

Syllabus

HNSC 1210 D01:
Nutrition for Health and Changing Lifestyles
(Winter 2024)

Faculty of Agricultural and Food Sciences



**University
of Manitoba**

UM Syllabus

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Name: Kristin Hildahl-Shawn, RD., M.Ed	3
Email: Kristin.hildahl-shawn@umanitoba.ca. I will try my best to return your email within 48 hours. When sending me an email, please include your course number. I am teaching three courses this term, and this helps me to answer your email in a more timely manner.	3
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Office location: Room 211 Ellis Building.....	3
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Office/Student/Learner Hours: If you need to contact me during the course, the best way to reach me is through email (Kristin.Hildahl-Shawn@umanitoba.ca). Please ask general questions in the course discussion forum rather than sending an email. That way all students can see the answer to the question. Throughout the course, I will relay important messages to you through the “Course Announcements” on the home page. Please be sure to check this regularly.	4
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Class location: UM Learn

Instructor Contact Information [ROASS]

Name: Kristin Hildahl-Shawn, RD., M.Ed

Email: Kristin.hildahl-shawn@umanitoba.ca. I will try my best to return your email within 48 hours. When sending me an email, please include your course number. I am teaching three courses this term, and this helps me to answer your email in a more timely manner.

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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 And 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.

Course Description [ROASS]

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 concepts that you will learn in the course can be applied to your own lives to improve your nutritional well

being. Common myths about nutrition will be debunked and we will discuss the nutritional make up of some commonly consumed foods.

Course Learning Outcomes [ROASS]

Upon completion of the course you should be able to:

- identify the standards for healthy eating that exist in Canada;
- identify influences on food choices;
- recognize your own nutritional needs and how to achieve them through foods;
- identify characteristics of nutrition quackery and valid nutrition information;
- identify nutrients of concern for various lifecycles and lifestyles (e.g. children, older adults, vegetarians, athletes, etc);
- recognize the relationship between nutrition and health status;
- analyze personal dietary intake in relation to Canadian standards; and
- identify functions, food sources and deficiency/toxicity symptoms for vitamins and minerals.

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

Course Materials [ROASS]

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 UM 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. The midterm exam and the final exam will be written on UM Learn.

You can access UM Learn from the University of Manitoba homepage: www.umanitoba.ca. For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at 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 [ROASS]

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>).

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
Week 1: Jan 8-12	<ul style="list-style-type: none">• Review the Course Syllabus, Course Schedule, and Calendar.• Review the requirements for all assignments.• Familiarize yourself with the course materials, textbook, and readings.				

	<ul style="list-style-type: none"> Set up your MindTap account (link in UM Learn) 				
Week 2: Jan 15-19	<ul style="list-style-type: none"> Complete Unit 1. Review the requirements for Assignment 1. Choose an article to critique for assignment 1. 	Read Textbook chapter 1 and the Unit 1 course notes.	Unit 1 quiz	Monday, Jan 22 by 11:55 pm.	0.5%
Week 3: Jan 22-26	<ul style="list-style-type: none"> Complete Unit 2. Record your 2-day diet record as outlined in assignment 1. 	Read Textbook chapter 2 and the Unit 2 course notes.	Unit 2 quiz	Monday, Jan 29 by 11:55 pm.	0.5%
Week 4: Jan 29 – Feb 2	<ul style="list-style-type: none"> Complete unit 3. Review the information on the online midterm exam. Continue to work on Assignment 1. 	Read Textbook chapter 3 and the Unit 3 course notes.	Unit 3 quiz	Monday, Feb 5 by 11:55 pm.	0.5%
Week 5: Feb 5-9	<ul style="list-style-type: none"> Complete Unit 4. Compile your study notes for units 1 – 4 for the online midterm exam. 	Read Textbook chapter 4 and the Unit 4 course notes.	Unit 4 quiz	Monday, Feb 12 by 11:55 pm.	0.5%
Week 6: Feb 12-16	Online Midterm Exam			Tuesday, February 13 Available to start between 4:00-6:00pm CST	25%
	Assignment 1			Friday, February 16	10%

				by 11:55 pm.	
	Winter Term Break: February 19-23				
Week 7: Feb 26 – Mar 1	<ul style="list-style-type: none"> Complete Unit 5. Check the U of M website for the date and time of your Final Exam. 	Read Textbook chapter 5 and the Unit 5 course notes.	Unit 5 quiz	Monday, March 4 by 11:55 pm.	0.5%
Week 8: Mar 4-8	<ul style="list-style-type: none"> Complete Unit 6. Review the requirements for Assignment 2 and begin to enter foods into Diet & Wellness Plus on MindTap 	Read Textbook chapter 6 and the Unit 6 course notes.	Unit 6 quiz	Monday, March 11 by 11:55 pm.	0.5%
Week 9: Mar 11-15	<ul style="list-style-type: none"> Complete Unit 7 Continue to work on Assignment 2. 	Read Textbook chapter 7 and the Unit 7 course notes.	Unit 7 quiz	Monday, March 18 by 11:55 pm.	0.5%
Week 10: Mar 18-22	<ul style="list-style-type: none"> Complete Unit 8. Last day for Voluntary Withdrawal: March 20 	Read Textbook chapter 8 and the Unit 8 course notes.	Unit 8 quiz	Monday, March 25 by 11:55 pm.	0.5%
Week 11: Mar 25-29	<ul style="list-style-type: none"> Complete Unit 9. Submit Assignment 2. 	Read Textbook chapter 9 and the Unit 9 course notes.	Assignment 2	Monday April 1 by 11:55 pm.	15%
			Unit 9 quiz	Monday, April 1 by 11:55 pm.	0.5%
Week 12:	<ul style="list-style-type: none"> Complete Unit 10. 	Read Textbook chapter 10 and	Unit 10 quiz	Monday, April 8 by 11:55 pm.	0.5%

April 1-5	<ul style="list-style-type: none"> Complete and send in the course evaluation (UM SRI) on UM Learn. 	the Unit 10 course notes.			
Week 13: April 8-10	<ul style="list-style-type: none"> Compile your study notes for the final exam Try the sample examination on MindTap 				
			Final exam (scheduled by Registrar's Office during Winter Term exam period: April 12-26, 2024)		45%
					100%

January 19 is the last date to withdraw from Winter term courses with refund. The last day to withdraw with no refund is March 20, 2024. 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 the withdrawal date.

Course Evaluation/Assessments [ROASS]

Assessment Descriptions [ROASS]

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. A sample excel file is provided on UM Learn, however you should create your own Excel Spreadsheet for the assignment.

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

Examinations:

The online midterm exam is 40 minutes in length and consists of 40 multiple choice questions, focusing on course notes and materials in the textbook from chapters 1–4. This exam will be administered online through UM Learn (under the Assessments tab, click Quizzes). The midterm will be available for the time period listed in the course schedule, however once you open the exam, you will have 40 minutes to complete the exam. Therefore, it is important that you do not open the midterm exam until you are ready to complete the entire exam. Example multiple choice questions are found in the textbook at the end of each chapter, as well as on MindTap. There are also some sample midterm exam questions on UM Learn (under the Assessments tab, click Quizzes) to give you practice writing an exam in UM Learn. I strongly encourage you to attempt this short practice test before attempting the midterm exam. The midterm exam will be an unproctored exam (not supervised), however it is expected that you will complete the midterm examination without using unauthorized materials (such as notes, textbooks or other websites). This exam should also be completed individually, and should be completed by the student who is registered in the course. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

The online final exam is 105 minutes in length and consists of 100 multiple choice questions, focusing on course notes and materials in the textbook. The Registrar's Office is responsible for the final exam schedule which is available approximately 6 weeks after the start of the course. This exam will be administered online through UM Learn (under the Assessments tab, click Quizzes). The final exam will be available for a scheduled time period, however once you open the exam, you will have 105 minutes to complete the exam. Therefore, it is important that you do not open the final exam until you are ready to complete the entire exam. Example multiple choice questions are found in the textbook at the end of each chapter, and there is a sample exam available on MindTap. The final exam will be an unproctored exam (not supervised), however it is expected that you will complete the final examination without using unauthorized materials (such as notes, textbooks or other websites). This exam should also be completed individually, and should be completed by the student who is registered in the course. Please

review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academic-supports/academic-integrity> for more information on academic misconduct, and how to avoid it. Students found to be engaging in any of the above behaviours will be referred to the Food and Human Nutritional Sciences Department for investigation.

Assignment Feedback [ROASS]

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 [ROASS]

Letter Grade	Percentage 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.

Expectations

I strongly encourage you to carefully read the chapters in the textbook that are assigned in the course schedule within the course syllabus. All topics, figures and tables covered in the course notes and in the assigned textbook readings will be testable on the midterm and final exam.

You should plan on the 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, if you were a student attending an on-campus course. For each unit, 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, online midterm exam and the online quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the online 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.

My goal is to return emails and answer discussion questions within 48 hours of submission. I keep an active presence on the course page and expect you to log in to the course regularly as well. I hope that the mixture of readings (course notes and textbook), audio files and video clips will give you more of a feeling of being in class. Be sure to read 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 [ROASS]

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 [ROASS]

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

Attendance [ROASS]

Just as you would be expected to attend class regularly, you are also expected to log in to our UM Learn course regularly. See the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

Assignment Extension and Late Submission Policy [ROASS]

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 [ROASS]

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.

Recording Class Lectures [ROASS]

Kristin Hildahl-Shawn and the University of Manitoba hold 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 Kristin Hildahl-Shawn. 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, as well as a file on UM Learn to assist with APA Referencing.

Technology Use [ROASS]

Policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](https://bit.ly/3OxGtnd) (<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 [ROASS]

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.

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. 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/ccs/rtb/) (https://www.gov.mb.ca/ccs/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).

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>) 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
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
	Dietary practices	1
Microbiology	Microbes in food production including prebiotics and probiotics	1
	Microbiome in human health	1
Nutrition Assessment	Food and nutrient intake of individuals and populations	1
	Environmental and individual factors affecting food intake	1

Nutrition Care	Etiology and pathophysiology of nutrition-related	1
Process and Medical	diseases	
Nutrition Therapy	Nutrition-related disease management strategies	1