

# Syllabus

HNSC 2000: Research Methods and Presentation  
(3 credit hours)  
(Fall 2024)

# UM Syllabus

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## Course Details

<b>Course Title &amp; Number:</b>	HNSC 2000 A01: Research Methods and Presentations
<b>Term:</b>	Fall 2024
<b>Number of Credit Hours:</b>	3
<b>Class Days &amp; Times:</b>	Monday/Wednesday/Friday 9:30 AM – 10:20 AM
<b>Laboratory Days &amp; Times:</b>	Please refer to the schedule in Aurora
<b>Location For Classes:</b>	305 St. Paul's College

## Instructor Contact Information

<b>Instructor Name:</b>	Dr. Kristen Fleet
<b>Preferred Form of Address:</b>	Anything polite
<b>Office Hours or Availability:</b>	By appointment (in person or virtual – no camera needed)
<b>Office Phone No.</b>	NA
<b>Email:</b>	<a href="mailto:Kristen.Fleet@umanitoba.ca">Kristen.Fleet@umanitoba.ca</a>
<b>Contact:</b>	Please email and include HNSC 2000 in the subject line. Please also include your name and student ID to facilitate our discussion.

## Traditional Territory/Land Acknowledgment

The University of Manitoba campuses are located on original lands of Anishinaabeg, Ininiwak, Anisininewuk, Dakota Oyate and Dene, and on the National Homeland of the Red River Métis.

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.

## Equity And Inclusion Commitment

As the instructor for this course, I am committed to equity, diversity, inclusion, and anti-oppression. I am committed to taking action against forms of oppression in and out of the

classroom, and willingly support students by removing barriers to their learning and connecting them with needed supports.

## Course Description

### U of M Course Calendar Description

An introduction to research designs, methods and techniques, as well as the practice of disseminating results, in the context of selected determinants of health. Applications in natural and social sciences will be presented. Skills related to presenting research findings will be taught.

### General Course Description

This course presents different approaches to research related to the determinants of health. Contrasting quantitative, qualitative, and mixed methods approaches will provide students with an introduction to the comprehensive research skills expected in many areas of employment. Basic and applied research methods will be identified. The course includes instruction on presenting research projects and results. The “W” in the course number indicates that this course meets the University of Manitoba’s three-hour writing requirement. The quality of your writing will be an important factor in the grading of your coursework. Correct grammar, organization of ideas and use of words will be evaluated. A minimum of 2 papers of 6-8 pages (single spaced; 3000-word count) must be completed to meet the writing requirement.

## Course Learning Outcomes

This course provides an opportunity to understand research paradigms. It is expected that the experience will give students the ability to efficiently determine the characteristics of each research paradigm and review published research to observe the application of these characteristics.

At the end of the course, students will be able to:

1. List key characteristics of the social determinants of health
2. To review and refer scientific literature
3. To critically assess research methods pertinent to technology innovation research.
4. To demonstrate knowledge and understanding of data analysis and interpretation in research
5. Identify presentation styles that explain research findings to different audiences
6. Identify the elements of a scientific proposals and papers for publication in a peer-reviewed journal

# Course Materials

## Required Materials

**Required textbook** – Bell, E., Bryman, A., & Kleinknecht, S. W. (2022). *Social research methods* (6<sup>th</sup> Canadian ed.). Oxford University Press. ISBN 9780190165796

**Supplementary Materials** – Additional materials will be assigned to supplement the text. These will be posted on the course UM Learn platform.

### Technology

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner.

### UM Learn

All course materials are available on UM Learn. Assignments will be submitted through the Assignment folder on UM Learn.

You can access UM Learn from the University of Manitoba homepage: [www.umanitoba.ca](http://www.umanitoba.ca). For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at [servicedesk@umanitoba.ca](mailto:servicedesk@umanitoba.ca) or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

# 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](#) (<https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students>).

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](#).

Week of:	Topic	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	% of Final Grade
Sept 4-8 Unit 1	Syllabus	Syllabus Chapter 1	-	-	-

	General Research Orientations				
	Searching for academic literature & referencing				
Sept 9-15 Unit 2	Research Designs & Ethics  Writing strategies Guest Speaker*	Chapter 2, Unit 2 Readings on UM Learn	-	-	-
Sept 16-22  Unit 3	Unit 3: Social Determinants of Health  Literature reviews Guest Speaker*	Unit 3 Readings on UM Learn	<b>Quiz 1 (Unit 1-2)</b>	11:55 PM, Sept 20, 2024	4%
Sept 23-29  Unit 4	Unit 4: Quantitative Research Overview  Survey Research <b>Lab #1</b>	Chapter 4  Chapter 5	<b>1<sup>st</sup> Lab Assignment</b>	In lab	7%
Sept 30-Oct 6 Unit 4 cont.	Survey Research cont.	Chapter 5			
Oct 7-13 Unit 4 cont.	Structured Observation  Sampling	Chapter 6  Chapter 7	<b>Quiz 2 (Unit 4 – NOT including data analysis)</b>	11:55 PM, Oct 10, 2024	4%
Oct 14-20 Unit 4 cont.	Data Analysis	Chapter 8  Unit 4 Readings on UM Learn	<b>Assignment 1</b>	11:55pm, Oct 16, 2024	12%
Oct 21-27 Unit 5	Qualitative Research Overview  Knowledge Translation <b>Lab #2</b>	Chapter 9  Unit 5 Readings on UM Learn	<b>Midterm</b>	In class, Oct. 21, 2024	15%

Oct 28- Nov 3 Unit 5 cont.	Ethnography and Participant Observation	Chapter 10	-	-	-
Nov 4-10  Unit 5 cont.	Interviewing	Chapter 11	<b>Quiz 3 (Knowledge Translation)</b>	11:55 PM, Nov 8, 2024	4%
Nov 11-17	<b>Fall term break</b>	-	-	-	-
Nov 18-24 Unit 5 Cont.	Content Analysis  Data Analysis	Chapter 12  Chapter 13	-	-	-
Nov 25- Dec 1 Unit 6	Conducting a Research Project	Chapter 14	<b>Quiz 4 (Unit 5,6)</b>	11:55 PM, Dec 6, 2024	4%
	<b>Lab #3</b>		<b>2<sup>nd</sup> Lab Assignment</b>	In lab	7%
Dec. 2-8	Course Review	-	-	-	-
Dec 9	No class		<b>Assignment 2</b>	11:55 PM, Dec 9, 2024	13%
December 10-20	Final exam period		<b>Final Exam</b>	TBD by Registrar's Office	30%

\* Note dates of guest speakers are subject to modification based on availability

September 17<sup>th</sup>, 2024 is the last date to withdraw from fall term courses with refund. The last day to withdraw with no refund is November 19<sup>th</sup>, 2024. Students who do not drop the course by the deadline will be assigned a final grade. Please note that withdrawal courses will be recorded on official transcript. Please refer to the [Registrar's Office](#) web page for more information. I am always willing to discuss student's progress and strategies for improvement prior the withdrawal date.

# Course Evaluation/Assessments

## Assessment Descriptions

**Note:** Detailed instructions about the assignments, including marking rubrics are found on your course UM Learn website. All work in this course is to be completed independently unless otherwise specified.

Evaluation of mid-term test, term paper, group presentation and final exam will focus on lecture material, including questions and discussion in class. Students are strongly encouraged to read the textbook and assigned readings to enhance their learning and understanding of the lecture material.

There are 1 midterm exam (in-class), 2 individual assignments, 4 quizzes (online), 2 lab group assignments, and a final exam. The breakdown of the marks is listed below:

Assessment Tool	Total Value of Final Grade
4 Quizzes (Online)	16%
Mid-term Exam (In-Class)	15%
Assignment 1 (Individual)	12%
Assignment 2 (Individual)	13%
Lab Assignment 1 (Group)	7%
Lab Assignment 2 (Group)	7%
Final Exam (TBA)	30%

Each quiz consists of 8 multiple choice questions and you will have 10 minutes to complete each quiz. The mid-term exam will take place in class and consists of 40 multiple choice/true and false questions. The final exam will be 2 hours and include all the course material. The final exam will consist of multiple choice/true and false and short answer questions.

Note: Students are encouraged to meet with writing tutors to have their draft paper reviewed well in advance of the deadline.

Assignments must be submitted as a word document or pdf to the appropriate Dropbox folder on UM Learn.

## **Assignment 1 (Individual)**

The purpose of this assignment is for student to become familiar with the process of searching for relevant academic sources on a topic of interest and to synthesize the findings. Proper



referencing is also expected. You will be selecting a non-communicable disease and examining the role diet has in the development and progression of that disease.

Step 1: Select a topic of interest related to one of the following non-communicable diseases: hypertension, type 2 diabetes, a **specific** type of cancer (e.g., colon, breast), chronic kidney disease, cardiovascular disease, metabolic syndrome, or Alzheimer's disease.

Step 2: Select ONE social determinant of health (please refer to *The Canadian Facts* for examples of these determinants) that could influence the relationship between diet, your selected non-communicable disease.

Step 3: Using a minimum of 5 academic resources (not including textbooks) you will write a paper (12-16 pages double spaced, NOT including title page or references) the impact diet has on the risk of developing the disease and disease progression.

Please see the section "Selecting and referencing sources" on UM Learn for resources on how to select an appropriate source as well as referencing.

### **Assignment 2 (Individual)**

The purpose of this assignment is to introduce you to the process of writing a research proposal. Do not replicate a previously published study.

Step 1: Select a research topic related to food security in a **specific** population in Manitoba (e.g., children, mothers, etc.).

Step 2: Decide on a specific research question.

Step 3: Decide on a research strategy (i.e., qualitative/quantitative? Specific research methods?)

Step 4: Conduct a literature review to introduce the reader to the topic and to justify your research question. The literature review should include a minimum of 3 academic resources (not including textbooks).

Step 5: Write the proposal (12-16 pages double spaced, NOT including the title page or references). The proposal should include a title page, introduction, research question, hypothesis, proposed methodology (population/data collection method, how the data would be analyzed), ethical considerations and how this research would contribute to the nutrition field.

### **Lab Assignment #1 (Group Work) – IN LAB**

You will be assigned a journal article and will prepare a 5-minute presentation aimed at the **general public**. Using a maximum of 5 PowerPoint slides, you will provide an introduction to the topic (based on the article's introduction), research question, methodology, major findings and conclusion. It is expected that students describe, in their own words, the components of journal article rather than quoting from the article itself. Each group member is expected to participate in the preparation and presentation.

As this presentation will be prepared in lab, the assessment will emphasize students' understanding of the journal article rather than the quality of the presentation. **Please submit a copy of your presentation to your group's Dropbox on UM Learn.**

## **Lab Assignment #2 (Group Work) – IN LAB**

Select a journal article that is NOT a review paper. You will prepare and present a 10-minute presentation critiquing the article. This presentation is aimed at an **academic** audience. You will provide an overview of the article itself (i.e., all the major components of the article) then provide a critique of the article. Resources related to article critiques can be found on UM Learn. **Please submit a copy of your presentation to your group's Dropbox on UM Learn.**

### Assignment Feedback

My goal is to have your assignments marked and returned to you within 14 working days (i.e., not weekends/holidays) of the due date. You will be able to access your marked assignment and marking rubrics by going back into the assignment folder on UM Learn.

## Grading

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	90-100	4.25-4.5	4.5
A	80-89.9	3.75-4.24	4.0
B+	75-79.9	3.25-3.74	3.5
B	70-74.9	2.75-3.24	3.0
C+	65-69.9	2.25-2.74	2.5
C	60-64.9	2.0-2.24	2.0
D	50-59.9	Less than 2.0	1.0
F	Less than 50		0

Please note that marks in all sections of HNSC 2000 are not rounded. Extra credit opportunities are NOT available in any section of HNSC 2000.

## Expectations

I strongly encourage you to carefully read the chapters in the textbook that are discussed in the course notes. In the course notes and in the assigned textbook readings will be tested on the final exam. For each chapter, course notes are provided. These notes should be used to guide you on which sections to cover in the textbook. Read these notes as you go through each chapter of the textbook to determine which areas of the textbook are important to cover.

The assignments, midterm exam and the online chapter quizzes relate directly to what you can expect on the final exam. You should complete the online quizzes regularly to make sure that you know the correct answers. Review your assignments when they are returned. If you do this periodically during the course, you will perform better on the midterm exam and final exam.

My goal is the return emails within 48 hours of submission during weekday hours. Be sure to reference the [Respectful Work and Learning Environment Policy \(https://bit.ly/3aMI7nE\)](https://bit.ly/3aMI7nE) so that you are aware of what it contains.

## Course Policies

### Academic Integrity

The University of Manitoba's policy for academic integrity is located within the Student Discipline Bylaw and Student Academic Misconduct Procedure.

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Each student in this course is expected to complete their coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes, pagers or cell phones). Exam cheating can also include exam personation. A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty.

Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently. 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](#). An assignment which is prepared and submitted for one course should not be used for a different course. This is called "duplicate submission" and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are violations of the Student Discipline Bylaw and will lead to the serious disciplinary action. When in doubt about any practice, ask your professor or instructor. Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Unless otherwise stated, complete your assignments, quizzes, tests, and exams by yourself with no help from your class peers, family members, or from tutors that are not approved by the instructor. If you are in need of assistance, please contact the instructor immediately for support and/or to arrange for approved supports.

Do not share course materials (e.g., notes, exam questions, assignment instructions, article) that have been created by the instructor or were authored by another person. Unpermitted

sharing of such materials with your peers or with note-sharing companies, such as One Class, Course Hero, or Chegg (or other similar websites), is a violation of Copyright Law.

#### Accessibility

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)

#### Attendance

It is highly recommended that students attend class as pertinent deadlines will be discussed and it is your opportunity to ask questions and engage with class content.

#### Assignment Extension and Late Submission Policy

Be sure that you plan your time accordingly throughout the term, as extensions will not be granted for reasons other than medical or compassionate circumstance. 10% will be deducted from your mark for each day late. UM Learn date stamps your submissions, so the late penalty will be applied starting immediately after the due date and time outlined in the course schedule. If you have missed the deadline for the online quizzes, please email me with your explanation to have the quiz reopened. Again, extensions will only be granted for medical or compassionate circumstances. You must contact me within 48 hours of the missed assessment (assignment or midterm) to qualify for an extension/deferral. Assignments submitted more than 10 days after the due date will automatically receive a mark of 0. Marks from missed assessments will NOT be transferred to the final exam.

Please review the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

#### 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).

### 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 from the course instructor. Course materials (both paper and digital) are for the participant's private study and research.

### 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.

There are resources available on APA reference style on the University of Manitoba Library page: [www.umanitoba.ca/libraries](http://www.umanitoba.ca/libraries).

### Technology Use

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner approved by the instructor and/or the University of Manitoba Disability Services.

Part of this course is available online. All course materials are available on UM Learn. Assignments will be submitted through the drop box on UM Learn and quizzes are to be completed on UM Learn.

You can access UM Learn from the University of Manitoba homepage: [www.umanitoba.ca](http://www.umanitoba.ca). For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at [servicedesk@umanitoba.ca](mailto:servicedesk@umanitoba.ca) or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

It is strongly recommended that you install and test all required software immediately. If you encounter difficulties installing your software contact **IST Service Desk** at [servicedesk@umanitoba.ca](mailto:servicedesk@umanitoba.ca) or (204) 474-8600. If you are having problems with the audio or video files that are embedded within the course, there is a file at the bottom of the Contents section that has all of the audio and video files in the course in a more user friendly format. Please try listening to / viewing these files before contacting IST Service Desk.

Policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](#) (<https://bit.ly/3OxGtnd>) are applicable in all University-related activities, even ones happening in online environments such as social media platforms. It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner.

### 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 (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or written permission has been confirmed. For more information, see the [University's Copyright Office website \(http://umanitoba.ca/copyright/\)](http://umanitoba.ca/copyright/) or contact [um\\_copyright@umanitoba.ca](mailto:um_copyright@umanitoba.ca).

## UM Policies

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

The University of Manitoba (UM) website's [Governing Documents](https://umanitoba.ca/governance/governing-documents) (<https://umanitoba.ca/governance/governing-documents>) is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

### Academic Calendar

The [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) is the University's official publication containing course descriptions, program and graduation requirements, as well as UM and faculty/school-specific rules, regulations and policies. In particular, familiarize yourself with the sections *University Policies and Procedures* and *General Academic Regulations*.

### Academic Integrity

In addition to reviewing your instructor's academic integrity policy listed in their syllabus, you are expected to view the *General Academic Regulation* section within the [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- [Academic Integrity](https://umanitoba.ca/student-supports/academic-supports/academic-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity>)

- [Student Resources](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity) (https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity)
- [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it)
- [Student Advocacy Office](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (https://umanitoba.ca/student-supports/academic-supports/student-advocacy)

### **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](https://umanitoba.ca/copyright/) (https://umanitoba.ca/copyright/) provides copyright resources and support for all members of the University of Manitoba community.

### **Grade Appeals**

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](https://umanitoba.ca/registrar/grades/appeal-grade) (https://umanitoba.ca/registrar/grades/appeal-grade) for more information including appeal deadline dates and the appeal form.

### **Intellectual Property**

For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property) (https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property)

### **Program-Specific Regulations**

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](https://umanitoba.ca/academics) website (https://umanitoba.ca/academics).

### **Respectful Work and Learning Environment**

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 and respectful manner. Policies governing UM community behaviour include:

- [Respectful Work and Learning Environment](https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy) (https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy)
- [Student Discipline](https://umanitoba.ca/governance/governing-documents-students#student-discipline) (https://umanitoba.ca/governance/governing-documents-students#student-discipline)
- [Violent or Threatening Behaviour](https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour) (https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour)



The UM website, [Engaging in Respectful Conduct](https://umanitoba.ca/student-supports/respectful-conduct) (https://umanitoba.ca/student-supports/respectful-conduct), includes more details about expectations for behaviours related to university activities.

### **Sexual Violence Policies**

The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre's information page](https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed) (https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

### **Voluntary Withdrawal**

Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, "VW" will appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.

The Registrar's Office website, [Withdraw from a Course](https://umanitoba.ca/registrar/withdraw-course) (https://umanitoba.ca/registrar/withdraw-course), includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

## **UM Learner Supports**

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Everything You Need to Thrive](https://umanitoba.ca/student-supports) (https://umanitoba.ca/student-supports) website.

### **2SLGBTQIA+ Community**

Find your queer community on campus! UM is committed to being an inclusive and welcoming space for all 2SLGBTQ+ students, staff and faculty. Visit the [2SLGBTQ+ Community](https://umanitoba.ca/2slgbtq-community) (https://umanitoba.ca/2slgbtq-community) website to access services, find resources, and connect with like-minded people and allies.

### Academic Advising

Contact an [Academic Advisor](https://umanitoba.ca/student-supports/academic-supports/academic-advising) (https://umanitoba.ca/student-supports/academic-supports/academic-advising) for support with degree planning and questions about your academic program and regulations.

### Academic Learning Centre (ALC)

The [Academic Learning Centre](https://umanitoba.ca/student-supports/academic-supports/academic-learning) (https://umanitoba.ca/student-supports/academic-supports/academic-learning) offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programming, supports, and services are free for UM students.

Make an appointment for [free one-to-one tutoring](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring). **Content tutors** (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. **Study skills tutors** can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. **Writing tutors** can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. **English as an Additional Language** specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the [Academic Learning Centre schedule](https://manitoba.mywconline.com/) (https://manitoba.mywconline.com/).

Attend [Supplemental Instruction \(SI\)](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an [Academic Success Workshop](https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops), where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for [Faculty of Graduate Studies Grad Steps Workshops](https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops) (https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops). These workshops are specifically designed for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of [videos and tip sheets](https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) (https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) to help you with many of the academic tasks you'll encounter in university.

**Contact the Academic Learning Centre** by calling 204-480-1481 or emailing [academic\\_learning@umanitoba.ca](mailto:academic_learning@umanitoba.ca). Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

### Basic Needs

It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
  - [UM Housing](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
  - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (https://www.winnipegrentnet.ca/)
  - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/cca/rtb/) (https://www.gov.mb.ca/cca/rtb/)
  - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
- *Food*
  - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank)
  - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/)
- *Finances*
  - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (https://umanitoba.ca/financial-aid-and-awards)
  - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (https://www.edu.gov.mb.ca/msa/)
- *Child Care*
  - [UM Child Care](https://umanitoba.ca/about-um/child-care) (https://umanitoba.ca/about-um/child-care)
  - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (https://bit.ly/3yG3ijy)
  - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (https://mccahouse.org/looking-for-child-care/)

### English Language Centre

The [English Language Centre \(ELC\)](https://umanitoba.ca/english-language-centre) (https://umanitoba.ca/english-language-centre) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

### Health and Wellness

Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (https://umanitoba.ca/student-supports/student-health-and-wellness) website, and make note of several specific UM and community supports listed below.

#### Winnipeg Urgent Physical and Mental Health Care

If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (https://klinik.mb.ca/crisis-support/) 24/7 crisis line at 204-786-8686, visit the [Crisis Response Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-) (https://sharedhealthmb.ca/services/mental-health/crisis-response-)

centre/) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (https://wrha.mb.ca/wait-times/) for a list of locations and current wait times.

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

The [Student Counselling Centre](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC's [Our Services](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located at 474 UMSU University Centre (Fort Garry Campus).

### **Health and Wellness Office**

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (https://umanitoba.ca/student-supports/health-wellness) website.

### **Spiritual Care and Multifaith Centre**

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [Spiritual Services](https://umanitoba.ca/student-supports/spiritual-services) (https://umanitoba.ca/student-supports/spiritual-services) also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

**Student Support Case Management (SSCM)**

Contact the [Student Support Case Management team](https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) (https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) 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.

**University Health Service (UHS)**

The [University Health Service](https://umanitoba.ca/student-supports/health-wellness/university-health-service) (https://umanitoba.ca/student-supports/health-wellness/university-health-service) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

**Student Services at Bannatyne Campus**

Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (https://umanitoba.ca/student-supports/student-services-bannatyne-campus) for a list of services available.

**Indigenous Students**

Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (https://umanitoba.ca/indigenous/student-experience) website for more information on the supports and services available.

**International Students**

The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the [International Students](https://umanitoba.ca/current-students/international) website (https://umanitoba.ca/current-students/international) for more information.

**Sexual Violence Support and Education**

Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The [Sexual Violence Resource Centre](https://umanitoba.ca/sexual-violence) (https://umanitoba.ca/sexual-violence), located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

### **Student Accessibility Services (SAS)**

The University of Manitoba is committed to providing an accessible academic community. [Student Accessibility Services](https://umanitoba.ca/student-supports/accessibility) (<https://umanitoba.ca/student-supports/accessibility>) 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 health, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

### **Student Advocacy**

[Student Advocacy](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>) is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email ([stadv@umanitoba.ca](mailto:stadv@umanitoba.ca)).

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

As the primary contact for all research needs, your liaison librarian can play a key 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 have about the research process. Liaisons can be contacted by email or phone, and are also available to meet with you online or in-person. A [complete list of liaison librarians can be found by subject](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>).

General library assistance is also available at both the Bannatyne and Fort Garry campuses by [visiting any library location](https://www.umanitoba.ca/libraries/locations-and-facilities) (<https://www.umanitoba.ca/libraries/locations-and-facilities>). When working online, students can receive help via the Ask Us chat button found on the right-hand side of the [Libraries' homepage](http://www.umanitoba.ca/libraries) (<http://www.umanitoba.ca/libraries>).

## **Foundational Knowledge Content Areas for Dietetics Education**

The Undergraduate Dietetics program is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP). ICDEP provides outcome-based standards for entry-to-practice dietetic education and entry-level dietetic practice. Outcome-based standards focus on abilities possessed as a result of learning. The ability to perform a task to a specified standard, and in a way that is observable to others, is typically called a *Practice Competency (PC)*. *Performance Indicators (PIs)* describe abilities that are intended to be demonstrated within the program (i.e., pre-practice). Below is a list of PIs that will be assessed throughout this course.

PRACTICE COMPETENCIES	PERFORMANCE INDICATORS	Course Learning Objectives (CLOs)
<b>1. FOOD AND NUTRITION EXPERTISE: Dietitians integrate their food and nutrition expertise to support the health of individuals, communities and populations</b>		
1.02 Apply understanding of food environments	d. Demonstrate understanding of factors affecting food security of Canadians	1
1.05 Apply understanding of dietary practices	b. Demonstrate understanding of social aspects of food choice and eating	1
	d. Demonstrate understanding of the impact of financial resources on food choice and eating	1
1.07 Integrate population health promotion principles and practices	a. Demonstrate understanding of determinants of health, health equity, and social justice	1
<b>2. PROFESSIONALISM AND ETHICS: Dietitians use professional, ethical and client-centered approaches, to practice with integrity and accountability</b>		
2.01 Practice within the context of Canadian diversity	d. Identify structures that impact health equity and social justice	1
2.12 Maintain comprehensive and current knowledge relevant to practice	b. Identify relevant sources of information	2, 3
	c. Critically appraise information relevant to practice	4
2.13 Use information management technologies to support practice	b. Use information management systems	4
<b>3. COMMUNICATION AND COLLABORATION: Dietitians communicate effectively and collaborate with others to achieve practice goals</b>		
3.01 Use appropriate communication approaches	c. Use language tailored to audience	5
3.02 Use effective written communication skills	a. Write in a manner responsive to audience	5
3.03 Use effective oral communication skills	a. Speak in a manner responsive to audience	5
<b>4. MANAGEMENT AND LEADERSHIP: Dietitians use management skills and provide leadership to advance health, through food and nutrition</b>		
4.03 Participate in practice-based research activities	a. Frame question(s)	4
	b. Critically appraise literature	3

	c. Identify relevant methodology	3, 6
	d. Interpret findings	5
	e. Communicate findings	5
<b>4.04 Undertake knowledge translation</b>	b. Reframe knowledge into a format accessible to others	5
<b>6. POPULATION HEALTH PROMOTION: Dietitians assess food and nutrition needs with communities / populations, and collaborate in planning to promote health</b>		
<b>6.01 Assess food- and nutrition related situation of communities and populations</b>	f. Interpret information related to the determinants of health and health equity	1