

<b>Course</b>	<b>FN2245B: Nutrition: A Lifespan Approach</b>
<b>Lecture Details</b>	3.0 hour lecture, Tuesday 2:30-5:30pm
<b>Professor</b>	Angela Bouwmeester, MScFN, RD
<b>Email</b>	<a href="mailto:bouwmeester.angela@gmail.com">bouwmeester.angela@gmail.com</a>  <b>Email Policy:</b> If you need to contact me please email me at <a href="mailto:bouwmeester.angela@gmail.com">bouwmeester.angela@gmail.com</a> . I check email regularly from 9am to 5pm and will respond within 48 hours Monday through Friday. I do not check my email on weekends; if you email me on the weekend I will get back to you by the end of the day (11:59pm) on Tuesday.  When emailing, please put the course code (FN2245B) in the subject heading, and a quick description of your question/concern. For example: FN2245B-midterm exam question
<b>Office Location</b>	UH 107
<b>Office Hours</b>	By appointment

**Course Description:**

A study of nutritional requirements from infancy to the elderly. Description of food habits, special conditions and nutrition interventions in relation to the various stages of the life span, including preconception nutrition.  
(0.5 FCE Brescia)

**Prerequisite:** Foods and Nutrition 1021 or 1030E or 2121; registration in the Nutrition and Families modules (Honors Specialization, Specialization, Major) at Brescia University College

**Antirequisite:** Foods and Nutrition 2241A/B

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

1. Explain how nutrition influences humans and contributes to their health through the life span.
2. Identify, for every stage of the life span, the characteristics of normal growth and development, the energy and nutrient requirements to support health, as well as the various nutrition-related aspects and concerns.
3. Understand the multiple factors that determine nutritional needs and the utilization of foods throughout the life cycle.
4. Recommend practical food choices appropriate for different age groups, taking in consideration the influence of the psychological, political, social, cultural and economic factors on food consumption.

5. Identify credible sources of public health nutrition information and recommendations in Canada.

6. Develop skills in counselling and imparting of nutrition information with the goal of behaviour change.

**Approach:**

- Three hours of lecture per week, plus supplementary readings and exercises assigned.
- Students will be graded on a course assignment, two exams, and in-class assignments.
- An interactive approach to learning will include individual and group work and class discussions.

**Required text:**

Brown, J.E. 2014. Nutrition Through the Life Cycle. 5th edition. Wadsworth / Nelson Thomson Learning, Toronto Ontario.

**OTHER RECOMMENDED REFERENCES:** (most of them are available at Brescia Library)

- American Dietetic Association. 2005. "Position Paper of the American Dietetic Association: Nutrition Across the Spectrum of Aging." *Journal of the American Association*. 105 (4) 616-633.
- American Dietetic Association and Dietitians of Canada. 2004. "Position of the American Dietetic Association and Dietitians of Canada: Nutrition and Women's Health." *Journal of the American Dietetic Association*. 104 (6) 984-1001.
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- Boyle, M.A. 2003. Community Nutrition in Action. An Entrepreneurial Approach. 3<sup>rd</sup> Edition. Thomson Learning/Wadsworth/Nelson, Toronto, Ontario.
- Brown, J.E. 2005. Nutrition Now. 4<sup>th</sup> Edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.

- Canadian Institute for Health Information. 2004. Improving the Health of Canadians. Canadian Institute for Health Information, Ottawa, Ontario. (This document and its Summary Report are available online at [www.cihi.ca](http://www.cihi.ca))
- Canadian Paediatric Society, Dietitians of Canada, and Health Canada. 1998. Nutrition for Healthy Term Infants. Minister of Public Works and Government Services, Ottawa, Ontario.\*
- Cavanaugh, J.C., and F. Blanchard-Fields. 2002. Adult Development and Aging. 4<sup>th</sup> Edition, Wadsworth / Thomson Learning, Belmont, CA.
- Chernoff, R. 2006. Geriatric Nutrition. The Health Professional's Handbook. 3<sup>rd</sup> Edition, Jones and Bartlett Publishers, Sudbury, MA.
- Dietitians of Canada. <http://www.dietitians.ca>. PEN: Practice-based Evidence in Nutrition. Online resource. (
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- Dietitians of Canada, and H. Keller. 2003. Bringing Nutrition Screening to Seniors. Community Implementation Guide. Dietitians of Canada, Toronto, Ontario.
- Dietitians of Canada, Canadian Paediatric Society, The College of Family Physicians of Canada, and Community Health Nurses Association of Canada. 2004. "The Use of Growth Charts for Assessing and Monitoring Growth in Canadian Infants and Children." *Canadian Journal of Dietetic Practice and Research*. 65, 22-32.
- Dunford, M., Editor. Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. 2006. Sports Nutrition. A Practice Manual for Professionals. 4<sup>th</sup> Edition. American Dietetic Association, Chicago, Illinois.
- Endres, J., R.E. Rockwell, and C. Mense. 2004. Food, Nutrition, and the Young Child. 5<sup>th</sup> Edition, Prentice Hall, Englewood Cliffs, New Jersey.
- Fiatarone Singh, M.A., Editor. 2000. Exercise, Nutrition, and the Older Woman. Wellness for Women Over Fifty. CRC Press, Boca Raton, Florida.
- Fox, M.K., B. Devaney, K. Reidy, C. Razafindrakoto, and P. Zeigler. 2006. "Relations between Portion Size and Energy Intake among Infants and Toddlers: Evidence of Self-Regulation." *Journal of the American Dietetic Association*. 106, S77-S83.

- Health Canada. 2013. Nutrition for Healthy Term Infants: Recommendations from Birth to Six Months (Available online at <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php>)
- Health Canada. 2007. Eating Well with Canada's Food Guide. A Resource for Educators and Communicators . Health Canada, Ottawa, Ontario. \*
- Health Canada. 1999. Nutrition for a Healthy Pregnancy: National Guidelines for the Childbearing Years . Minister of Public Works and Government Services Canada, Ottawa, Ontario.\*
- Health Canada. 2000. CPNP: A Portrait of Participants . Minister of Public Works and Government Services Canada, Ottawa, Ontario.\* (Available online at <http://www.hc-sc.gc.ca/hppb/childhood-youth/cbp.cpnf/>)
- Health Canada. 2002. Canada's Physical Activity Guide for Children . Minister of Public Works and Government Services Canada, Ottawa, Ontario.
- Health Canada. 2002. <http://www.healthcanada.ca/paguide>) Canada's Physical Activity Guide for Youth. Minister of Public Works and Government Services Canada, Ottawa, Ontario. (Available online at
- Health Canada. 2003. Canadian Guidelines for Body Weight Classification in Adults. Health Canada Publications Centre, Ottawa, Canada. (Available at <http://www.healthcanada.ca/nutrition> ).
- Institute of Medicine of the National Academies. 1997. <http://www.nap.edu>) Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. The National Academies Press, Washington, D.C. (and other DRI publications available for consultation at
- Institute of Medicine of the National Academies. 1998. Dietary Reference Intakes: Proposed Definition and Plan for Review of Dietary Antioxidants and Related Compounds . The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2000b. Dietary Reference Intakes: Applications in Dietary Assessment . The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2000c. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids . The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2001a. Dietary Reference Intakes: Proposed Definition of Dietary Fiber . The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2001b. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc . The National Academies Press, Washington, D.C.

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- Kalnins, D., and J. Saab. 2001. The Hospital for Sick Children Better Baby Food. Robert Rose, Toronto, Ontario.
- Kalnins, D. and J. Saab. 2002. Better Food for Kids. Robert Rose, Toronto, Ontario.
- Kalnins, D. and J. Saab. 2006. Better Food for Pregnancy. Robert Rose, Toronto, Ontario.
- Kramer-Atwood, J.L., J. Dwyer, D.M. Hoelscher, T.A. Nicklas, R.K. Johnson, and G.K. Schulz. 2002. "Fostering healthy food consumption in schools: Focussing on the challenges of competitive foods." *Journal of the American Dietetic Association*. Vol. 102, No. 9, pp. 1228-1233.
- Lutz, C.A. and K.R. Przytulski. 2006. Nutrition and Diet Therapy: Evidence-Based Applications. 4<sup>th</sup> Edition. F.A. Davis Company, Philadelphia, PA.
- Lynn, S., and D. Mizumoto. 1999. Breastfeeding: Nature's Best for You and Your Baby. The American Dietetic Association, Chicago, Illinois.
- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition Therapy. 12<sup>th</sup> Edition. W.B. Saunders Company, Philadelphia, PA.
- Mehrotra, C.M. and L.S. Wagner. 2006. Aging and Diversity. 2<sup>nd</sup> Edition, Taylor and Francis, Bristol, PA.
- Middlesex-London Health Unit. 2000. Toddler Healthy Eating Guide. Middlesex-London Health Unit, London, Ontario. (Available online at [www.healthunit.com](http://www.healthunit.com))

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- Nix, S. 2005. Williams' Basic Nutrition & Diet Therapy. 12<sup>th</sup> Edition. Mosby Inc., Elsevier Science, St. Louis, Missouri.
- Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee. 2004. Call to Action: Creating a Healthy School Nutrition Environment. Ontario Society of Nutrition Professionals in Public Health, Ontario Public Health Association, Toronto, Ontario. (Available online at [www.osnpnh.on.ca](http://www.osnpnh.on.ca))
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- Peckenpaugh, N.J. 2007. Nutrition Essentials and Diet Therapy. 10<sup>th</sup> Edition. Saunders Elsevier, St. Louis, Missouri.
- Rolfes, S.R., K. Pinna, and E.N. Whitney. 2006. Understanding Normal and Clinical Nutrition. 7th Edition. Wadsworth Publishing, Thomson Learning, Belmont, CA.
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- Wildman, R., and B. Miller. 2004. Sports and Fitness Nutrition. Thomson Learning/Wadsworth/Nelson, Toronto, Ontario.
- World Health Organization. 2003. Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series #916, World Health Organization, Geneva, Switzerland.
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- Worthington B.S., and S. Rodwell Williams. 2000. Nutrition Throughout The Life Cycle. 4<sup>rd</sup> Edition. Mosby, Toronto, Ontario.

\* Publications available online at <http://www.hc-sc.gc.ca>

**Evaluation:**

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|--|------------|
| • <b>In-class learning</b>   | <b>10%</b> |
| Two or three problem-based assignments given throughout the course lectures involving small group work.  |            |
| • <b>Take home assignment - Due April 1<sup>st</sup> at 2:30pm</b>   | <b>20%</b> |
| Assignment will be done by a group of four students.   |            |
| • <b>Mid-term examination</b>  | <b>30%</b> |
| Exam will include the materials covered in class and the assigned readings and exercises from weeks 1 to 6 inclusive.                          |            |
| • <b>Final examination</b>   | <b>40%</b> |
| This exam will include material covered in class and the assigned reading and exercises after the mid-term examination (weeks 8-13 inclusive). |            |
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| Total: <b>100%</b>   |            |

**Divisional Policies:**

**Participation/Attendance:** Everyone enrolled in the course is expected to participate in class discussions. Attendance at class is mandatory. Students who have not attended at least 75% of the lectures will not be able to write the final exam. Participation and attendance in this course are evaluated through in-class assignments. For this reason, missed in-class assignments will not be re-scheduled. However, a student with proper documentation of a confirmed personal illness or a death in the student's immediate family will be excused.

**Penalty for late assignments:** Assignments are due at class time on the date specified. There will be a deduction of 20% of the value of the assignment for late submission. NO assignment will be accepted one (1) week after due date. However, a student with proper documentation of a confirmed personal illness or a death in the student's immediate family will be given an extension, as appropriate.

**Special examination:** NO special examination will be given for a student who has missed a scheduled examination except in cases with proper documentation to show a confirmed personal illness or a death in the student's immediate family.

## Schedule of Lectures and Topics:

- Week 1: Tuesday January 7th** (Chap.1)  
➤ Course outline, Take home assignment guidelines  
➤ Nutrition Basics
- Week 2: Tuesday January 14<sup>th</sup>** (Chap. 2)  
➤ Preconception Nutrition  
➤
- Week 3: Tuesday January 21<sup>st</sup>** (Chap. 4)  
➤ Nutrition during Pregnancy
- Week 4: Tuesday January 28<sup>th</sup>** (Chap. 4 & 6)  
➤ Nutrition during Pregnancy continued  
➤ Nutrition during Lactation
- Week 5: Tuesday February 4<sup>th</sup>** (Chap. 6 & 8)  
➤ Nutrition during lactation continued  
➤ Infant Nutrition
- Week 6: Tuesday February 11<sup>th</sup>** (Chap. 8)  
➤ Infant Nutrition continued
- Tuesday February 18th**  
➤ Reading Week- No lecture
- Week 7: Tuesday February 25<sup>th</sup>**  
➤ **MIDTERM EXAM (Week 1-6 + Chap. 1, 2, 4, 6 & 8)**
- Week 8: Tuesday March 4<sup>th</sup>** (Chap. 10)  
➤ Toddler and Preschooler Nutrition
- Week 9: Tuesday March 11<sup>th</sup>** (Chap. 10)  
➤ Toddler and Preschooler Nutrition continued
- Week 10: Tuesday March 18<sup>th</sup>** (Chap. 12)  
➤ Child and Preadolescent Nutrition
- Week 11: Tuesday March 25<sup>th</sup>** (Chap. 12 & 14)  
➤ Child and Preadolescent Nutrition continued  
➤ Adolescent Nutrition
- Week 12: Tuesday Apr 1st** (Chap. 14 & 16)  
➤ **Take home assignment is due**  
➤ Adolescent Nutrition continued  
➤ Adult Nutrition



**Week 13: Tuesday April 8th**

(Chap. 18)

- Nutrition and Older Adults
- Final Exam Question Period

**FINAL EXAM: To be scheduled during final examination period  
(Weeks 8-13 + Chap. 10, 12, 14, 16, & 18 will be on the exam)**

## **BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS**

### **1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES**

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation must be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is required if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>. If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is not adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2012/pg117.html>

### **2. ACADEMIC CONCERNS**

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, [www.registrar.uwo.ca](http://www.registrar.uwo.ca), for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

### **3. ABSENCES**

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

### **4. POLICY ON CHEATING & ACADEMIC MISCONDUCT**

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

#### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All

papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the

system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

## **6. PREREQUISITES AND ANTIREQUISITES**

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

## **7. SUPPORT SERVICES**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at [http://www.brescia.uwo.ca/academics/registrar\\_services/index.html](http://www.brescia.uwo.ca/academics/registrar_services/index.html). The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm>. The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/>. Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.