

TRAILBLAZER ADVENTURER  
INNOVATOR DEFENDER CHALLENGER  
ADVENTURER TRAILBLAZER DEFENDER VISIONARY  
VISIONARY ADVENTURER TRAILBLAZER CHALLENGER DEFENDER VISIONARY

# Course Syllabus

HNSC 2130 Nutrition Through the Life Cycle

(Winter Term, 2022)



Faculty of Agricultural and Food Sciences

UNIVERSITY  
OF MANITOBA

## TABLE OF CONTENTS

<b>COURSE DETAILS</b> .....	<b>3</b>
<b>INSTRUCTOR CONTACT INFORMATION</b> .....	<b>3</b>
<b>COURSE DESCRIPTION</b> .....	<b>3</b>
<b>COURSE GOALS</b> .....	<b>4</b>
<b>COURSE LEARNING OBJECTIVES</b> .....	<b>4</b>
<b>TEXTBOOK, READINGS, AND COURSE MATERIALS</b> .....	<b>4</b>
<b>USING COPYRIGHTED MATERIAL</b> .....	<b>4</b>
<b>EXPECTATIONS: I EXPECT YOU TO</b> .....	<b>5</b>
<b>EXPECTATIONS: YOU CAN EXPECT ME TO</b> .....	<b>ERROR! BOOKMARK NOT DEFINED.</b>
<b>GRADING</b> .....	<b>7</b>
<b>VOLUNTARY WITHDRAWAL</b> .....	<b>8</b>
<b>ASSIGNMENT DESCRIPTIONS</b> .....	<b>8</b>
<b>ASSIGNMENT FEEDBACK</b> .....	<b>8</b>
<b>UNIVERSITY SUPPORT OFFICES &amp; POLICIES</b> .....	<b>8</b>

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## COURSE DETAILS

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**Course Title & Number:** Nutrition Through the Life Cycle, HNSC 2130

**Number of Credit Hours:** 3

**Class Times & Days of Week:** Thursdays 6:00 – 8:45pm (January 27 – April 21, 2022)

**Location for classes:** Course offered via remote learning through UM Learn. Location TBD if classes resume in person.

**Pre-Requisites:** HNSC 1210

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### Instructor Contact Information

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<b>Instructor(s) Name:</b>	Kathy Vagianos, RD, MSc
<b>Office Location:</b>	N/A
<b>Office Hours or Availability:</b>	No regular office hours will be held. However, the instructor will be available <b>by appointment only</b> between 1:00 – 2:00 on Mondays. <b>Please email the instructor no later than 24 hours prior to arrange an appointment. All appointments are booked through Webex Meetings.</b>
<b>Office Phone No.</b>	Contact via email.
<b>Email:</b>	<a href="mailto:Kathy.Vagianos@umanitoba.ca">Kathy.Vagianos@umanitoba.ca</a>
<b>Contact:</b>	Preferred method to contact instructor is by email. Instructor will respond within 1 business day.

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### Course Description

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The University of Manitoba Undergraduate Calendar describes the course as follows:

Examination of nutritional needs throughout the life cycle, the nutritional concerns of different age groups and the development of healthy eating practices.

In this introductory level three semester hour course, the essential nutritional requirements for the various stages of human life will be examined. Students will find it useful to have a basic knowledge of Human Anatomy, Physiology and Biochemistry for the successful completion of this course. This course is required for completion of a BSc degree in Human Nutritional Sciences.

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## Course Goals

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The aim of this course is to provide learners with information about the changes in nutritional needs as humans develop from babies to adults and undergo different life changing events.

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## Course Learning Objectives

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Upon completion of this course you should be able to:

1. Describe the factors which will influence nutritional requirements through the life cycle, including: Preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood and aging.
2. Explain the interrelation of the biochemical and physiological functions of nutrients through the life cycle.
3. Explain the role nutrition may play in certain disease states in the life cycle.
4. Discuss the criteria of an adequate diet through the life cycle.
5. Identify nutritional deficiencies at various stages of the life cycle and the role of diet in the management of deficiencies.

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## Textbook, Readings, and Course Materials

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The following required materials are available from the [University of Manitoba Bookstore](#) and/ or other online sources.

**Required textbook – (*Digital or print copy*):** Brown, Judith E. (2017). Nutrition Through the Life Cycle (7<sup>th</sup> Ed). All lectures and test / exam material will be based on material in the textbook.

**Additional Material** - Some material will be made available to students via the University of Manitoba's D2L system as deemed appropriate by the instructor.

**Optional textbook** – Mahan, K. L. & Escott-Stump, S (2016) Krause's Food, Nutrition and Diet Therapy (13<sup>th</sup> Ed.)

**Note** – Students are responsible for all information presented in class.

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## Using Copyrighted Material

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

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## Plagiarism, Cheating and Examination Impersonation

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You should acquaint yourself with the University of Manitoba's policy on plagiarism, cheating and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba *Undergraduate Calendar*. When in doubt about any practice, ask your instructor.

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

## **Attendance at Class and Debarment**

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Please refer to the University of Manitoba General Calendar 2021 – 2022 for General Academic Regulations.

“Regular attendance is expected of all students in all courses. An instructor may initiate procedures to debar a student from attending classes and from final examinations and/or from receiving credit where unexcused absences exceed those permitted by the faculty or school regulations. A student may be debarred from class, laboratories, and examinations by action of the dean/director for persistent non-attendance, failure to produce assignments to the satisfaction of the instructor, and/or unsafe clinical practice or practicum. Students so debarred will have failed the course”

## **Expectations: I Expect You To**

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I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#). I expect you to follow policies around Class Communication, Academic Integrity, and Recording Class Lectures.

### **Class Communication:**

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the University. All communication must comply with the Electronic Communication with Student Policy:

[http://umanitoba.ca/admin/governance/governing\\_documents/community/electronic\\_communication\\_with\\_students\\_policy.html](http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html).

### **Academic Integrity:**

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. You must do your own work during tests and exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

### **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 by course instructor Kathy Vagianos.* Course materials (both paper and digital) are for the participant’s private study and research.

### **Student Accessibility Services:**

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. Student Accessibility Services, 520 University Centre, Phone: (204) 474-7423. Email: [Student\\_accessibility@umanitoba.ca](mailto:Student_accessibility@umanitoba.ca)

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

I will be online / in class for 10 minutes prior to and after the class time to discuss any questions or comments you may have. I will provide you with timely feedback on your class term tests. I will be using power point presentations based on content from the required textbook for the course. I will provide you with additional reading material as I see fit to the content of the lecture.

### **CLASS SCHEDULE AND COURSE EVALUATION**

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

<b>Week (Lecture)</b>	<b>Date</b>	<b>Topic</b>	<b>Chapter</b>
1 (1)	Jan 27	Welcome & Orientation Nutrition Basics	1
2 (2)	Feb 3	Preconception Nutrition	2 & 3
3 (3)	Feb 10	Nutrition During Pregnancy	4 & 5
4 (4)	Feb 17	Nutrition During Lactation	6 & 7
<b>5</b>	<b>Feb 24</b>	<b>WINTER BREAK NO CLASSES</b>	
<b>6</b>	<b>March 3</b>	<b>TEST #1 (25% of final grade)</b>	<b>Chapters 1 - 7</b>
7 (5)	March 10	Infant Nutrition	8 & 9
8 (6)	March 17	Toddler and Preschool Nutrition	10 & 11
9 (7)	March 24	Child and Preadolescent Nutrition	12 & 13
<b>10</b>	<b>March 31</b>	<b>Test #2 (25% of final grade)</b>	<b>Chapters 8 - 13</b>
11 (8)	April 7	Adolescent Nutrition	14 & 15
12 (9)	April 14	Adult Nutrition	16 & 17
13 (10)	April 21	Nutrition and Older Adults & Course Review	18 & 19
	<b>TBD as per University Final Exam Schedule</b>	<b>FINAL EXAM Comprehensive</b>	<b>Chapters 1 – 19</b>

**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>Human Nutrition across the Lifespan</b>	Ingestion, digestion, absorption, metabolism and excretion of nutrients	3
	Biochemical utilization of nutrients and energy	3
	Nutrient and energy requirements	3
	Physical activity and energy balance	3
	Nutrition recommendations and guidelines	3
	Effect of deficiencies and toxicities of nutrients	3
	Food sources of nutrients and dietary supplements	3
	Role of nutrients and other food components in health	3
<b>Nutrition Assessment</b>	Dietary practices	3
	Food and nutrient intake of individuals and populations	3

### Grading Scale

Letter Grade	Percentage Range
A+	90 – 100
A	80 – 89.9
B+	75 – 79.9
B	70 – 74.9
C+	65 – 69.9
C	60 – 64.9
D	50 – 59.9
F	Less than 50

**Notes:**

- Unless otherwise notified, tests will be held at the beginning of the class and completed remotely via UM Learn while the course is offered remotely. **If in person classes resume, in person tests may be completed.**
- The format for the term tests and the final exam is: multiple choice and true and false questions.

- Due to the nature of the tests/final exam, students are required to write each test/final in order to pass the course. Make-up tests will only be allowed according to specific considerations given in the University of Manitoba's General Calendar.
- It is the student's responsibility to ensure they are available to write the term tests and final exam (i.e. during the final exam period listed in the 2021 – 2022 Registration Guide).
- Students must remain available until all examination obligations have been fulfilled.

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### Voluntary Withdrawal

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Last day to DROP Fall/Winter Term spanning, Winter Term and Winter/Summer Term spanning courses without penalty: February 4, 2022

VW Date for Winter Term courses: April 25, 2022

Please refer to the [Registrar's Office](#) web page for more information.

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### TESTS/EXAMS/ASSIGNMENT DESCRIPTIONS

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There are no assignments associated with this course.

There will be 2 terms tests and a final exam all of which will be multiple choice questions and true and false questions.

The final exam will be comprehensive on all the course material taught.

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### Tests/Exam Feedback

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A grader/marker has been assigned to this course and will be grading all tests and final exam.

Your summative grade for each test and the final exam will be provided to you.

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### UNIVERSITY SUPPORT OFFICES & POLICIES

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Please refer to: [http://umanitoba.ca/admin/governance/governing\\_documents/students/278.html](http://umanitoba.ca/admin/governance/governing_documents/students/278.html) for University Governing Documents, Offices and Policies.

**Schedule "A"** lists academic supports available to Students, such as the Academic Learning Centre, Libraries, and other supports as may be appropriate:

**Writing and Learning Support:** 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.

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.

**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).

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

#### **Student Counselling Centre**

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

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

#### **Student Support Case Management**

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

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

520 University Centre  
(204) 474-7423

#### **University Health Service**

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

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

104 University Centre, Fort Garry Campus  
(204) 474-8411 (Business hours or after hours/urgent calls)

#### **Health and Wellness**

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

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

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

469 University Centre  
(204) 295-9032

### **Live Well @ UofM**

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

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

### **A notice with respect to 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 provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

### **Your rights and responsibilities**

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

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

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

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

### **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)