90 – 100
A	80 – 89.9
B+	75 – 79.9
B	70 – 74.9
C+	65 – 69.9
C	60 – 64.9
D	50 – 59.9
F	Less than 50

Notes:

- Unless otherwise notified, tests will be held at the beginning of the class and completed remotely via UM Learn, and students will have the entire class time slot to complete the tests.
- The format for the term tests and the final exam is: multiple choice and true and false questions.
- **Due to the nature of the tests and final exam, students are required to write each test and the final exam in order to pass the course. Make-up tests will only be allowed according to specific considerations given in the University of Manitoba's General Calendar.** Refer to the UM Policy <http://umanitoba.ca/registrar/>

- It is the student's responsibility to ensure they are available to write the term tests and final exam (i.e. during the final exam period listed in the 2021 – 2022 Registration Guide).
- It is the student's responsibility to ensure that all required computer software (including Respondus Monitor/Lockdown Browser, etc) and devices are available for tests and final exam. Details will be provided on UM LEARN.
- Students must remain available until all examination obligations have been fulfilled.

Voluntary Withdrawal

September 21, 2021 is the last date to drop the course with refund.

The Voluntary Withdrawal Date is: **November 22, 2021**

Please refer to the [Registrar's Office](#) web page for more information.

TESTS/EXAMS/ASSIGNMENT DESCRIPTIONS

There are no assignments associated with this course.

There will be 2 terms tests and a final exam, all of which will be multiple choice questions and true and false questions.

The final exam will be comprehensive on all the course material taught.

Tests/Exam Feedback

A grader/marker has been assigned to this course and will be grading all tests and final exam.

Your summative grade for each test and the final exam will be provided to you.

UNIVERSITY SUPPORT OFFICES & POLICIES

Please refer to: http://umanitoba.ca/admin/governance/governing_documents/students/278.html for University Governing Documents, Offices and Policies.

Schedule "A" lists academic supports available to Students, such as the Academic Learning Centre, Libraries, and other supports as may be appropriate:

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.

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.

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>

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.

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**. Term work and mid-term exam deferrals are at the discretion of the course instructor whereas final exam deferrals are the responsibility of the student's home Faculty. Refer to the UM Policy <http://umanitoba.ca/registrar/>. 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 and 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