



**University of Manitoba**  
**Faculty of Agricultural and Food Sciences**  
**Department of Food and Human Nutritional Sciences**

**HNSC 4350 Nutrition in Exercise and Sports**  
**Course Syllabus-Fall 2021 (A01)**

**Course Details**

<b>Course Title &amp; Number:</b>	HNSC 4350 Nutrition in Exercise and Sports
<b>Number of Credit Hours:</b>	3 hours
<b>Class Times &amp; Days of Week:</b>	Tuesdays and Thursdays, 1:00 pm – 2:15 pm
<b>Location for classes/labs/tutorials:</b>	Remote Teaching – Classes will be via <b>Cisco Webex</b> (you will <b>connect through UM Learn</b> – through the course tabs <b>Communication or Integration</b> ).
<b>Pre-Requisites:</b>	A minimum of 60 credit hours and a C in HNSC 1210 [Nutrition for Health and Changing Lifestyles] and BIOL 1412 [Physiology of the Human Body] or KPER 3470 [Exercise Physiology]
<b>Voluntary Withdrawal Date:</b>	November 23, 2021

**Instructor Contact Information**

<b>Instructor(s) Name:</b>	Dr. Semone Myrie
<b>Office Location:</b>	565W Duff Roblin Building
<b>Office Hours or Availability:</b>	Office hours <b>are by appointment</b> (all meetings will be via phone or set up in UM Learn Cisco Webex. <b>Note:</b> For most class, I am also available for about 10 minutes after class for quick questions.
<b>Office Phone No.</b>	204.474.7290 (email is the preferred mode of contact)
<b>Email:</b>	<a href="mailto:Semone.Myrie@umanitoba.ca">Semone.Myrie@umanitoba.ca</a> . <i>Include the course number (HNSC4350) as part of the subject line in your emails.</i> <i>Note:</i> All email communication must conform to the <a href="#">Communicating with Students</a> university policy.

**ATTENTION STUDENTS RESIDING OUTSIDE WINNIPEG**

As this is a remote learning course, all instructional activities and deadlines will be Winnipeg time (Central Time). Please make sure your calendars are adjusted to reflect any time changes. Please inform your Instructor as soon as possible if you are taking the course while residing outside of Winnipeg, specifically:

- If you are in a rural Canadian area affected by poor internet connections that may impact completing assessments and exams on time
- If you are in another time zone within or outside Canada, specify where you are, and if you foresee any challenges with attending classes and completing assessments and exams on time

NOTE: It is your responsibility to communicate with your instructors well in advance of tests/exams/assignment due dates, of any ongoing issues, OR immediately once an issue arises that *may* impact your ability to complete course work.

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## 1. General Course Information

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### 1.1 U of M Course Calendar Description:

This course will examine the application of nutritional regimens to meet exercise requirements and improve athletic performance. Current practice and recommendations for different types of sports will be examined.

### 1.2 Course Learning Objectives:

Students in this course will:

1. Gain a good knowledge of dietary and nutrient recommendations for different levels of exercise (e.g. intensity, duration, environmental conditions) and for various types of sports.
2. Understand the metabolic basis underlying the dietary and nutrient recommendations for different levels of exercise and various types of sports.
3. Learn to assess and plan diets designed to meet nutrient needs of people of different ages, physical states for different types and levels of physical activity;
4. Gain experience critiquing information sources and research papers related to sports nutrition.

### 1.3 Foundational Knowledge Content Areas for Dietetics Education:

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

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

Content Area	Foundational Knowledge	Cognitive Complexity Level
<b>Biochemistry</b>	Major metabolic pathways	2
	Biochemical utilization of nutrients and energy	3
<b>Human Nutrition across the Lifespan</b>	Nutrient and energy requirements	3
	Physical activity and energy balance	2
	Nutrition recommendations and guidelines	3
	Food sources of nutrients and dietary supplements	3
<b>Nutrition Assessment</b>	Anthropometric data collection and interpretation	3

## 2. Course Technology Policies

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It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. The student can use all technology in the classroom setting only for educational purposes approved by the instructor and/or the University of Manitoba Disability Services.

### 2.1 UM Learn Platform

- UM Learn (<https://universityofmanitoba.desire2learn.com>) –*check regularly* as it will be a major mode of communication for this course. *All course assignments should be submitted via UM Learn.* Course content will also be available via UM Learn.

- Class meetings will use Cisco Webex, which is accessed through the course UM Learn website. For Alternative for when Cisco Webex is not working, we may use **Zoom**, which is accessible to all University of Manitoba students. **Student are required to have working microphone and video capability on their computer for these online platforms.**
- All students must have a University of Manitoba ID in order to use the UM Learn system. You can claim your ID at <http://bit.ly/tJ3oGl>.

## 2.2 Recording of Class Lectures

This instructor (Semone B. Myrie) holds copyright over the course materials, presentations, and lectures which form part of this course. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the course instructor (Semone B. Myrie). Course materials (both paper and digital) are for the participant's private study and research.

## 2.3 Communication with Instructor

- Please note that all communication between me and you as a student 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)
- The University requires all students to activate an official University email account. Use your **UM email** to communicate with the instructor. **I will only reply to UM email addresses.**
- You can also send emails via UM Learn.
- Include **course number (HNSC 4350) as part of the subject heading in emails.**
- For meetings, propose suggested meeting times when you are available, but remember to be flexible!

## 2.4 Classroom Polling Response System- iClicker

- The iClicker system will be used in this course for polling for discussion starters and possible quizzes.
- We will be using the **iClicker student mobile app only**. Note: the iClicker student mobile app is available at NO COST and can be downloaded at the Apple Store, Google Play Store or through the iClicker website.
- To ensure your grades are counted you **must have an iClicker student account and Register the account to this course** (See HNSC 4350 UM Learn Website for instruction – in the Table of Contents go to the “iClicker System” section).
- You are responsible for bringing your iClicker device to class/lecture and ensuring it is working correctly. **There will be no special consideration given for unrecorded clicks.**

# 3. Expectations

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## 3.1 I Expect You To:

- **Arrive on time for the start of class.**
- Read through and study the notes on the Powerpoint slides before coming to class to ensure that you understand everything on the slides. If anything is unclear, read through the appropriate sections in the textbook or assigned reading for clarification.
- If anything in the notes is unclear, ask for clarification in class.
- **Participate in class discussion and activities**, which includes responding to questions asked in a class by the instructor to enhance discussion and to gauge understanding of the course materials.
- Participate in class discussions in a respectful manner.
- Ask questions during class to clarify anything that is unclear.

- Let me know if you need additional clarification on any course work.
- Familiarize yourself with the course syllabus, expectations, rights and responsibilities.
- Meet the course deadlines.
- Abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also, be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles will lead to serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

### ***Classroom Conduct***

- Behaviours that distract from the ability of the instructor to teach or from the ability of students to learn **will not be tolerated**. **Mute your microphone when you do not have a question during class time**. Review policy below on respective work and learning environment.
- **Recording class lectures:** No audio or video recording of lectures or presentations are allowed in any format, openly or surreptitiously, in whole or in part without permission from the instructor (Semone B. Myrie). Course materials (both paper and digital) are for the participant's private study and research.

### **3.2 You Can Expect Me To:**

- Be in class for 10 minutes prior to and after class time.
- Treat you with respect and I would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).
- Plan the course AND alter that plan as needed.
- Allow time at the beginning of each class to review anything that was not clear in the previous class.
- Provide sample test questions.
- Be available outside of class when we set an appointment in advance.

## **4. Textbook, Readings, and Course Materials**

**Required Textbook:** [Williams' Nutrition for Health, Fitness & Sport 12<sup>th</sup> edition](#). 2019. E.S. Rawson, J. D. Branch, and T. Stephenson. ISBN: 1260258971/ 9781260258974

Available at the [University of Manitoba Bookstore](#) in the following options:

- Textbook format.
- Digital only option: 1 term (6 months)
- **Important Websites used for supplementary information:**
  - Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)
  - Health Canada: [www.hc-sc.gc.ca/fn-an/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/index_e.html)
  - Academy of Nutrition and Dietetics (formerly American Dietetics Association): [www.eatright.org](http://www.eatright.org)
  - USDA Food and Nutrition Information Centre (dietary supplements): <https://fnic.nal.usda.gov>
  - Sports Nutrition/International Sports Sciences Association: [www.sportsci.org](http://www.sportsci.org)
  - SCAN (Sports, Cardiovascular and Wellness Nutritionists, A practice Group of the American Dietetics Association: [www.scandpg.org](http://www.scandpg.org))

- Canadian Society for Exercise Physiology: [www.csep.ca](http://www.csep.ca)
- World Anti-doping Agency: [www.wada-ama.org](http://www.wada-ama.org)
- Other readings/web sites will be made available throughout the term.

## 5. Class Format

Classes will follow a blended format where you are expected to read the assigned readings and class notes **before attending class**, and class time will be used for discussions and case studies. Class notes (i.e. powerpoints) will be available on UM Learn and students are expected to read, study and understand the notes before coming to class. The textbooks and reference materials should be used as supporting material. There will be no lectures on these notes, but class time will be used to discuss related information and to clarify any questions students may have on the notes. See the Class Schedule below for the dates of discussions and assessments in the course.

## 6. Using Copyrighted Material

**Please adhere to copyright laws when using all content of this course, including posted lectures and use of the textbook on reserve.** We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and University guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact [um\\_copyright@umanitoba.ca](mailto:um_copyright@umanitoba.ca).

## 7. Course Schedule and Course Evaluation

***Lectures schedule are tentative and subject to change*** at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#). Students will be notified of changes to the lecture topics as necessary.

**Class Preparation:** Students are expected to prepare for class, which includes:

- 1) expected to read assigned readings/relevant sections/chapters **before class** to have discussions around the readings,
- 2) responsible for reviewing basic information on nutrition and exercise not covered in class.

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
<b>Week 1</b> Sept 9 & 14	Overview of nutrition for fitness and sports: <ul style="list-style-type: none"> <li>○ Exercise for health promotion</li> <li>○ Exercise guidelines</li> <li>○ Factors affecting sport performance</li> <li>○ Dietary Reference Intakes (DRIs)</li> </ul>	Textbook chapters 1 and 2			
<b>Week 2</b>	Human energy requirements for	Textbook chapter 3	<b>Activity/quiz/discussion</b>	In class	0.5-1%

<p><b>Sept 16 &amp; 21</b></p>	<p>exercise:</p> <ul style="list-style-type: none"> <li>○ Major human energy systems</li> <li>○ Components of energy expenditure</li> <li>○ Fatigue during exercise</li> </ul>				
<p><b>Week 3 Sept 23 &amp; 28</b></p>	<p>Carbohydrates and exercise:</p> <ul style="list-style-type: none"> <li>○ Nomenclature (types of CHO) and sources</li> <li>○ Role of CHO in energy systems during exercise</li> </ul>	<p>Textbook chapter 4</p>	<p>Assignment 1 Part 1</p>	<p>Sept 27 by 6:00 pm</p>	<p>6%</p>
<p><b>Week 4 Sept 30 &amp; Oct 5</b> <b>No Class on Sept 30<sup>th</sup> (National Day for Truth and Reconciliation)</b></p>	<ul style="list-style-type: none"> <li>○ Dietary CHO recommendations and strategies for exercise performance</li> <li>○ CHO-related ergogenic aids</li> </ul>	<p><b>Activity/quiz/discussion</b></p>	<p>In class</p>	<p>0.5-2%</p>	
<p><b>Week 5: Oct 7 &amp; 12</b></p>	<p>Fats and exercise:</p> <ul style="list-style-type: none"> <li>○ Nomenclature (types of dietary fats) and sources</li> </ul>	<p>Textbook chapter 5</p>	<p><b>Activity/quiz/discussion</b></p>	<p>In class</p>	<p>0.5-2%</p>
<p><b>October 11<sup>th</sup> (Thanksgiving)</b></p>	<ul style="list-style-type: none"> <li>○ Role of lipids in energy systems during exercise</li> </ul>				
<p><b>Week 6: Oct 14 &amp; 19</b></p>	<ul style="list-style-type: none"> <li>○ Dietary fat recommendations and strategies for exercise performance</li> <li>○ Lipid-related ergogenic aids</li> <li>○ Cardiovascular disease</li> </ul>				
<p><b>Week 7: Oct 21 &amp; 26</b></p>	<p>Protein and exercise:</p> <ul style="list-style-type: none"> <li>○ Nomenclature (types of dietary proteins) and sources</li> <li>○ Role of protein in energy systems during exercise</li> </ul>	<p>Textbook chapter 6</p>	<p><b>Midterm Exam</b></p>	<p>Oct 21 in class</p>	<p>25%</p>
<p><b>Week 8: Oct 28 &amp; Nov 2</b></p>	<ul style="list-style-type: none"> <li>○ Dietary protein recommendations and strategies for exercise performance</li> <li>○ Protein-related ergogenic aids</li> </ul>		<p><b>Activity/quiz/discussion</b></p>	<p>In class</p>	<p>0.5-2%</p>

<b>Week 9: Nov 4 &amp; 16</b>	Energy balance, body weight and composition for sport and fitness:	Textbook chapters 10, 11, 12	Assignment 2	Nov 15 by 6:00 pm	12%
	<ul style="list-style-type: none"> <li>○ Components of body composition</li> <li>○ Techniques to assess body composition</li> <li>○ Body weight management</li> </ul>		<b>Activity/quiz/discussion</b>	In class	0.5-2%
<b>Fall Term Break: November 8-12</b>					
<b>Week 10: Nov 18 &amp; 23</b>	Fluid, electrolytes, temperature regulation and exercise:	Textbook chapter 9	Assignment 1 Part 2	Nov 22 by 6:00 pm	12%
	<ul style="list-style-type: none"> <li>○ Body water components</li> <li>○ Electrolytes and fluid balance</li> <li>○ Heat impact on exercise performance</li> <li>○ Guidelines and strategies during warm or hot conditions</li> <li>○ Ergogenic aids</li> </ul>		<b>Activity/quiz/discussion</b>	In class	0.5-2%
<b>Course VW: Nov 23</b>					
<b>Week 11: Nov 25 &amp; 30</b>	Supplements and drugs in sports	Textbook chapters 13, 7, 8	<b>Activity/quiz/discussion</b>	In class	0.5-2%
	<ul style="list-style-type: none"> <li>○ Drugs in sport and the role of WADA</li> <li>○ Vitamins and minerals of concerns in athletes</li> </ul>			Guest Speaker: Nov 25th	
<b>Week 12: Dec 2 &amp; 7</b>	Nutrigenomics and sports	Reading will be assigned	<b>Activity/quiz/discussion</b>	In class	0.5-2%
<b>Week 13 Dec 9</b>	Wrap-up or Special populations (examples older adults, vegetarians)	Reading will be assigned			
			<b>Final exam</b>	Date set by the Registrar's office between Dec 11-23	35%
<b>**NOTE: Specific Dates for Guest Speakers will be announced throughout the term. ATTENDANCE is mandatory for GUEST SPEAKERS. 2% of final grade will be subtracted for each speaker missed</b>					
<b>100%</b>					

\*\*Class participation marks: 0.5-1 points per class to a maximum of 10 points. Marks are awarded for active participation in class questions throughout the semester. In order to earn full marks, the student must participate in >90% of the classes (using iClicker and/or other discussion forums used in the course), and respond to at least 75% of the questions posed that day. If participation is 80-89% of classes, 4% will



be earned; for 70-79% participation, 3%; for 60-69% participation, 2%; for 50-59% participation, 1%; <50% participation, 0%.

## 8. Grading System

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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

## 9. Voluntary Withdrawal

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The voluntary withdrawal date is November 22, 2021, which is the last day to withdraw with no refund. Students who did not drop the course by the deadline will be assigned a final grade. Withdrawal courses will be recorded on your official transcript. Refer to the [Registrar's Office](#) web page for more information. I am available if you want to discuss your progress in the course and strategies for improvement prior to the withdrawal date.

## 10. Assignments and Examinations Information and Feedback

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### 10.1 In-Class Activities

Throughout the term, students will be doing in-class assignments/activities, which may incorporate discussion/case studies, etc. (overall worth 10% of the final grade) to enhance the practical application of the course content. The details of each assignment/activity will be given in class as the semester progresses. Some activities will be done individually and some in group. **Students will be allowed to miss one in-class assignment/activity without penalty.** \*\*Class participation marks: 1-2 points per class to a maximum of 10 points. Marks are awarded for active participation, where just attending results in only 0.5 point per class and actively participating in discussions as 1.0.

### 10.2 Assignments Descriptions

There are two major assignments in this course. **Note:** Detailed instructions about the assignments, including marking rubrics are found on the course UM Learn website.

**Assignments must be submitted through the appropriate assignment dropbox on UM Learn. Mark will be ZERO if submitted via email or in person– NO Exceptions.**

- **Assignment 1** is divided into Part 1 and Part 2. This assignment will allow you to examine how programmed physical activity and diet regimen affect body composition and other physiological/health parameters. You will evaluate your diet compared to the 2019 Canada's Food Guide and Dietary Reference Intakes, and your physical activity level compared with Canada's Physical Activity Guidelines.
- **Assignment 2** examines the use of Supplementation by athletes. You will try to answer questions such as: is that supplement necessary? Is there any performance or health claim proven for that

supplement? Students will review scientific literature to help to assess the effects of the specific supplement.

## 9.2 Examinations

- Exams will be based on materials covered in the lectures, assigned readings and those highlighted in the course schedule, materials posted on UM Learn, guest presentations.
- Examinations are closed book. The exam format will be a mixture of multiple choice, True or False, short and medium/long answers.
- Some examples of questions will be provided during the course. Example questions are also found in the textbook at the end of each chapter.
- The final exam is **cumulative**, about **40-50%** of the exam will be on material covered before the midterm.

## 9.3 Assignment Grading Times

My goal is **to try** and have your assignments marked and returned to you within 10 working days (i.e. 2 weeks) of the due date. You will be able to access your marked assignment and marking rubrics by going back into the assignment dropbox on UMLearn.

## 9.4 Policies on Class Attendance, Late Assignments, Missed Exams

- Extensions will not be granted for reasons other than medical or compassionate **and proof such as doctor's certificate will be required. \*No personable excuses will be accepted.**
- Late assignments will be accepted however, **10% per day late** will be deducted from the total marks of each assignment. It will be counted immediately after **6:00 pm** on the due date. Assignments submitted more than 10 days after the due date will automatically receive a mark of zero. **No e-mail assignment will be accepted (a mark of ZERO will be given if submit by email) –all assignments should be submitted by UM Learn dropbox.**
- Students are responsible for attending classes and work covered:
  - Class attendance is mandatory for guest speakers; **2 points per each absence** will be deducted from the final grade.
- Absenteeism from tests without appropriate prior notification will result in a grade of 'F' being assigned.

## 10 University Support Office & Policies

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### 10.1 Your Rights and Responsibilities

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 [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See

the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>

- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriately respectful manner. Policies governing behavior include:
- **Respectful Work and Learning Environment**  
[http://umanitoba.ca/admin/governance/governing\\_documents/community/230.html](http://umanitoba.ca/admin/governance/governing_documents/community/230.html)
- **Student Discipline**  
[http://umanitoba.ca/admin/governance/governing\\_documents/students/student\\_discipline.html](http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html) and,
- **Violent or Threatening Behaviour**  
[http://umanitoba.ca/admin/governance/governing\\_documents/community/669.html](http://umanitoba.ca/admin/governance/governing_documents/community/669.html)
- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at [http://umanitoba.ca/admin/governance/governing\\_documents/community/230.html](http://umanitoba.ca/admin/governance/governing_documents/community/230.html) More information and resources can be found by reviewing the Sexual Assault site <http://umanitoba.ca/student/sexual-assault/>
- For information about rights and responsibilities regarding **Intellectual Property** view the policy [http://umanitoba.ca/admin/governance/media/Intellectual\\_Property\\_Policy\\_-\\_2013\\_10\\_01.pdf](http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf)

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site <http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

### **Student Advocacy:**

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns. <http://umanitoba.ca/student/advocacy/>. 520 University Centre . 204 474 7423.  
[student\\_advocacy@umanitoba.ca](mailto:student_advocacy@umanitoba.ca)

## **11 Student Services- Learning, Writing Support, Health**

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### ***11.1 Student Accessibility Services***

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology, and exam accommodations. Students who have, or think they may

have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services, 520 University Centre, Phone: (204) 474-7423, Email: [Student\\_accessibility@umanitoba.ca](mailto:Student_accessibility@umanitoba.ca)

### ***11.2 Writing and Learning Support- Academic Learning Centre (ALC)***

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

### ***11.3 University of Manitoba Libraries (UML)***

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: [www.umanitoba.ca/libraries](http://www.umanitoba.ca/libraries).

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

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:*

<http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services, (204) 474-8592

### ***11.5 Student Support Case Management:***

Contact the Student Support Case Management team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

*Student Support Intake Assistant* <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre (204) 474-7423

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

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

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

*University Health Service* <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

### ***11.7 Health and Wellness:***

Contact our Health and Wellness Educator if you are interested in information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

*Health and Wellness Educator* <http://umanitoba.ca/student/health-wellness/welcome.html>

[Katie.Kutryk@umanitoba.ca](mailto:Katie.Kutryk@umanitoba.ca)

469 University Centre (204) 295-9032

### ***11.8 Live Well @ UofM:***

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site: <http://umanitoba.ca/student/livewell/index.html>