

# Syllabus

**HNSC 1210 A01:**

**Nutrition for Health and Changing Lifestyles**

**(Fall 2022)**

**Department of Food and Human Nutritional Sciences**

**University of Manitoba**

*The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji- Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.*

**Faculty of Agricultural and Food Sciences**



# UM Syllabus

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## COURSE DETAILS

**Course Title:** Nutrition for Health and Changing Lifestyles

**Course Number:** HNSC 1210

**Term:** Fall 2022

**Credit Hours:** 3

**Pre-requisites:** none

**Class Times & days:** MWF 930a – 1020a

**Class location:** 231 Isbister Bldg. (183 Dafoe Road)

## INSTRUCTOR CONTACT INFORMATION

**Name:** *Syed Shahid Ali*

**Preferred Form of Address:** Shahid or Dr. Syed

**Email:** [Syed.Ali@umanitoba.ca](mailto:Syed.Ali@umanitoba.ca) (emails will be responded with 48 hrs. during weekdays)

- Pl. indicate the course number you are registered with me since I am teaching multiple courses this term. This will help me to respond to your email query ASAP.

**Office location:** 404a, Human Ecology Bldg. Sessional Faculty Office (TBA)

**Phone:** (204) 869-2336 (in case of emergency, can be texted, however most communications will be made thru. UMLearn course announcements or individual concerns through email Pl.)

**Office/Student/Learner Hours:** TBA (However, by appointment Pl.)

### In case of Emergency (Instructor being sick or absent):

scenario 1: If I call sick or email, backup instructor (Ms. Routong Liu or Dr. Snehil Dua would be requested to attend **in person**.)

scenario 2: Lecture will be delivered through video link (Zoom; Webex) link on the UMLearn. The class will **be remote**. The time of remote learning will be determined by department head.

scenario 3: Lecture **cancelled** on that day will be made up by recording the lecture and upload it on UMLearn.

## COURSE DESCRIPTION

### *U of M Course Calendar Description*

HNSC 1210 - Nutrition for Health and Changing Lifestyles (Formerly 030.121), 3 credit hours. This course addresses the relationship between nutrition and health. The focus is on healthy eating and on strategies for modifying food patterns within the context of lifestyle and culture. Not to be held with 030.117 or 030.323 or HNSC 1100.

### *General Course Description*

This course provides you with a basic introduction to nutrition and health. The students will be introduced with basic components of food (nutrients/non-nutrients) with their energy dynamics, availability in food & diet, and outcomes of deficiency or toxicity. The concepts delivered in this course, would be applicable to improve your nutritional well-being & healthy lifestyle. Furthermore, common and uncommon shared

myths about nutrition in society, will be debunked by the instructors and the discussion will apprise students with the nutritional make up of some commonly consumed foods.

## COURSE LEARNING OUTCOMES\*

Upon completion of the course, student should be able to:

- understand & define the basic terminology in nutritional sciences
- understand the chemical components of food with their interaction in provision of energy for growth & development
- identify the standards for healthy eating that exist in Canada
- identify influences on food choices (lifestyle, ethnic etc.)
- 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
- identify functions of nutrients/non-nutrients, their food sources and deficiency/toxicity symptoms for vitamins and minerals.

\* You will find the learning objectives for each chapter on UM Learn. The questions on the midterm and final exam will be directly focused on these learning objectives.

## COURSE MATERIALS & TECHNOLOGY

### *Required 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 [University of Manitoba Bookstore](https://umanitoba.ca/bookstore/) (<https://umanitoba.ca/bookstore/>) in both paper and e-book format. Please order your materials immediately, if you have not already done so. Note: It is typically more expensive to purchase the e-book via the publisher, than the Bookstore.

#### **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.

### *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.

### UM Learn\*

All course materials are available on UM Learn. Assignments will be submitted through the Assignment folder on UM Learn and the links to the chapter quizzes on MindTap are available on UM Learn.

\* You can access UM Learn from the University of Manitoba homepage: [www.umanitoba.ca](http://www.umanitoba.ca). For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at [servicedesk@umanitoba.ca](mailto:servicedesk@umanitoba.ca) or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

### COURSE SCHEDULE\*+

Following is the tentative schedule of course material delivery, however, it is subject to change as per need and student requirements to facilitate effectively \*

SEMESTER WEEK & DATE	CLASS CONTENT & TEACHING STRATEGIES	REQUIRED READINGS OR ANY PRE-CLASS PREPARATION	EVALUATION		
		READINGS	ASSESSMENT	DUE DATE	%age IN FINAL GRADE
<b>Week 1</b> <b>Sept 7- 9</b>	<ul style="list-style-type: none"><li>Review of Course Syllabus, Course Schedule, and Calendar.</li><li>Review the requirements for all assignments.</li><li>Familiarize yourself with the course materials, textbook, and readings.</li><li><b>Lecture Chapter 1</b> <i>Food choices &amp; Human Health</i></li></ul>	Read Textbook chapter 1 and the chapter 1 course notes	<b>Chapter 1 Quiz (on MindTap)</b>	Fri. Sept 29th before 6pm	0.5%
<b>Week 2</b> <b>Sept 12 - 16</b>	<b>Lecture Chapter 2</b> <i>Nutrition Tools – Standards &amp; Guidelines</i> <ul style="list-style-type: none"><li>Review the requirements for Assignment 1. Choose an article to critique for assignment 1.</li></ul>	Read Textbook chapter 2 and the chapter 2 course notes.	Chapter 2 Quiz (on MindTap)	Thurs. Sept 29th before 6pm	0.5%

	<ul style="list-style-type: none"> <li>Review sample questions at the end of the textbook chapter and on MindTap.</li> </ul>				
<b>Week 3</b> <b>Sept 19-23</b>	<p><b>Lecture Chapter 3</b> <i>The Remarkable Body</i></p> <ul style="list-style-type: none"> <li>Record your 2-day diet record as outlined in assignment 1.</li> <li>Continue to work on Assignment 1.</li> <li>Review sample questions at the end of textbook chapter and on MindTap.</li> </ul>	Read Textbook chapter 3 and the chapter 3 course notes.	Chapter 3 Quiz (on MindTap)	Thurs. Sept 29th before 6pm	0.5%
<b>Week 4</b> <b>Sept 26 - 28</b>	<p><b>Lecture Chapter 4</b> <i>The Carbohydrates: Sugar, starch....</i></p> <ul style="list-style-type: none"> <li>Review sample questions at the end of textbook chapter and on MindTap.</li> </ul>	Read Textbook chapter 4 and the chapter 4 course notes.	Chapter 4 Quiz (on MindTap)	Thurs. Sept 29th before 6pm	0.5%
<b>Sept 30</b>	<b>Holiday (National Truth and Reconciliation Day)</b>				
<b>Week 5</b> <b>Oct 3-7</b>	<p><b>Lecture Chapter 5</b> <i>The lipids: Fats, Oils, Phospholipids...</i></p> <ul style="list-style-type: none"> <li>Review the information on the online midterm exam.</li> <li>Review sample questions at the end of textbook chapter and on MindTap.</li> <li>Compile your study notes for units 1 – 4 for midterm exam.</li> </ul>	Read Textbook chapter 5 and the chapter 5 course notes.	Chapter 5 Quiz (on MindTap)	Thurs. Oct 6 before 6pm  <b>Friday Oct 7, 2022 by 11:59 pm.</b>	0.5%  <b>12%</b>
<b>Oct. 10</b>	<b>THANKSGIVING HOLIDAY</b>				
<b>Week 6</b> <b>Oct 12 - 14</b>	<ul style="list-style-type: none"> <li>REVIEW to study for Midterm exam</li> </ul>		<b>Midterm Exam (50 minutes) In-Class</b>	<b>Wed, Oct 12 or 14, 2022.</b>	<b>25%</b>

	<ul style="list-style-type: none"> <li>• <b>Midterm exam on Wednesday Oct 14, 2022, 9:30a-10:20a in-class.</b></li> <li>• Review the requirements for Assignment 2.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure you have Diet &amp; Wellness Plus set-up.</li> </ul>		<b>50 minutes &amp; 50 multiple choice on Chapters 1-4</b>	
<b>Oct 14</b>	<b>MIDTERM EXAM (50 minutes with 50 MCQs/True or False Choice Statements)</b>				
<b>Week 7 Oct 17-21</b>	<b>Lecture Chapter 6</b> <i>The Proteins &amp; Amino Acids</i> <ul style="list-style-type: none"> <li>• Check the U of M website for the date and time of your Final Exam.</li> <li>• Review sample questions at the end of textbook chapter and on MindTap.</li> </ul>	Read Textbook chapter 6 and the chapter 6 course notes.	Chapter 6 Quiz (on MindTap)	Thurs. Oct 20 before 6pm	0.5%
<b>Week 8 &amp; 9 Oct 24 - Nov 4</b>	<b>Lecture Chapter 7</b> <i>The Vitamins</i> <ul style="list-style-type: none"> <li>• Continue to work on Assignment 2.</li> <li>• Review sample questions at the end of textbook chapter and on MindTap.</li> </ul>	Read Textbook chapter 7 and the chapter 7 course notes.	Chapter 7 Quiz (on MindTap)	Thurs. Nov 3 before 6pm	0.5%
<b>Nov 7-10, 2022 Fall Term Break &amp; Nov 11'2022 Remembrance Day Holiday</b>					
<b>Week 10 Nov 14 - 18</b>	<b>Lecture Chapter 8</b> <i>Water &amp; Minerals</i> <ul style="list-style-type: none"> <li>• <b>Submit Assignment 2.</b></li> <li>• Review sample questions at the end of textbook chapter and on MindTap.</li> </ul>	Read Textbook chapter 8 and the chapter 8 course notes.	Chapter 8 Quiz (on MindTap)	Thurs. Nov 17 before 6pm	0.5%
			<b>Assignment 2</b>	<b>Wed, Nov 16 by 11:59 pm.</b>	<b>13%</b>
<b>Week 11 Nov 21 - 25</b>	<b>Lecture Chapter 9</b> <i>Energy Balance &amp; Healthy body Weight</i> <ul style="list-style-type: none"> <li>• Review sample questions at the end of textbook</li> </ul>	Read Textbook chapter 9 and the chapter 9 course notes.	Chapter 9 Quiz (on MindTap)	Thurs. Nov 24 before 6pm	0.5%

	chapter and on MindTap.				
<b>Week 12</b> <b>Nov 28 – Dec 2</b>	<b>Lecture Chapter 10</b> <i>Diet &amp; Health</i> <ul style="list-style-type: none"> <li>Review sample questions at the end of textbook chapter and on MindTap</li> </ul>	Read Textbook chapter 10 and the chapter 10 course notes.	Chapter 10 Quiz (on MindTap)	Thurs. Dec 1 before 6pm	0.5%
<b>Week 13</b> <b>Dec 5 - 12</b>	<ul style="list-style-type: none"> <li><b>Left over Topics</b></li> <li><b>Wrap up of Course</b></li> <li>Review the information for Final Exam.</li> </ul>	TBA*, Could be a makeup Quiz or Assignment - Reading a Research Article (Summarize & Conclude with your recommendations)			* Extra Credit or Makeup assessments
	<b>Final exam period:</b> <b>Dec 13-23, 2022</b>	TBA (Registrar's Office)			45%
					<b>100%</b>

\* 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](https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students) (<https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students>).

+ September 20 is the last date to withdraw from Fall term and Fall/Winter term spanning courses with refund. The last day to withdraw with no refund is Nov 22, 2022. Students who do not drop the course by the deadline will be assigned a final grade. Please note that withdrawal courses will be recorded on official transcript. Please refer to the [Registrar's Office](#) web page for more information. I am always willing to discuss student's progress and strategies for improvement prior to withdrawal date.

## COURSE EVALUATION/ASSESSMENTS [ROASS]

### Assessment Descriptions

**Note:** Detailed instructions about the assignments, including marking rubrics are found on your course UM Learn website. Assignments will be submitted through the folders on UM Learn and links to the unit quizzes, which will be written in MindTap, are available on UM Learn.

- **Assignment 1** is divided into Section A and Section B. Section A is an evaluation of an online article. Section B provides a foundation for Assignment 2 and is an evaluation of your diet compared to Canada's Food Guide. It involves creating formulas in Microsoft Excel.
- **Assignment 2** is a detailed analysis of your diet using a nutrient analysis software program available through MindTap called Diet and Wellness Plus app. You will compare your diet to the Dietary Reference Intakes and will gain insight on what foods are sources of key nutrients.
- **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**

are you like before the due date as practice for the midterm and final exam, and your highest score will record in the gradebook.

**Examinations:**

- **Midterm Exam:** The in-class midterm exam is 50 minutes in length and consists of 50 multiple choice / true and false questions, focusing on course notes and materials in the textbook from chapters 1–4. This exam will be administered during class time. This exam must 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 Semester Exam:** The final exam is 2 hours 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. Example multiple choice questions are found in the textbook at the end of each chapter, and there is a sample exam available on MindTap. 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.
- **Make up Exam Policy:** No makeup exams will be conducted unless a valid reason (in the form of inability due to illness or injury in case of accident/incident or bereavement in close family) is reported in writing with 48 hrs.

**Assignment Feedback**

My goal is to have your assignments marked and returned to you within 14 working days of the due date. You will be able to access your marked assignment and marking rubrics by going back into the assignment folder.

**GRADING CRITERIA (University of Manitoba)\***

LETTER GRADE	PERCENT% (out of 100)	GRADE POINT RANGE	FINAL GRADE POINT
A+	90-100	4.25-4.5	4.5
A	80-89.9	3.75-4.24	4.0
B+	75-79.9	3.25-3.74	3.5
B	70-74.9	2.75-3.24	3.0
C+	65-69.9	2.25-2.74	2.5
C	60-64.9	2.0-2.24	2.0
D	50-59.9	Less than 2.0	1.0
F	Less than 50		0

\* Please note that marks in all sections of HNSC 1210 are not rounded.

## IMPORTANT UNIVERSITY DEADLINES

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### Fall Term 2022

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- **Sep. 6, 2022** Welcome Day (New Students - Fort Garry Campus)
- **Sep. 7, 2022** First day of classes (Wednesday)
- **Sep. 20, 2022** Last date to DROP Fall term and Fall/Winter term spanning courses with refunds
- **Sep. 21, 2022** Last date to ADD a course for Fall term and Fall/Winter term spanning courses
- **Sep. 30 HOLIDAY (*National Truth & Reconciliation Day*) (Friday)**
- **Oct. 5, 2022** Fall fee payment deadline
- **Oct. 10 THANKSGIVING HOLIDAY (Monday)**
- **Nov. 7-10, 2022 FALL TERM BREAK (Monday – Thursday)**
- **Nov. 11 HOLIDAY (*Remembrance Day*) (Friday)**
- **Nov. 22, 2022** Voluntary Withdrawal (VW) deadline - Fall term classes
- **Nov. 28, 2022** Winter/Summer term spanning Course registration opens
- **Dec. 12, 2022** Last day of classes (Monday)
- **Dec. 13, 2022 - Dec. 23, 2022** Examination and test dates

## ACADEMIC INTEGRITY

Academic integrity is the commitment to upholding the values of honesty, trust, fairness, respect, responsibility and courage in all scholarly activities (International Center for Academic Integrity (ICAI), 2013). At the University of Manitoba, we believe strongly that academic integrity is everyone's responsibility.

## EXPECTATIONS FROM STUDENTS

- We 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 and in the assigned textbook readings will be tested on the final exam.
- You should plan on the lecture, reading, writing, and studying to take approximately six hours per week. Six hours is roughly equivalent to three hours of regular course contact plus three hours of study time. For each chapter, course notes are provided. These notes should be used to guide you on which sections to cover in the textbook. Read these notes as you go through each chapter of the textbook to determine which areas of the textbook are important to cover. Canadian information will be provided in the course notes as well, as some sections of the textbook focus on American content.
- The assignments, midterm exam and the online chapter quizzes relate directly to what you can expect on the final exam. You should complete the **online** chapter quizzes regularly to make sure that you know the correct answers. Review your assignments when they are returned. If you do

this periodically during the course, you will perform better on the online midterm exam and final exam.

- Our goal is to return emails and answer discussion questions within 48 hours of submission during weekday hours. I keep an active presence on the course page and expect you to log in to the course regularly as well.
- Be sure to reference the [Respectful Work and Learning Environment Policy \(https://bit.ly/3aMI7nE\)](https://bit.ly/3aMI7nE) so that you are aware of what it contains.

## COURSE POLICIES [ROASS]

### *Academic Integrity*

- The University of Manitoba's policy for academic integrity is located within the Student Discipline Bylaw and Student Academic Misconduct Procedure.
- Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Each student in this course is expected to complete their coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.
- 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 into the exam room (e.g., crib notes, pagers or cell phones). Exam cheating can also include exam personation. A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty.
- Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently. 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](#). 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.
- Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are violations of the Student Discipline Bylaw and will lead to the serious disciplinary action. When in doubt about any practice, ask your professor or instructor. Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

### *Accessibility*

- 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](mailto:Student_accessibility@umanitoba.ca)

### **Attendance**

- **Attendance is your responsibility.** The topics covered during lectures include additional info. presented by the instructor. Hence, if you fail to attend (except emergent situations) You would miss the material while not present in presentations & text. If You miss a class due to some emergency reason, pl. contact your classmates for any missed verbal announcements or notes.
- However, you MUST keep in mind the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

### **Assignment Extension and Late Submission Policy**

- 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. **10%** will be deducted from your mark for each day late. UM Learn date stamps your submissions, so the late penalty will be applied starting immediately after the due date and time outlined in the course schedule. If you have missed the deadline for the online quizzes, please email me with your explanation to have the quiz reopened. Again, extensions will only be granted for medical or compassionate circumstances. You must contact me within 48 hours of the missed assessment (assignment or midterm) to qualify for an extension/deferral.
- Assignments submitted more than 10 days after the due date will automatically receive a mark of 0. Marks from missed assessments will NOT be transferred to the final exam.
- Please review the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

### **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](http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html).

### **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 from the course instructor. Course materials (both paper and digital) are for the participant's private study and research.

### **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.
- There are resources available on APA reference style on the University of Manitoba Library page: [www.umanitoba.ca/libraries](http://www.umanitoba.ca/libraries).

### **Technology Use**

- Kindly keep your Cellphones, Laptop, Tablets or any gadgets on SILENT MODE.
- Policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](#) (<https://bit.ly/3OxGtnd>) are applicable in all University-related activities, even ones happening

in online environments such as social media platforms. It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner.

### **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 (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or written permission has been confirmed. For more information, see the [University's Copyright Office website](http://umanitoba.ca/copyright/) (<http://umanitoba.ca/copyright/>) or contact [um\\_copyright@umanitoba.ca](mailto:um_copyright@umanitoba.ca).

## **UM POLICIES [ROASS]**

- As a student at 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 University of Manitoba (UM) website's [Governing Documents](https://umanitoba.ca/governance/governing-documents) (<https://umanitoba.ca/governance/governing-documents>) is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

### **Academic Calendar**

The [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) is the University's official publication containing course descriptions, program and graduation requirements, as well as UM and faculty/school-specific rules, regulations and policies. In particular, familiarize yourself with the sections *University Policies and Procedures* and *General Academic Regulations*.

### **Academic Integrity**

In addition to reviewing your instructor's academic integrity policy listed in their syllabus, you are expected to view the *General Academic Regulation* section within the [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- [Academic Integrity](https://umanitoba.ca/student-supports/academic-supports/academic-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity>)
  - [Student Resources](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity>)
  - [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it>)
- [Student Advocacy Office](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>)

### **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](https://umanitoba.ca/copyright/) (https://umanitoba.ca/copyright/) provides copyright resources and support for all members of the University of Manitoba community.

### **Grade Appeals**

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](https://umanitoba.ca/registrar/grades/appeal-grade) (https://umanitoba.ca/registrar/grades/appeal-grade) for more information including appeal deadline dates and the appeal form.

### **Intellectual Property**

For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property) (https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property)

### **Program-Specific Regulations**

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](https://umanitoba.ca/academics) website (https://umanitoba.ca/academics).

### **Respectful Work and Learning Environment**

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 UM community behaviour include:

- [Respectful Work and Learning Environment](https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy) (https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy)
- [Student Discipline](https://umanitoba.ca/governance/governing-documents-students#student-discipline) (https://umanitoba.ca/governance/governing-documents-students#student-discipline)
- [Violent or Threatening Behaviour](https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour) (https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour)

The UM website, [Engaging in Respectful Conduct](https://umanitoba.ca/student-supports/respectful-conduct) (https://umanitoba.ca/student-supports/respectful-conduct), includes more details about expectations for behaviours related to university activities.

### **Sexual Violence Policies**

The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre's information page](https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed) (https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

### **Voluntary Withdrawal**

Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, "VW" will

appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.

The Registrar's Office website, [Withdraw from a Course](https://umanitoba.ca/registrar/withdraw-course) (https://umanitoba.ca/registrar/withdraw-course), includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

### **UM Learner Supports**

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Student Supports website](https://umanitoba.ca/student-supports) (https://umanitoba.ca/student-supports).

### **Academic Advising**

Contact an [Academic Advisor](https://umanitoba.ca/student-supports/academic-supports/academic-advising) (https://umanitoba.ca/student-supports/academic-supports/academic-advising) for support with degree planning and questions about your academic program and regulations.

### **Academic Learning Centre (ALC)**

The [Academic Learning Centre](https://umanitoba.ca/student-supports/academic-supports/academic-learning) (https://umanitoba.ca/student-supports/academic-supports/academic-learning) offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programming, supports, and services are free for UM students.

Make an appointment for [free one-to-one tutoring](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring). **Content tutors** (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. **Study skills tutors** can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. **Writing tutors** can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. **English as an Additional Language** specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the [Academic Learning Centre schedule](https://manitoba.mywconline.com/) (https://manitoba.mywconline.com/).

Attend [Supplemental Instruction \(SI\)](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an [Academic Success Workshop](https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops), where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for [Faculty of Graduate Studies Grad Steps Workshops](https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops) (https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops). These workshops are specifically designed for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of [videos and tip sheets](https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) (https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) to help you with many of the academic tasks you'll encounter in university.

**Contact the Academic Learning Centre** by calling 204-480-1481 or emailing [academic\\_learning@umanitoba.ca](mailto:academic_learning@umanitoba.ca). Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

### Basic Needs

It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
  - [UM Housing](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
  - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (https://www.winnipegrentnet.ca/)
  - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/cca/rtb/) (https://www.gov.mb.ca/cca/rtb/)
  - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
- *Food*
  - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank)
  - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/)
- *Finances*
  - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (https://umanitoba.ca/financial-aid-and-awards)
  - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (https://www.edu.gov.mb.ca/msa/)
- *Child Care*
  - [UM Child Care](https://umanitoba.ca/about-um/child-care) (https://umanitoba.ca/about-um/child-care)
  - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (https://bit.ly/3yG3ijy)
  - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (https://mccahouse.org/looking-for-child-care/)

### English Language Centre

The [English Language Centre \(ELC\)](https://umanitoba.ca/english-language-centre) (https://umanitoba.ca/english-language-centre) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

### Health and Wellness

Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (https://umanitoba.ca/student-supports/student-health-and-wellness) website, and make note of several specific UM and community supports listed below.

### Winnipeg Urgent Physical and Mental Health Care

If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (https://klinik.mb.ca/crisis-support/) 24/7 crisis line at 204-786-8686, visit the [Crisis Response](#)

[Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) (https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (https://wrha.mb.ca/wait-times/) for a list of locations and current wait times.

### **Student Counselling Centre (SCC)**

The [Student Counselling Centre](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC's [Our Services](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located at 474 UMSU University Centre (Fort Garry Campus).

### **Health and Wellness Office**

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (https://umanitoba.ca/student-supports/health-wellness) website.

### **Spiritual Care and Multifaith Centre**

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [Spiritual Services](https://umanitoba.ca/student-supports/spiritual-services) (https://umanitoba.ca/student-supports/spiritual-services) also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

### **Student Support Case Management (SSCM)**

Contact the [Student Support Case Management team](https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) (https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) 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.

### **University Health Service (UHS)**

The [University Health Service](https://umanitoba.ca/student-supports/health-wellness/university-health-service) (https://umanitoba.ca/student-supports/health-wellness/university-health-service) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

### **Student Services at Bannatyne Campus**

Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (https://umanitoba.ca/student-supports/student-services-bannatyne-campus) for a list of services available.

### **Indigenous Students**

Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (https://umanitoba.ca/indigenous/student-experience) website for more information on the supports and services available.

### **International Students**

The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the [International Students](https://umanitoba.ca/current-students/international) website (https://umanitoba.ca/current-students/international) for more information.

### **Sexual Violence Support and Education**

Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The [Sexual Violence Resource Centre](https://umanitoba.ca/sexual-violence) (https://umanitoba.ca/sexual-violence), located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

### **Student Accessibility Services (SAS)**

The University of Manitoba is committed to providing an accessible academic community. [Student Accessibility Services](https://umanitoba.ca/student-supports/accessibility) (https://umanitoba.ca/student-supports/accessibility) 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 health, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

### **Student Advocacy**

[Student Advocacy](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>) is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email ([stadv@umanitoba.ca](mailto:stadv@umanitoba.ca)).

### **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](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>) can be found by subject.

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 [UM Libraries and Departments](https://libguides.lib.umanitoba.ca/c.php?g=298526) (<https://libguides.lib.umanitoba.ca/c.php?g=298526>) webpage. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the [University of Manitoba Libraries' homepage](https://umanitoba.ca/libraries/) (<https://umanitoba.ca/libraries/>)

## FOUNDATIONAL KNOWLEDGE CONTENT AREAS FOR DIETETICS EDUCATION

The Undergraduate Dietetics program is accredited by the Partnership for Dietetic Education and Practice (PDEP). The program is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP). Following are the foundational knowledge areas that this course is designed to meet towards the ICDEP.

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

Content Area	Foundational Knowledge	Cognitive Complexity Level
<b>Human Nutrition across the Lifespan</b>	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
<b>Microbiology</b>	Dietary practices	1
	Microbes in food production including prebiotics and probiotics	1
<b>Nutrition Assessment</b>	Microbiome in human health	1
	Food and nutrient intake of individuals and populations	1
<b>Nutrition Care Process and Medical Nutrition Therapy</b>	Environmental and individual factors affecting food intake	1
	Etiology and pathophysiology of nutrition-related diseases	1
	Nutrition-related disease management strategies	1

### Traditional Territory/Land Acknowledgment

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

### Equity & Inclusion Commitment

As the instructor for this course, I am committed to equity, diversity, inclusion, and anti-oppression. I am committed to taking action against forms of oppression in and out of the classroom, and willingly support students by removing barriers to their learning and connecting them with needed supports.