

Syllabus

HNSC 2140: Basic Principles of Human Nutrition

Summer 2022 (A01)



**University
of Manitoba**

**Faculty of Agricultural & Food Sciences/
Department of Food & Human Nutritional Sciences**

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COURSE DETAILS

Course Title & Number:	HNSC 2140 Basic Principles of Human Nutrition
Number of Credit Hours:	3 hours
Class Times & Days of Week:	Tuesday and Thursday, 7:00 pm – 9:45 pm
Location for classes/labs/tutorials:	Human Ecology Rm 207
Pre-Requisites:	A grade of C or higher in CHEM/MBIO 2700 (CHEM/MBIO 2701) or CHEM/MBIO 2730, or the former CHEM 2770/MBIO 2770 or the former CHEM 2360/MBIO 2360 or the former CHEM/MBIO 2361 and HNSC 1210 and HNSC 1200 or FOOD 2500.
Voluntary Withdrawal Date	August 2, 2022

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Dr. Semone Myrie You can address me as Dr. Semone OR Dr. Myrie
Office Location:	565W Duff Roblin Building
Office Hours or Availability:	Office hours are by appointment (email to book), and I am also available immediately after class for quick questions. For meetings, propose suggested meeting times when you are available, but remember to be flexible! Meetings may be in-person, via phone or virtual (Cisco WebEx)
Office Phone No.	204.474.7290 (email is preferred)
Email:	Semone.Myrie@umanitoba.ca <ul style="list-style-type: none">• <i>Note:</i> All email communication must conform to the Communicating with Students university policy. The University requires all students to activate an official University email account. Use your UM email to communicate with the instructor. I will only reply to UM email addresses.• You can also send emails via UM Learn.• Include the course number (HNSC 2140) as part of the subject heading in emails.

Course Description

U of M Course Calendar Description

This course will examine the scientific principles underlying nutrient function and dietary requirements.

Course Learning Objectives

Detailed learning objectives for each course section will be provided at the beginning of each topic in the PowerPoint slides for that topic.

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
Anatomy and Physiology	Role, function and regulation of the integumentary, musculo-skeletal, nervous, endocrine, cardio-respiratory, urinary, lymphatic and digestive systems in health and disease	2
	Foundations of chemistry and biochemistry	2
Biochemistry	Major metabolic pathways	2
	Foundations of cellular and molecular biology	2
	Mechanisms of metabolic regulation	2
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	2
	Nutrition recommendations and guidelines	3

Textbook, Readings, and Course Materials

Required textbook – Advanced Nutrition and Human Metabolism 7th edition. 2017. S.S. Gropper and J.L. Smith. Available at the University of Manitoba Bookstore in **2** options: **Textbook format**. ISBN: 9781305627857 **or Digital option**: MindTap® Nutrition, 1 term Instant Access for Gropper/Smith's Advanced Nutrition and Human Metabolism. ISBN: 9781337113021. The course link URL for the MindTap digital option is: <https://login.nelsonbrain.com/course/MTPNF66ZGXSXZ>
Course Key: MTPN-F66Z-GXSX

****You can review the MindTap program during a free trial period until July 11, 2022.**

Required readings -DRI – The DRI chapter on **vitamin K** is needed for the DRI assignment. The chapter is available online for **free as a PDF**. It can be found at: <https://www.nap.edu/catalog/10026/dietary-reference-intakes-for-vitamin-a-vitamin-k-arsenic-boron-chromium-copper-iodine-iron-manganese-molybdenum-nickel-silicon-vanadium-and-zinc>.

Reference - Your Biochemistry Textbook.

Using Copyrighted Material

Please respect copyright when using all contents of this course, including posted lectures, sample questions, assignment, and use of textbook. 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 (eg. Posted lectures, sample questions, assignment), 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 Platform: UM Learn (<https://universityofmanitoba.desire2learn.com>) –**check regularly** as it will be the main mode of communication for this course. Course content will be available via UM Learn. All students must have a University of Manitoba ID to use the UM Learn system. You can claim your ID at <http://bit.ly/tJ3oGl>.

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 (i.e., tablets, cellphones, laptops, etc.) in a classroom setting **only for educational purposes approved by the instructor and/or the University of Manitoba Disability Services.**

Classroom Polling Response System – iClicker:

- The iClicker system will be used in this course for polling for quizzes.
- We will be using the **iClicker student mobile app**. Note: the iClicker student mobile app is available at NO COST and can be downloaded onto your smartphone, tablet, or laptop by visiting the Apple Store, Google Play Store, or through the iClicker website.
- To ensure your grades are counted you **must have an iClicker Student account** and **Register the account to this course (See HNSC 2140 UM Learn Website for instruction – in the Table of Contents go to the “iClicker” section).**
- You are responsible for bringing your iClicker device to class/lecture and ensuring it is working correctly. **There will be no special consideration given for unrecorded clicks.**
- It is your responsibility to regularly check your iClicker records for any discrepancies and bring them to my attention within 48 hours of the session.
- **Academic Integrity:** iClicker activities fall under the provisions of our campus academic honesty policy. Students must not engage in academic dishonesty while participating in class iClicker activities. This includes, but not limited to:

- Having another student check you into class
- Looking at other student's devices while answering live questions
- Using more than one iClicker remote or account at a time

Any student found to be in violation of these rules will lose their iClicker points for the entire term and will be reported.

Expectations: I Expect You To and You Can Expect Me To

I Expect You To:

- Review/read the notes on the Powerpoint slides before coming to class to familiarize yourself with the topic to be covered.
- **Participate in class**, which includes responding to questions asked during class by the instructor to enhance discussion and to gauge understanding of the course materials.
- Participate in class discussions in a respectful manner.
- Ask questions during class to clarify anything that is unclear.
- Let me know if you need additional clarification on any coursework.
- Familiarize yourself with the course syllabus, expectations, rights and responsibilities.
- Meet the course deadlines.
- Follow the [Respectful Work and Learning Environment Policy](#).
- Follow the policies around Class Communication, Academic Integrity, and Recording Class Lectures ([Section 2.5 ROASS](#)).

You Can Expect Me To:

- Be in class for 10 minutes before and after the class.
- Treat you with respect and I would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).
- Post the Powerpoint slides on UM Learn before class. The slides will be reviewed during class and expand on the material on the slides when necessary.
- Plan the course AND alter that plan as needed.
- Allow time at the beginning of each class to review anything that was not clear in the previous class.
- Provide sample test questions on UM Learn
- Be available for available by appointment outside of class time for office hours.

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.

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:

This instructor (Semone B. Myrie) holds copyright over the course materials, presentations and lectures, which form part of this course. 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 course instructor (Semone B. Myrie). 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

CLASS SCHEDULE AND COURSE EVALUATION

Lectures schedule are tentative and 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](#).

The course will cover the topics in the order listed in the table below.

- There will be a quiz in the class following each section (see page 10 for more details)
- Test 1 will cover topics 1-4
- Test 2 will cover topics 5 and 6
- The final exam will be comprehensive, but weighted more heavily on sections 7-9

Lecture Topics and Readings	Required Readings*
1. Dietary Reference Intakes <ul style="list-style-type: none"> - Nutrition Research - Dietary requirements and recommendations - Concepts of nutrient classes - Dietary requirements and rationale 	Dietary Reference Intakes
2. Cell Physiology <ul style="list-style-type: none"> - Cell components and structure - Gene expression and protein synthesis - Nutrient effects on transcription, translation, epigenetic regulation - Enzymes in metabolism 	Textbook chapter 1
3. Digestion and Absorption <ul style="list-style-type: none"> - Structure of digestive tract - Physical mechanisms of digestion - Enzymes, secretions, regulation of digestion - Regulation of food intake - Absorption of nutrients - Regulation of water balance 	Textbook chapter 2
4. Energy transformations <ul style="list-style-type: none"> - Energy change in chemical reactions - ATP/ADP - Electron transport chain - Role of micronutrients - Food as sources of energy - Energy expenditure and measurement 	Textbook chapters 1 & 8
5. Carbohydrates <ul style="list-style-type: none"> - Nomenclature - Digestion and absorption of carbohydrates - Regulation of carbohydrate metabolism - Role of micronutrients in carbohydrate metabolism 	Textbook chapter 3
6. Fibre <ul style="list-style-type: none"> - Nomenclature - Fibre in the gastrointestinal tract - Fibre and disease - Fibre recommendations 	Textbook chapter 4

7. Lipids, Alcohol - Nomenclature and structure - Digestion and absorption of lipids - Lipid transport, storage, and metabolism - Micronutrients in lipid metabolism - Health effects of lipids and recommendations - Antioxidant nutrients - Alcohol metabolism	Textbook chapter 5
8. Protein - Nomenclature - Digestion and absorption of proteins - Protein metabolism and the role of micronutrients - Protein quality - Nutrient effects on protein synthesis	Textbook chapter 6
9. Metabolic Integration - Metabolic pathways involving nutrients - Feeding and fasting - Exercise and energy expenditure	Textbook chapter 7

***Note:** Other selected readings may be assigned in class.

Course Evaluation

Date	Evaluation		
	Type of Assessment	Due Date	Value of Final Grade
July 24, 2022	DRI Assignment	11:00 pm, Sun, July 24, 2022	15%*
July 21, 2022	Term test 1– covers topics 1-4	July 21 during class time	20%*
August 4, 2022	Term test 2 - covers topics 5 & 6	Aug 4 during class time	25%
Throughout the course	Quizzes (uses iClicker system)	After each topic (see Class Schedule table above)	10%
During August 15-20, 2022 (Note: the specific date is set by the Registrar's Office)	Final Exam	The specific date is set by the Registrar's Office – specific date will be available in late July	30%
			100%

*Marks will be available before the Voluntary Withdrawal date (August 2, 2022).

Assignments and Examinations

- Exams will be based on: materials covered in the lectures, assigned readings, and those highlighted in the course schedule.
- DRI Assignment will be a take-home assignment on vitamin K chapter of the DRI
- All other examinations (term tests, final exam, quizzes) are closed book. Exam format will be a mixture of multiple-choice, diagrams to label, fill-in-the-blank, short and long answers. **Term test 1**

and test 2 exams will be 2 hours in length. Test 1 and Test 2 will be conducted during scheduled class time; starting at 7 pm. These examinations will be in-person examination. The Final exam will be 2.5 hours in length.

- Some examples of questions will be provided during the course. Example questions are also found in the MindTap® Nutrition version only.
- Final exam is **cumulative**. Students must remain available during the exam period set by the university.

Policies on Missed Exams and Quizzes

- Any student that misses a test must notify the instructor before or within 24 hours of the test to avoid getting a grade of 0.
- If one of the Term tests is missed and the appropriate notification is given, the test will not be written and the weighting of the other term test and/or final exam will be increased proportionately. If two Term tests are missed (with appropriate documentation), another test will be administered and the weighting of this test and the final exam will be increased proportionately.
- If a student is unable to write the final exam, the student must make arrangements with the Faculty to write the final exam at an alternate date. The appropriate documentation also must be given.
- Quizzes (done on iClicker) will be given after each of the **first seven sections**. Each quiz will be composed of about 5 multiple choice or true/false questions. The results of **the top 5 quizzes** will be used to calculate the overall Quiz mark, so each quiz used will be worth 2% of the final grade. If a student misses a quiz there will not be a makeup quiz, unless more than 2 quizzes are missed. In this case, appropriate notification must be given within 24 hours of the quiz to be allowed to make up quizzes.

Grading

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	91-100	4.25-4.5	4.5
A	81-90	3.75-4.24	4.0
B+	76-80	3.25-3.74	3.5
B	71-75	2.75-3.24	3.0
C+	65-70	2.25-2.74	2.5
C	60-64	2.0-2.24	2.0
D	50-59	Less than 2.0	1.0
F	Less than 50		0

Voluntary Withdrawal

The voluntary withdrawal deadline is August 2, 2022. Students who do not drop the course by the deadline would be assigned a final grade. Withdrawal courses will be recorded on official transcript. Refer to the [Registrar's Office](#) web page for more information. Note that I am willing to discuss your progress and strategies for improvement prior the withdrawal date.

ASSIGNMENT DESCRIPTIONS

The details (assignment instructions, grading rules, or rubrics) for the DRI assignment will be posted to the course's UM Learn website. ([Section 2.5 ROASS](#)). **The Assignment must be submitted through the appropriate assignment dropbox on UM Learn. Mark will be ZERO if submitted via email or in person—NO Exceptions.** Information on exams and quizzes are provided above on pages 9-10.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2009). Publication manual of the American Psychological Association (6th ed.). Washington, DC: Author.

Assignment Feedback

For the DRI assignment, feedback provided to students will include formative (i.e., comments) and summative (i.e., grade). The feedback will be delivered via the UM Learn system using the built-in rubric for the assignment. You will be able to access your marked assignment and marking rubrics by going back into the assignment dropbox on UMLearn Students can expect to receive their graded assignments within 10 working days (i.e. 2 weeks) of the due date.

Assignment Extension and Late Submission Policy

- Extensions will not be granted for reasons other than medical or compassionate **and proof such as doctor's certificate will be required. *No personable excuses will be accepted.**
- Late assignments will be accepted however, **10% per day late** will be deducted from the total marks of each assignment. Assignments submitted more than 10 days after the due date will automatically receive a mark of zero. **No e-mail assignment will be accepted (a mark of ZERO will be given if submit by email) –all assignments should be submitted by UM Learn dropbox.**

UNIVERSITY SUPPORT OFFICES & POLICIES

Code of Student Behaviour:

- The University of Manitoba regards acts of academic dishonesty in quizzes, tests, examinations, laboratory reports, or assignments as serious offenses and may assess a variety of penalties depending on the nature of the offense.
- Acts of academic dishonesty include, but are not limited to bringing unauthorized materials into a test or exam, copying from another individual, using answers provided by tutors, plagiarism, and examination personation.
- Note: cell phones, pagers, PDAs, MP3 units, or electronic translators are explicitly listed as unauthorized materials, and must not be present during tests or examinations.
- Penalties that may apply, as provided for under the University of Manitoba's Student
- Discipline By-Law ranges from a grade of zero for the assignment or examination, failure in the course, to expulsion from the University. The Student Discipline By-Law may be accessed at: http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html

Plagiarism and Cheating

Plagiarism or any other form of cheating in examinations, term tests, or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials in the exam room (e.g., crib notes, pagers, or cell phones). Exam cheating can also include exam impersonation. (Please see [Exam Personation](#), found in the Examination Regulations section of the General Academic Regulations). A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalties.

To plagiarize is to take ideas or words of another person and pass them off as one's own. In short, it is stealing something intangible rather than an object. **Plagiarism applies to any written work, in traditional or electronic format, as well as orally or verbally presented work.** Obviously, it is not necessary to state the source of well-known or easily verifiable facts, but students are expected to **appropriately acknowledge the sources of ideas and expressions they use in their written work, whether quoted directly or paraphrased.** This applied to diagrams, statistical tables and the like, as well as to written material, and materials or information from Internet sources. To provide adequate and correct documentation is not only an indication of academic honesty but is also a courtesy which enables the reader to consult these sources with ease. Failure to provide appropriate citations constitutes plagiarism. **It will also be considered plagiarism and/or cheating if a student submits a term paper written in whole or in part by someone other than him/herself,** or copies the answers of another student in any test, examination, or take-home assignment.

Working with other students on assignments, laboratory work, take-home tests, or online tests, when this is not permitted by the instructor, can constitute Inappropriate Collaboration and may be subject to penalty under the Student Discipline By-Law.

An assignment which is prepared and submitted for one course should not be used for a different course. This is called "duplicate submission" and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

When in doubt about any practice, ask your professor or instructor.

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

Classroom Conduct

- Behaviours that distract from the ability of the instructor to teach or from the ability of students to learn **will not be tolerated.**
- **Recording class lectures:** No audio or video recording of lectures or presentations are allowed in any format, openly or surreptitiously, in whole or in part without permission from the instructor (Semone B. Myrie). Course materials (both paper and digital) are for the participant's private study and research.

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:
 - **Policy on Respectful Work and Learning Environment**
http://umanitoba.ca/admin/governance/governing_documents/community/230.html
 - **Inappropriate and Disruptive Student Behaviour**
http://umanitoba.ca/admin/governance/governing_documents/students/279.html
 - **Student Discipline**
http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html
 - **Violent or Threatening Behaviour**
http://umanitoba.ca/admin/governance/governing_documents/community/669.html
 - **Accessibility Policy for Student with Disabilities**
http://umanitoba.ca/admin/governance/governing_documents/students/281.html

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

Student Services- Learning, Writing Support, Health

The following information compiled from the Academic Learning Centre may be helpful for students who are struggling with content, or writing papers in this course.

Student Accessibility Services

Student Accessibility Services (SAS) provides support and advocacy for students with disabilities of all kinds: hearing, learning, injury-related, mental health, medical, physical or visual. Students with temporary disabilities such as sprains and breaks are also eligible to use

our services. SAS acts as a liaison between students and the faculty and staff of the University of Manitoba as well as support agencies within the province of Manitoba.

Student Accessibility Services <http://umanitoba.ca/student/saa/accessibility/>

520 University Centre; 204 474 7423; Student_accessibility@umanitoba.ca

Academic Learning Centre (ALC)

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 201 Tier Building.

University of Manitoba Libraries (UML)

A 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.

The English Language Centre

The English Language Centre has workshops and programs in advanced academic and health-sciences English. (Located at 520, University Centre).

Student Counselling Centre (SCC):

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

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

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>