



UM | Faculty of Agricultural
and Food Sciences

Syllabus

HNSC 1210 A01: Nutrition for Health and Changing
Lifestyles (3 credit hours) (WINTER 2022)



TABLE OF CONTENTS

COURSE DETAILS.....	3
NO CLASSES: FEBRUAR9-13 MIDTERM BREAK.....	3
INSTRUCTOR CONTACT INFORMATION.....	3
COURSE DESCRIPTION	4
COURSE GOALS	4
COURSE LEARNING OBJECTIVES	4
TEXTBOOK, READINGS, AND COURSE MATERIALS	5
REQUIRED TEXT: NUTRITION CONCEPTS AND CONTROVERSIES. FRANCES SIENKIEWICZ SIZER, ELEANOR WHITNEY AND LEONARD PICHE. 2018, FIFTH CANADIAN EDITION. NELSON EDUCATION LTD. ISBN-10: 0-17-689286-9 YOU WILL BE REQUIRED TO PURCHASE THE BOOK. OPTIONS ARE: E-BOOK WITH MINDTAP/ PAPERBACK/ SIZER LOOSE-LEAF + MINDTAP (WITH EBOOK) THROUGH THE UNIVERSITY OF MANITOBA BOOKSTORE.	5
USING COPYRIGHTED MATERIAL	6
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	6
COURSE TECHNOLOGY	6
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.	6
THIS COURSE USES UM LEARN, TO GAIN ACCESS OR LEARN HOW TO NAVIGATE IN THESE TECHNOLOGIES PLEASE CONTACT THE CENTRE FOR THE ADVANCEMENT OF TEACHING & LEARNING OR HTTP://INTRANET.UMANITOBA.CA/ACADEMIC_SUPPORT/CATL/RESOURCES/UMLEARN.HTML FOR DETAILS.	6
EXPECTATIONS: I EXPECT YOU TO	6
EXPECTATIONS: YOU CAN EXPECT ME TO	7
CLASS SCHEDULE AND COURSE EVALUATION	7
COURSE EVALUATION METHODS.....	9
GRADING	9
VOLUNTARY WITHDRAWAL	9
ASSIGNMENT DESCRIPTIONS	10
REFERENCING STYLE	10
ASSIGNMENT FEEDBACK.....	10
ASSIGNMENT EXTENSION AND LATE SUBMISSION POLICY	10
UNIVERSITY SUPPORT OFFICES & POLICIES	11

COURSE DETAILS

Course Title & Number:	HNSC 1210 A01: Nutrition for Health and Changing Lifestyles
Number of Credit Hours:	3 credit hours
Class Times & Days of Week:	M/W/F : 12:30 - 1:20 P.M.
Location for classes/labs/tutorials:	UMLearn Webex
Pre-Requisites:	Not applicable.
Voluntary Withdrawal Date:	April 25, 2022

No classes: Februar9-13 Midterm Break

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Michael Eskin PhD
Office Location:	406 Human Ecology Building
Office Hours or Availability:	Monday/Wednesday :10:30-11:45 A.M.
Office Phone No.	204-474-8078 (you may leave a message at this number)

Email: Michael.Eskin@UManitoba.ca (preferred mode of communication)
All email communication must conform to the [Communicating with Students](#) university policy.

Course Description

U of M Course Calendar Description

In this area duplicate the content from the U of M course catalogue. It provides continuity for the students who choose to take your course based on the description they read in the calendar. Also, add in any explicit or implicit requirements for the course.

General Course 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.

Reminder: no classes on Feb 21-25 (Louis Riel day and the midterm break).

Course Goals

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.

Course Learning Objectives

To provide an introduction to the basis of nutrition science and its relationship to nutrition and health status. To provide students with information to help understand their own nutritional needs and concerns and how to modify food intake patterns when necessary.

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	1
	Biochemical utilization of nutrients and energy	1
	Nutrient and energy requirements	1
	Physical activity and energy balance	1
	Nutrition recommendations and guidelines	1
	Effect of deficiencies and toxicities of nutrients	1
	Food sources of nutrients and dietary supplements	1
	Role of nutrients and other food components in health	1
Microbiology	Dietary practices	1
	Microbes in food production including prebiotics and probiotics	1
Nutrition Assessment	Microbiome in human health	1
	Food and nutrient intake of individuals and populations	1
Nutrition Care Process and Medical Nutrition Therapy	Environmental and individual factors affecting food intake	1
	Etiology and pathophysiology of nutrition-related diseases	1
	Nutrition-related disease management strategies	1

Textbook, Readings, and Course Materials

Required Text: Nutrition Concepts and Controversies. Frances Sienkiewicz Sizer, Eleanor Whitney and Leonard Piche. 2018, Fifth Canadian Edition. Nelson Education Ltd. ISBN-10: 0-17-689286-9 You will be required to purchase the book. Options are: E-book with Mindtap/ paperback/ Sizer loose-leaf + Mindtap (with ebook) through the University of Manitoba Bookstore.

Mindtap – The MindTap component of the textbook is required for this course. You will be using Mindtap for your Assignment 1/2. You will be provided a code when you purchase the book textbook. To access our course on MindTap, you need to go to the following web link: <https://login.nelsonbrain.com/course/MTPQZ73QT4P5> and either create a NelsonBrain account, or log into your existing NelsonBrain account. You should use your U of M email address for your account. To familiarize yourself with Mindtap, the following link is strongly recommended: <https://www.cengage.com/help/>

Internet Sites (Examples): www.hc-sc.gc.ca www.dietitians.ca www.eatright.org
www.healthyeatingisinstore.ca www.heartandstroke.ca www.diabetes.ca www.cancer.ca
www.osteoporosis.ca www.nedic.ca www.canadian-health-network.ca www.wellnessletter.com

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, to gain access or learn how to navigate in these technologies please contact the [Centre For The Advancement Of Teaching & Learning](#) or http://intranet.umanitoba.ca/academic_support/catl/resources/umlearn.html for details.

Expectations: I Expect You To

I will be in class for 10 minutes prior to and after the class time. I will treat you with respect and would appreciate the same courtesy in return.

I will make regular (important) announcements in class now and then. It is your responsibility to access these announcements

I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).

At the end of this section, the policies and services students are expected to follow/utilize need to be included ([Section 2.5 ROASS](#)).

I expect you to follow these 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. Also be advised that you are required to complete your assignments independently. 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.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and
- V. All work should be completed independently unless otherwise specified.

Recording Class Lectures:

Michael Eskin and the University of Manitoba hold copyright over the course materials, presentations and lectures which form part of this course. No audio, snapshots, photos or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission. 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

A large part of my teaching practice includes the use of questions in class. I expect students to respond but I do not expect perfection.

I will be in class for 10 minutes prior to and after the class time to discuss any questions or comments you may have.

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

Week of Jan. 24 th	Introduction & Nutrition & health promotion Introduction of assignment #1	Chapter 1 – Food choices and human health	
Week of Jan. 31 st	Evaluating the nutritional adequacy of a diet	Chapter 2 – Nutrition tools – Standards & guidelines	
Week of Feb. 7 th	Utilization of nutrients by the body	Chapter 3 – The remarkable body	
Week of Feb. 14 ^h	Carbohydrates	Chapter 5-The carbohydrates: Sugar, starch, glycogen and fibre.	
Week of Feb 21 st	Winter Term Break		
Week of Feb 28 th	Carbohydrates/Lipids Assignment #1 due Feb. 28 th Review questions	Chapter 5 – The lipids: fats, phospholipids, cholesterol	
Week of March 7	Lipids Mid-term test March 7 th 59 minutes, 50 multiple choice questions Chapters 1-4	Chapter 5-The Lipids	50 minutes; 50 multiple choice questions covering Chapters 1-4. Results will be available prior to VW date
Week of Mar 14 th	Lipids Proteins	Chapter 6 – The proteins	
Week of Mar 21 st	Protein & Vitamins	Chapter 6 Amino acids and proteins	
Week of Mar.28 th	Vitamins/Water & Minerals	Chapter 7	
Week of Apr. 4 ^h	Water & Minerals /Energy Balance Assignment #2 due on Apr. 4 th	Chapter 8 – Water and minerals	
Week of Apr. 11	Energy Balance & healthy body weight/Physical Activity	Chapter 9 – Energy balance and healthy	
Week of Apr. 18 th	Physical Activity	Chapter 10 – Nutrients, physical activity and the body's responses	Assignment #2 will be evaluated prior to final examination

*Final exam location, date & time TBA (students must remain available to write the examination during the exam period); 2 hour examination 100 multiple choice questions, ~25 % of material before mid-term test and ~75% on course material after mid-term test.

Course Evaluation Methods

Evaluation of assignments, mid-term test and final exam will focus on lecture material, including questions and discussion in class. Students are strongly encouraged to read the textbook to enhance their learning and understanding of the lecture material. Please refer to the Assignment Description on the following page of the syllabus and the Assignment Guidelines provided in class for details.

Due Date:	Assessment Tool	Value of Final Grade
11: 50 pm, Wed. Feb, 28, 2022	Written Assignment #1 (Submit via UMLearn)	12%
12.30 a.m. Mon. Mar. 7, 2022	Mid-term Test (In-Class)	25%
11:50 pm, Mon. Apr. 4 th , 2022	Written Assignment #2 (Submit via UMLearn)	13%
Date/Time/Location To be announced	Final Exam – As scheduled by Registrar’s Office	45%
MindTap Tests	10 Tests (0.5% for each)	5%

Grading

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 49.9		0

Voluntary Withdrawal

Refer to the [Registrar’s Office](#) web page for more information.

ASSIGNMENT DESCRIPTIONS

Both assignments are to be completed individually. There are no group assignments for this course.

1) 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.

2) 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 #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.

Quizzes: There will be a timed, online quiz through MindTap for each chapter. 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 chapter 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.

Referencing Style

Assignments may use the APA reference styles.

Assignment Feedback

Refer UMLearn. Students can expect to receive their mid-term exam results and assignment #1 evaluation (for a total of 37% of their total course grade) prior to the VW date to make a decision about completing or withdrawing from the course.

Assignment Extension and Late Submission Policy

All assignments (including late assignments) can only be submitted electronically by UM Learn dropbox located at <https://universityofmanitoba.desire2learn.com> . For more instructions for submitting electronically please see in-class demonstration.

10% of the total marks will be subtracted for each day that an assignment is late (i.e. If the assignment is due Oct 16th, 10% for assignments submitted Oct 17th, 20% for assignments submitted Oct 18th, 30% for Oct 19th, etc; refer assignment 1 &2). If you are unable to complete the assignment due to medical reasons (medical certificate required) or compassionate reasons, please contact the instructor (send an email), preferably before the due date. **Paper copies and assignments emailed directly to the instructor's email address will not be accepted.**

UNIVERSITY SUPPORT OFFICES & POLICIES

Refer UMLearn document (file name UNIVERSITY SUPPORT OFFICES & POLICIES)