

Syllabus

Course Name Course Number: Community Nutrition
Intervention HNSC 4300
(Winter 2024)

TABLE OF CONTENTS

.....	3
COURSE DETAILS	3
INSTRUCTOR CONTACT INFORMATION	3
COURSE DESCRIPTION	3
COURSE GOALS	4
COURSE LEARNING OBJECTIVES	4
TEXTBOOK, READINGS, AND COURSE MATERIALS	4
USING COPYRIGHTED MATERIAL	4
COURSE TECHNOLOGY	5
EXPECTATIONS: I EXPECT YOU TO	5
EXPECTATIONS: YOU CAN EXPECT ME TO	6
.....	6
CLASS SCHEDULE AND COURSE EVALUATION	6
GRADING	7
VOLUNTARY WITHDRAWAL	8
.....	8
ASSIGNMENT DESCRIPTIONS	8
REFERENCING STYLE	8
ASSIGNMENT FEEDBACK	9
ASSIGNMENT EXTENSION AND LATE SUBMISSION POLICY	9
UNIVERSITY SUPPORT OFFICES & POLICIES	9

COURSE DETAILS

Course Title & Number:	Community Nutrition Intervention HNSC 4300
Number of Credit Hours:	3 Credit Hours
Class Times & Days of Week:	Monday and Wednesday 10:30 – 11:45 AM
Location for classes/labs/tutorials:	Room #: 245 Ellis Building
Pre-Requisites:	Undergraduate level HNSC 3220 Minimum Grade of D or (Undergraduate level Q30 332 Minimum Grade of D or Undergraduate level HNSC 3320 Minimum Grade of D)

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Ala'a Eideh Ala'a (reads like Ala)
Office Location:	Online upon request.
Office Hours or Availability:	I will be available right after the class every week for 15-20 minutes. Upon request, I can meet you throughout the week virtually (via Zoom or MS Teams).
Email:	Please indicate the course name in your email (preferably in the subject).
Contact:	alaa.eideh@umanitoba.ca

Course Description

U of M Course Calendar Description

Principles of planning and evaluating nutrition related interventions. Examples of community needs assessments, program planning strategies and types of program evaluation will be discussed and examined.

General Course Description

This course discusses:

1. Concepts of community nutrition, public health nutrition, and nutritional intervention.
2. Assessment of the current applied nutrition intervention programs (selected topics).
3. Relevant environmental, economic, political, social, and cultural determinants of health outcomes.

Course Goals

This course will provide you with the knowledge and skills necessary to develop successful nutrition behavior changes and nutritional intervention for community groups.

After completing this course, you are expected to be able to:

1. Research and analyze community nutrition needs and challenges.
2. Recognize the various determinants of health and their implications on community nutrition intervention and nutrition-related health outcomes.
3. Gain new skills needed to help you understand the complexity of today's nutrition (effective communication, grant proposal writing, locating resources).

Course Learning Objectives

This course includes reading, group facilitated discussions and workshops (micro workshops), lectures, guest speaker lectures (1 or 2), and note taking.

1. Critical understanding of community nutrition intervention, social determinants of health, and public health.
2. Assessing and analyzing community nutrition challenges and issues, successfully.
3. Designing or using a program planning model to develop community nutrition intervention.
4. Writing measurable objectives, assess, reassess, adjust, repeat.

Textbook, Readings, and Course Materials

The course notes including lectures, research papers, handouts, book chapters, and any other resources will be provided and available on UM Learn, on weekly basis.

Prior to each lecture/ class, recommended readings and class materials will be posted on UM Learn.

Using Copyrighted Material

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.

Course Technology

Classes will be in-person for most of the lectures (80 - 90%). Towards the end of the term, we might switch to Zoom (after reading week) for a couple classes (10-20%).

You will need to use Zoom, PowerPoint, Excel, PDF, Word, and other relevant software tools.

Expectations: I Expect You To

- Please keep checking your UM email and UM Learn regularly for all class updates.
- Please read and do your best to locate information related to the course logistics and content on UM Learn before you send an email.
- Attend the classes, midterm and final exam on the specified date and time.
- Any student who misses the midterm test, the final test or any of the assignment(s) must notify the instructor by email within 1-2 days of the missed test or assignment due date.

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.

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. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and
- V. All work should be completed independently unless otherwise specified.

Recording Class Lectures:

Given the ease of audio and video recording and the tendency of some students to post the class lecture to the internet, the instructor should give some consideration as to whether or not they are comfortable with being recorded. A statement about copyright should be included here. Please note: if you are an UMFA member, you own your course content and, thus, the copyright to all your courses. If you are a sessional instructor, the university owns the course content and the copyright to the 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 {Ala'a Eideh.} 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

Expectations: You Can Expect Me To

- Start class on time, be prepared for each class by providing a lesson plan at the beginning of the class in a way that will facilitate your learning experience.
- Be available to meet with you during the week, shortly after the class or during the regular weekdays. If you are unable to find me during my office hours, you can send an email to arrange for an alternative time for our meeting.
- Return the graded material as a soft copy in a timely manner (please allow 1-2 weeks for assignments), providing a meaningful and easy to understand feedback (rubrics).
- I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).

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](#).

Course materials will be available prior to the class (UM Learn).

Date	Class Content & Teaching Strategies
January 8, 10 Topic 1	<ul style="list-style-type: none">- Introductions, course outline and expectations- Community Nutrition Overview- Role of Community Nutrition and Public Health Nutritionists/ Dietitians
January 15, 17 Topic 2	<ul style="list-style-type: none">- Introduction to Public Health Principals, Epidemiology, and Health Promotion
January 22, 24	<ul style="list-style-type: none">- Dietary Guidelines and Nutrition Recommendations

Topic 3	
January 29, 31 Topic 4	- Nutritional Status Assessment - Community Nutrition versus Personalized Nutrition
February 5, 7 Topic 5	- Community Nutrition Intervention
February 12, 14 Topic 6	- Current Trends in Community Nutrition (Food Environments): Obesogenic Food Environment, Ultra Processed Foods, Plant Foods for Sustainable Food Systems
February 19, 21 Winter term break	
February 26, 28 Topic 7	- Health - Social determinants of Health
March 4, 6 Topic 8	- Food Policy - Food System
March 11, 13 Topic 9	- Challenges in Community Nutrition 1: Maternal and Child Nutrition
March 18, 20 Topic 10	- Challenges in Community Nutrition 2: Food Insecurity
March 25, 27 Topic 11	- Challenges in Community Nutrition 3: Newcomer Nutrition
April 1, 3 Topic 12	- Community Nutrition Interventions: Preparing a Grant Proposal
April 8, 10 Topic 13	Revision and preparation for the final exam
April 12 - 26 Final Exam (TBA) Online final exam	
*Guest speaker lectures: Please notice that dates/ topics are subject to change, students will be notified closer to the class date/ time about any changes	

Evaluation due date	Assessment	Grade %
March	Mid-term exam	20%
March	Assignment 1	20%
April	Assignment 2	20%
April 26 - May 3 (TBA)	Final exam (All topics)	40%

Grading

Indicate your grading scale. A sample is given below that you can adjust to your course expectations.

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	Less than 2.0	1.0
F	Less than 50		0

Voluntary Withdrawal

In this area indicate the last day to drop the class and receive 100% refund and the last day to withdraw with no refund. Make a note that students who did not drop the course by the deadline would be assigned a final grade. Point out that the withdrawal courses will be recorded on official transcript. Ask students to refer to the [Registrar's Office](#) web page for more information. Also identify if you are willing to discuss student's progress and strategies for improvement prior the withdrawal date.

ASSIGNMENT DESCRIPTIONS

It is recommended that the syllabus contain the details for all of the assignments in your course. However, if the details are not provided, a statement must be included in the syllabus of whether assignment instructions, grading rules, or rubrics will be provided ([Section 2.5 ROASS](#)).

Clearly describe the nature of the assignment or assessment strategy (e.g., paper, group project, critique, précis, etc.). The syllabus can be the resource for understanding what you expect out of the assignment from the students. This also includes tests, exams. (e.g., will the exam cover the entire semester? Do you focus on major concepts? Does it include all materials covered in class including videos and guest speakers?). Link assessments to the relevant course goals and learning objectives using a numbering system or narrative explanation. A suggestion is to organize the assignment description as follows:

TITLE: (i.e., Mid-term scholarly paper)

GOAL: How is this assignment going to evaluate the learning objectives for this course? (i.e., Course Objectives 1-3 & Unit 1-3).

PROCEDURE: What are acceptable sources and how to find them? How should the assignment be organized? Formatting of the assignment – APA, MLA, other styles?

SUBMISSION GUIDELINES: Do you want the paper uploaded to UM Learn, emailed, a print copy, etc. How, when and where?

EVALUATION CRITERIA: Include your marking rubric. Consult the [Centre For The Advancement Of Teaching & Learning](#) for assistance in developing rubrics.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). Washington, DC: Author.

1. For APA referencing style (please click the link below) – how to cite your reference if it's a paper, book, video .. etc?
https://libguides.lib.umanitoba.ca/ld.php?content_id=35726641
2. For sample papers using APA referencing style (please click the link below)
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/apa_sample_paper.html
3. For more information about APA referencing style (please click the link below)
<https://apastyle.apa.org>

Assignment Feedback

I will do my best to ensure that I/ our grader/marker return the graded material as a soft copy in a timely manner (please allow 1-2 weeks for exams/ assignments), providing a meaningful and easy to understand feedback.

Assignment Extension and Late Submission Policy

Should you have a genuine need to request an extension for the online assignment/ exam, please contact me as soon as possible, preferably before the deadline.

UNIVERSITY SUPPORT OFFICES & POLICIES

Instructors shall provide to every student the information on university support offices and policies in [Schedule "A"](#) within the first week of classes, either through a paper copy and/or via the university's student information system (i.e., Aurora, UM Learn, or such other university information system as may be approved by the university from time to time).

Schedule "A"

Section (a) sample re: 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) sample: re: A statement regarding mental health that includes referral information:

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) sample: re: 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) sample: re: 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_Property_Policy - 2013_10_01 RF.pdf](https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy_-_2013_10_01_RF.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