

Syllabus

Nutrition through the life cycle: HNSC 2130 D01
(Winter 2023)

Department of Food and Human Nutritional Sciences
University of Manitoba

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

Faculty of Agricultural and Food Science *



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COURSE DETAILS

Course Title & Number:	Nutrition through the life cycle HNSC 2130 D01
Number of Credit Hours	3
Pre-Requisites:	HNSC 1210

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Snehil Dua Snehil or Dr. Dua
Office Hours or Availability:	Please drop in during my virtual office hours via Cisco WebEx on Fridays between 1-2 PM, should you have any questions.
Office Phone No.	204-4746505 (Please do not leave a message) 204-2614512 (Home, landline, no texting)
Email:	Snehil.Dua@Umanitoba.ca Please indicate the course number you are writing to me about. I am teaching multiple courses this term. Knowing which course your question pertains to will help me respond meaningfully to your email. <i>Note:</i> All email communication must conform to the Communicating with Students university policy.
Contact:	Please regularly check UMLearn announcements. This will be my primary way to inform you about any important information about this course. The best way to get in touch with me will be via email. I encourage you to join me during my office hours (virtual) should you have a question. Phone calls should typically be used for urgent matters. I check my emails more often than my phone calls.

Traditional Territory/Land Acknowledgment

I share the University of Manitoba's acknowledgement,

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.

I am an immigrant to Canada and am mindful of the fact that the land I have chosen to be my new home is the land of the Indigenous people of Canada. As a naturalized citizen of this beautiful country, I believe that it is my duty to respect the Treaties that were made on these territories.

I am aware of and will continue to learn of the injustices and traumas experienced by the Indigenous peoples, but also the richness and diversity of Indigenous cultures and knowledge, and their resilience. Too much destruction has been brought to this land, and I am committed to doing everything in my power to restore our connection to this land. Personally, I enjoy my meals the most when I have grown some of the ingredients in my garden. I truly believe that if we grow and cook our food, we are more appreciative of the food, enjoy it more, and tend to waste less. My mantra is, "Grow your own food; if you can't grow, at least cook your own food; and if not that, then at least look at your food". We need to build a connection with everything we consume, for our own health and wellbeing.

I am thankful for the clean water supply I often took for granted. Only recently I have learned that the water that I drink and use in Winnipeg that is sourced from Shoal Lake 40 First Nation has caused forced relocation and distress to the original inhabitants of this beautiful land.

In my classroom, I will remain open minded to all ideas and thoughts because such open-mindedness will benefit us all as a society.

Equity And Inclusion Commitment

Fairness and respectfulness are my most important values that I would never compromise on. I assure you that if you feel that I have treated any student unfairly in any way, I would like to know it so that I can reflect and correct. Being a cis-gender female, I will encourage you to bring to my attention anything I do or say that is perceived as my insensitivity to your identity. I honor your identity and will do my best to remove any hurdles in my class that prevent you from expressing yourself freely.

I recognize that we all have travelled different journeys which have shaped our personalities. Some of us have had more privileges than the others. Some of us had to endure more hardships than others. Recognizing this, I have designed this course with care.

You will notice that your ideas will carry more weight than how you express those ideas, in my course. Though I want you to develop professional communication skills, but I recognize that we may express ourselves differently owing to our journey thus far. Some of us have had more experience with expressing ourselves succinctly in the English language while other might have more proficiency in other languages. Thus, I have designed the grading rubrics that encourage you to write professionally with clarity but will give more weight to your ideas and hard work. Recognizing that you may have different responsibilities in your personal lives, whenever possible, I will give you some flexibility in when you complete the assessments for this course.

COURSE DESCRIPTION

U of M Course Calendar Description

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

General Course Description

In this three-credit-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.

Course Goals

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

Course Learning Objectives

Upon successful completion of this course, you should be able to:

1. Demonstrate the basic knowledge of the science of nutrition, nutrition labelling, nutrition recommendations, the role each nutrient play in human body, the sources of each nutrient, and the deficiency and toxicity symptoms of each nutrient. (LO1)
2. Describe the factors that influence nutritional requirements through the life cycle including pregnancy, lactation, infancy, childhood, adolescence, and aging. (LO2)
3. Explain the interrelation of the biochemical and physiological functions of nutrients through the life cycle. (LO3)
4. Explain the role nutrition may play in certain disease states in the life cycle. (LO4)
5. List the criteria for an adequate diet for each stage of the life cycle. (LO5)
6. Calculate the nutritional recommendations for each stage of the life cycle. (LO6)
7. Search and report on a variety of topics of relevance to nutrition through the lifecycle. (LO7)

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
Human Nutrition across the Lifespan	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
	Dietary practices	3
Nutrition Assessment	Food and nutrient intake of individuals and populations	3

COURSE MATERIALS AND TECHNOLOGY

Be aware of copyright 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.

Required textbook: The following required materials are available for purchase from the University of Manitoba Bookstore. Please order your materials immediately, if you have not already done so. See your Distance and Online Education Student Handbook for instructions on how to order your materials.

Textbook: Brown, Judith E. (2017). *Nutrition through the Life Cycle (7th Ed.)*. You may purchase the book from the university bookstore at <http://bookstore.umanitoba.ca/SelectTermDept>

You may purchase the book in **digital format** for limited-time access. **AFTER you have purchased the ebook using the link above, please use the following link to access your ebook.**

Course Link URL: <https://student.cengage.com/course-link/MTPNFDCZMJ9P>

Course Key: MTPN-FDCZ-MJ9P

Recommended or required materials (e.g. lab equipment, art supplies, computers, etc.) – Several articles will be available to you via the University of Manitoba Libraries (digital resources). The links to these resources are available in the schedule below and in the course content on UMLearn.

EXPECTATIONS AND POLICIES

I EXPECT YOU TO:

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 read the syllabus carefully, manage your time well, and be aware of all the deadlines for a variety of assessments for this course.

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.

The unit discussions, online term tests and the weekly quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the weekly quizzes and discussions regularly, as this will help to prepare you for the term tests and the final exam.

Class Communication:

The University requires all students to activate an official University email account. For full details of the Electronic Communication with Students please visit:

[http://umanitoba.ca/admin/governance/media/Electronic Communication with Students Policy - 2014 06 05.pdf](http://umanitoba.ca/admin/governance/media/Electronic_Communication_with_Students_Policy_-_2014_06_05.pdf)

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/commModuley/electronic communication with students policy.html](http://umanitoba.ca/admin/governance/governing_documents/commModuley/electronic_communication_with_students_policy.html)).

You are required to obtain and use your U of M email account for all communication between yourself and the university.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community, so am I. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. If you have, or you think you may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual), please contact SAS to arrange a confidential consultation. This is a very useful service for the students with disabilities. I have made every effort to make the course content accessible and will accommodate your needs as per SAS recommendations. Please do not hesitate to contact SAS.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Recording Synchronous Sessions/Online Lectures

I own my course content and, thus, the copyright to my courses. All the material (course content, slides, video recordings etc.) is for you to use for the successful completion of this course. **You do not have my permission to share any part of this material on any platform.**

EXPECTATIONS: My teaching is guided by the principle of fairness. You can expect me to be fair to all in all the assessments. You can also expect me to be available during my office hours and respond to your emails within 48h on the weekdays.

COURSE SCHEDULE

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](#).

Module	Required Readings	Assessments**
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<p>Module 1 January 9-13</p>	<p>What are the stages of human life and how can nutrients impact them?</p> <ul style="list-style-type: none"> Prakash, S. (2002). Chapter 1: Nutrition through the life cycle. In Prakash, S. (Ed) Nutrition Through The Life Cycle (1-14). Cambridge: RSC Publishing. Please note that this chapter is available in the university library in digital format. Click on the link above to access the chapter. 	<p>The assessments this week do not count towards your grade.</p> <p>Participate in Module 1 discussion by January 15, 11:30 PM</p> <p>Module quiz 1 (Syllabus) Not graded by January 15, 11:30 PM</p>
<p>Module 2 January 16-20</p>	<p>What are the key concepts and terms used when you study human nutrition?</p> <ul style="list-style-type: none"> Brown, J. E. (2017). Nutrition Through the Life Cycle, (Course text) Chapter 1: Nutrition basics. Please note that this module is a review of the prerequisite course HNSC 1210. It is expected that you have a good understanding of basic concepts of nutrition taught through HNC 1210. 	<p>The following assessments will be available between January 9, 8:30 AM February 13, 11:30 PM</p> <p>Module quiz 2 (1%)</p> <p>Module 2 Discussion (2%)</p>
<p>Module 3 January 23-27</p>	<p>How do you conduct a nutritional assessment?</p> <ul style="list-style-type: none"> Nutritional assessments, the ABCD 	<p>The following assessments will be available between January 9, 8:30 AM February 13, 11:30 PM</p> <p>Module quiz 3 (1%)</p> <p>Module 3 discussion (2%)</p>
<p>Module 4 January 30-February 3</p>	<p>What do pregnant women need to know about nutrition to have a healthy outcome of pregnancy?</p> <ul style="list-style-type: none"> Brown, J. E. (2017). Chapter 2: Preconception nutrition Brown, J. E. (2017). Chapter 3: Preconception nutrition: conditions and interventions 	<p>The following assessments will be available between January 9, 8:30 AM February 13, 11:30 PM</p> <p>Module quiz 4 (1%)</p> <p>Module 4 discussion (2%)</p>

<p>Module 5 February 6- 10</p>	<ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 4: Nutrition during pregnancy • Brown, J. E. (2017). Chapter 5: Nutrition during pregnancy: conditions and interventions 	<p>The following assessments will be available between January 9, 8:30 AM February 13, 11:30 PM</p> <p>Module quiz 5 (1%)</p> <p>Module 5 discussion (2%)</p>
<p>Module 6 February 13-17</p>	<p>What do nursing mothers need to know about nutrition?</p> <ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 6: Nutrition during lactation • Brown, J. E. (2017). Chapter 7: Nutrition during lactation: conditions and intervention 	<p>Term test 1 (20%) (Modules 1 - 5) availability starts on February 16, 2023, at 8:30 A.M., - 8:30 A.M. on February 17, 2023. Time limit = 60 minutes</p> <p>The following assessments will be available between Feb 13, 8:30 am – March 20, 11:30 PM</p> <p>Module quiz 6</p> <p>Module 6 discussion</p>
<p>Feb 20-24</p>	<p>Midterm break</p>	<p>No assessment</p>
<p>February 27-3</p>	<p>What are the nutritional requirements of infants?</p> <ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 8: Infant nutrition • Brown, J. E. (2017). Chapter 9: Infant nutrition: conditions and interventions 	<p>The following assessments will be available between Feb 13, 8:30 am – March 20, 11:30 PM</p> <p>Module quiz 7 (1%)</p> <p>Module 7 discussion (2%)</p>
<p>Module 8 March 6-10</p>	<p>What are the nutritional needs during childhood period?</p> <ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 10: Toddler and Preschooler nutrition 	<p>The following assessments will be available between Feb 13, 8:30 am – March 20, 11:30 PM</p>

	<ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 11: Toddler and Preschooler nutrition: conditions and interventions • Brown, J. E. (2017). Chapter 12: Child and preadolescent nutrition • Brown, J. E. (2017). Chapter 13: Child and preadolescent nutrition: conditions and interventions 	<p>Module quiz 8 (1%)</p> <p>Module 8 discussion (2%)</p>
<p>Module 9</p> <p>March 13-17</p>	<p>What are the nutritional needs during adolescence?</p> <ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 14: Adolescent nutrition • Brown, J. E. (2017). Chapter 15: Adolescent nutrition: conditions and intervention. 	<p>The following assessments will be available between Feb 13, 8:30 am – March 20, 11:30 PM</p> <p>Module quiz 9 (1%)</p> <p>Module 9 discussion (2%)</p>
<p>Module 10</p> <p>March 20-24</p>	<p>What are the nutritional needs during adulthood?</p> <ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 16: Adult nutrition • Brown, J. E. (2017). Chapter 17: Adult nutrition: conditions and interventions 	<p>Term test 2 (20%)</p> <p>Availability: March 23, 2023, 8:30 A.M. – March 24, 8:30 AM</p> <p>Time limit = 60 minutes.</p> <p>The following assessments will be available between March 20, 8:30 am– April 12, 11:30 PM.</p> <p>Module quiz 10 (1%)</p> <p>Module 10 discussion (2%)</p>
<p>Module 11</p> <p>March 27-31</p>	<p>What are the nutritional needs of the elderly?</p> <ul style="list-style-type: none"> • Brown, J. E. (2017). Chapter 18: Nutrition and older adults • Activity 3 Vandewoude, M. (2010) Nutritional assessment in geriatric cancer patients, Supportive Care in Cancer, 18(2), 51-56 • 	<p>The following assessments will be available between March 20, 8:30 am– April 12, 11:30 PM.</p> <p>Module quiz 11 (1%)</p> <p>Module 11 discussion (2%)</p>

<p>Module 12 April 3-12</p>	<p>What are the impacts of proper nutrition on disease prevention/treatment during various stages of human life?</p> <ul style="list-style-type: none"> Brown, J. E. (2017). Chapter 19: Nutrition and older adults: conditions and interventions <p>What does current research tell us about the dietary behavior of Canadians?</p> <ul style="list-style-type: none"> Riediger, N, & Moghadasian, M. (2008). Patterns of fruit and vegetable consumption and the influence of sex, age and socio-demographic factors among Canadian elderly, Journal of the American College of Nutrition, 27(2), 306-13 Ree, M, Riediger, N. & Moghadasian, MH. (2008). Factors affecting food selection in Canadian population, European Journal of Clinical Nutrition, 62(11), 1225-1262 	<p>Bonus quiz</p> <p>Module quiz 12 (1%)</p> <p>Available between 8:30 AM on March 20- 11:30 PM on April 12</p>
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Voluntary Withdrawal

The last date to add/drop this course: January 20, 2023

The voluntary withdrawal date (No refund of the fee): March 22, 2023

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

COURSE ASSESSMENT

In this course, you will complete

- Module Quizzes 1-11. Module quiz 1 will not be graded. Module Quizzes 2-11 will each carry a weight of 1%. **You will be allowed two attempts per quiz**, and your higher attempt will count towards your grade. (The availability dates are given above in the schedule)
- Module 1-11 Discussions. Module 1 discussion will not be graded. Each of the Module 2-11 discussions will carry a weight of 2%. (The availability dates are given above in the schedule)
- Term tests 1 and 2: Each of the two term tests will contain 50 multiple choice questions and will carry a weight of 20% each. The syllabus and availability dates for both tests are given above in the schedule.
- The final exam will be schedule by the registrar’s office and will be finalized late in March 2023. **Please check Aurora** to see your final exam schedule for this term.

Assessment summary

Assessment	Availability	Weight	Comments
Module 1 discussion	January 9, 8:30 AM – January 15, 11:30 PM	0%	See the discussion board on UMLearn for details

Module quiz 1	January 9, 8:30 AM - January 15, 11:30 PM	0%	Read the syllabus carefully
Module 2 discussion Module 3 Discussion Module 4 Discussion Module 5 discussion	January 9, 8:30 AM February 13, 11:30 PM	3 x 2% = 6%	See the discussion board on UMLearn for details
Module quiz 2 Module quiz 3 Module quiz 4 Module quiz 5	January 9, 8:30 AM February 13, 11:30 PM	3 x 1% = 3%	Quiz 2: Brown's textbook Ch 1 Quiz 3: Nutrition assessments Quiz 4: Brown's textbook Ch 2,3
Term test 1 Closed book	February 16, 2023, at 8:30 A.M., - 8:30 A.M. on February 17, 2023. Time limit = 60 minutes	20%	Modules 1 – 5 Readings: Brown's textbook Ch. 1- 5 Nutritional assessments: the ABCD
Module 6 Discussion Module 7 Discussion Module 8 Discussion Module 9 Discussion	Feb 13, 8:30 am – March 20, 11:30 PM	5 x 2% = 10%	See the discussion board on UMLearn for details
Module quiz 6 Module quiz 7 Module quiz 8 Module quiz 9	Feb 13, 8:30 am – March 20, 11:30 PM	5 x 1% = 5%	Quiz 5: Brown's textbook Ch. 4, 5 Quiz 6: Brown's textbook Ch. 6,7 Quiz 7: Brown's textbook Ch. 8,9 Quiz 8: Brown's textbook Ch. 10,11, 12,13 Quiz 9: Brown's textbook Ch. 14, 15
Term Test 2 Closed book	Availability: March 23, 2023, 8:30 A.M. – March 24, 8:30 AM Time limit = 60 minutes.	20%	Modules 6 – 9 Readings: Brown's textbook Chapters 6-15
Module 10 discussion Module 11 Discussion	March 20, 8:30 am– April 12, 11:30 PM.	2 x 2% = 4%	See the discussion board on UMLearn for details
Module quiz 10 Module quiz 11 Module quiz 12	March 20, 8:30 am– April 12, 11:30 PM.	2 x 1% = 2% Bonus (1%)	Quiz 10: Brown's textbook Ch. 16 & 17 Quiz 11: Brown's textbook Ch. 18 Module 12: See the schedule above
Final exam Closed book	TBA on Aurora in March/April	30%	Comprehensive 100 MCQs 105 minutes.

Grading

Letter Grade	Percentage out of 100	Final Grade Point
A+	90-100	4.5
A	80-89.9	4.0
B+	75-79.9	3.5
B	70-74.9	3.0
C+	65-69.9	2.5
C	60-64.9	2.0
D	50-59.9	1.0
F	Less than 50	0

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2019). Publication manual of the American Psychological Association (7th ed.). Washington, DC: Author. Please see the discussion board for more specific requirements.

Assignment Feedback

Expect that your assignments will be marked within 2 weeks after the submission deadlines.

Assignment Extension and Late Submission Policy

If you have missed Term test 1 or Term test 2 due to a valid reason, please contact your instructor within 24 hours of the missed test to request to reschedule.

If you miss a Module quiz or a discussion, I will carry the weight of the missed quiz and/or discussion to the final exam. These cannot be re-scheduled.

If you are unable to write the final exam as scheduled by the Registrar's Office, **you must contact your own faculty to request for a deferral. Only if your faculty approves your request**, the deferred exam will be scheduled in the month of no sooner than the first week of May 2023.

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.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. All assessments are individual, and any form of collaboration is prohibited;

- II. All work should be completed independently unless otherwise specified:
- III. The term tests and the final exams are closed-book assessments.

LEARNER SUPPORT

Schedule "A"

Section (a): A list of 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.

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.

Section (b):

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 [peer support from Healthy U](#) or 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 <https://umanitoba.ca/student/health-wellness/welcome-about.html>

britt.harvey@umanitoba.ca

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): A statement directing the student to University and Unit policies, procedures, and supplemental information available on-line:

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

Student Discipline

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

- 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
 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 https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual%20Property%20Policy%20-%202013_10_01%20RF.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

ACKNOWLEDGEMENTS

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