



**UM** | Faculty of Agricultural  
and Food Sciences

**Syllabus**  
**HNSC7110 Method Café**  
**Fall 2022**

**DEPARTMENT OF FOOD AND HUMAN  
NUTRITIONAL SCIENCES**



**University  
of Manitoba**

*\*\*\*We acknowledge with great respect that 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 Metis Nation.\*\*\**

## **HNSC 7110 ADVANCED PROBLEMS IN NUTRITION (METHOD CAFÉ) (3 CR) FALL 2022 (SEPT -DEC)**

Instructors and Office:

Office: Dr. Miyoung Suh, RD, PhD:  
Room: R4052 St. Boniface Research Centre  
Phone: 204-235-3106  
Email: miyoung.suh@umanitoba.ca

Office Hours: By appointment (by phone or email)

---

### **Course**

**Description:** This 12-week, 3 hours per week course will introduce students to key methods in healthy cities and implementation science. Offered to students who are accepted to the CIHR SMART Healthy Cities Training Platform. **Require Instructor's approval to register.**

More specifically, this course exposes students to novel research from various fields—from computer science to health and nutrition, sociology, marketing, and ecology—to explore complex challenges that urban environments face with regards to food access, mobility, and overall population health. Drawing from Canadian (including First Nations) and global contexts, students will engage in implementation science; this is, they will learn how to move knowledge into action from early stages of conception to execution, testing, scale up, and evaluation. Students will dive into state-of-the-art implementation science methods that range from effective community engagement to computational science. Overall, the course will encourage students to think critically and integrate knowledge and practice to solve complex societal problems and find ways to make cities healthier, more livable, and more resilient.

This course is offered in conjunction with UNIV6900 Method Café at the University of Guelph ([www.smart-training.ca](http://www.smart-training.ca); Smart Training Platform Coordinator will arrange students access to this course)

### **Overall Course Objective**

Upon successful completion of this course, students will have demonstrated the ability to:

1. Describe and integrate concepts and perspectives from diverse disciplines that are key to the study of healthy cities and implementation science.
2. Discuss and reflect on the applicability of various implementation science methods to solving challenges in urban environments.
3. Propose solutions to a specific healthy cities problem of their choice, justifying the selection of methods and predicting potential outcomes
4. Showcase leadership and networking skills with peers and instructors.
5. Demonstrate aptitude for interdisciplinary collaboration and co-learning.

It is expected that students will further develop their mastery of these methods and how they apply to their research through additional specialized courses and involvement in experiential opportunities.

**Instructor’s Role and Responsibility to Students**

The role of the instructors is to deliver a lecture on a weekly basis, suggest additional readings that complement their lecture, engage in question and answer with students, and provide guidance for student discussions. Instructors will also be responsible for reading and grading student reflections as well as for providing formative feedback on these written pieces. Instructors will also serve as mentors and guide students in the select of a topic to pursue for their final paper. Instructors will evaluate and provide feedback on both draft and final versions of this paper.

**Course Format:**

This course will consist of lectures (1 hour/week) by various speakers from diverse disciplines and institutions, online readings related to the lectures (3 hours/week), discussions (1.5 hours/week), and assignments as directed (5-6 hours/week).

**Evaluation:**

Assignment	Due Date	Weighting	Learning Outcome(s) Assessed
Weekly reflections (9 required in total)	Weekly, before the next lecture	45% (5% each)	1, 2, 4
Group facilitation	Different depending on which discussions students facilitate	15%	1, 2, 4, 5
Final methods paper – outline	End of week 7	15%	1, 2, 3
Final methods paper – final draft	End of week 13	25%	1, 2, 3, 5

**Assessment Descriptions:**

**Weekly reflections:** Students submit weekly reflections on lecture and readings to CourseLink discussion boards, for instructors and peers to see. Reflections will be assessed as missing (0%), adequate (2.5%) or in-depth (5%) by the instructor. Reflections should be 250-500 words, double spaced, informal but clearly (concisely and cohesively) written, and should describe the student’s critical reflection on the method explored during the week. Students must submit at least nine reflections throughout the course. If more were submitted, the nine reflections with the highest marks will be considered for the grade.

**Group facilitation:** Each student will facilitate the discussion for at least one week. The student weekly lead will a lead the group discussion (up to 90 minutes) based on the content from the lecture, the readings, and weekly reflections of all students. The student lead is responsible for compiling and submitting a final list of questions to the speaker of the week, who will get back to students in the next few days. Group facilitation will be assessed as did not complete (0%), completed but was unprepared (7%) or completed and was prepared (i.e., had read materials, came prepared with good group questions) (15%).

**Final methods paper – outline:** The topic/scope of the paper can be very open and designed with an instructor to be appropriate to the student’s level and goals (e.g., undergrads, a detailed in-depth review of a method of interest; first-year master’s student, a proposed research design combining one or more methods from the course to a Healthy Cities problem; PhD student, an applied thesis chapter using one of the methods, or a more in-depth, publishable review paper on applications of the methods learned in their field(s) of interest. The purpose of the outline is to provide an early opportunity to structure the purpose, methods, key arguments, and initial citations for their paper. A detailed rubric for evaluation will be provided.

**Final methods paper – final draft:** This paper should represent a culmination of their learning, and the assessment can reflect the extent to which feedback provided at the outline stage was incorporated into the final draft. Students should also have the option to incorporate learning and insights from fellow students, by citing their short reflective papers and discussions, as appropriate. A detailed rubric for evaluation will be provided.

**Evaluation:** Final grades will be assigned as follows:

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%

**Deadlines:** Fall 2022 VW deadline (Nov 22, 2022) and last date to drop the course (Sept 20, 2022)

### **Learning Resources:**

#### **Course Website**

Course materials, news, announcements, and grades will be regularly posted to the UNIV\*6900 Healthy Cities Courselink site ([www.smart-training.ca](http://www.smart-training.ca); Smart Training Platform Coordinator will arrange this access for students in HNSC7110). Students are responsible for checking the site regularly and for communicating with the instructors as needed using their institutional email address.

#### **Required Resources**

All required and/or recommended readings will be shared by the instructors on CourseLink (Smart Training Platform Coordinator will inform you in advance).

#### **Course Technology:**

Since this Methods café seminar series course is offered to students from across the SMART Healthy Cities Training Platform program network (Univ of Guelph, Univ of Manitoba, McGill Univ and other institutions), it will be centrally organized via the Univ of Guelph. The Guelph SMART Training administrator will provide students with the access to Teams.

#### **“Methods Café” or “Methods Buffet”?**

The course content is best described (in keeping with the focus of many student trainees) using food metaphors. We first considered the term “Methods Café”, to reflect the “World Café” group discussion method (<http://www.theworldcafe.com/key-concepts-resources/world-cafe-method/>). However, since the course offers a series of separate and independent lectures, we

decided that the term “Methods Buffet” or even “Methods Potluck” best reflected the course format—each participant will bring their unique perspectives, skills, and outputs to the table, and have the opportunity to sample all contributions.

### **Using Copyrighted Materials and Intellectual Property right:**

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 UMLearn), 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).

In addition to the UM-specific guidelines for academic integrity, please keep in mind that your class mates may be discussing their own prospective or ongoing thesis research. Keep in mind to maintain the confidentiality of ongoing research until it is published. Therefore “Do not cite or quote without the author’s permission” while in discussions. Also, claiming ownership over other students’ ideas and work is not permitted and is an academic offense. When in doubt, ask your colleague.

Groups of students may identify collaborative writing or research opportunities through their discussion group. In this case, all students should carefully review their universities’ intellectual property rights and guidelines for authorship and ensure that your publication plans align with both. Please reach out to your advisors for assistance if needed.

### **Academic Integrity:**

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

### **Recording Class Lectures:**

Dr. Dawn Parker (with Dr. Leia Minaker and Sharon Kirkpatrick) has originally developed this course and Drs. David Ma, Laurette Dube, Miyoung Suh edited to the final form. Therefore, course materials are only for your private study and research, but not to share with others via posting in any media and online.

### **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)

**Accommodation of Religious Obligations:** If you are unable to meet an in-course requirement due to religious obligations, please email the course instructor within two weeks of the start of the semester to make alternate arrangements. See the graduate calendar for information on regulations and procedures for Academic Accommodation of Religious Obligations:

### Course Schedule: Sept-Dec, 2022

<b>Week</b>	<b>Topic</b>
[Week 1]	What is 'Implementation Science'?
[Week 2]	Systems Thinking
[Week 3]	Community-based Participatory Research
[Week 4]	Convergence by Design
[Week 5]	Sex and Gender Based Analysis (SGBA+)
[Week 6]	Digital Health and Patient Centered Outcomes
READING WEEK (tentative)	
[Week 7]	Socio-spatial Epidemiology
[Week 8]	Introduction to Modelling (Model definitions, concepts, goals, and types)
[Week 9]	Healthy Cities and Smart Cities
[Week 10]	Introduction to Data Science and AI, Natural Language Processing, Text processing, Data Availability
[Week 11]	Introduction to Health Economics
[Week 12]	Design Methods

---

## UNIVERSITY SUPPORT OFFICES & POLICIES

---

### Schedule “A”:

#### Section (a) academic supports and resources:

##### 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.

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.

##### 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).

#### Section (b) mental health support and resources:

**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>

### **Section (c) 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.

### **Section (d) university and unit policies, procedures, and supplemental 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)