

**BRESCIA UNIVERSITY COLLEGE  
DIVISION OF FOOD & NUTRITIONAL SCIENCES**

**FN 1030E – Fundamentals of Human Nutrition – 2014- 2015**

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Office hours to be held after (Wed, Fri from 11:30am-12:30pm) or before (Mon from 1:15-2:15) each lecture. Professors will be rotating office days depending on teaching schedule. If you would like to speak to a specific professor, please email her.

**COURSE OUTLINE**

**COURSE DESCRIPTION:**

An integrative study of the chemical nature, metabolic interactions and physiological roles of nutrients. Includes dietary requirements, sources of nutrients, current issues and concepts, local/global food/nutrition problems and factors affecting them: consumer behaviour, agricultural/industrial development, environment/population issues, national policies, and international agreements.

**OBJECTIVES:** Upon completion of the course, students will be able to:

- discuss in detail the sources, chemical nature, metabolic interactions and physiological roles of known nutrients in human health
- plan a nutritious diet using consumer education tools, Dietary Reference Intakes, and national dietary guidelines / food guides.
- discuss current local, national, and global food and nutrition issues
- critically evaluate current literature on a selected topic in food / nutrition
- evaluate barriers and facilitators to a healthy lifestyle
- appraise the environments within which food choices are made
- demonstrate leadership skills through effective and efficient group work

**PREREQUISITE(S):** Registration limited to students in the *Foods and Nutrition* modules, the *Nutrition and Families* modules, or by permission of the Division.

**FORMAT:** Lectures will be based on texts, handouts, and assigned readings. The inclusion of current issues in food and nutrition, some of which remain controversial, into course lectures will encourage in-class discussion. Assignments will provide students with the opportunity to apply learned concepts and to explore new areas of interest.

**TEXT:** Thompson, J., Manore, M., & Sheeshka, J. (2014). *Nutrition: A functional approach* (3rd ed.). Toronto, ON: Pearson Canada Inc.

|                        |             |           |                    |
|------------------------|-------------|-----------|--------------------|
| <b>DAY &amp; TIME:</b> | Section 530 | Monday    | 2:30 pm – 5:30 pm  |
|                        | Section 531 | Wednesday | 8:30 am – 11:30 am |
|                        | Section 532 | Friday    | 8:30 am – 11:30 am |
|                        | Section 533 | Wednesday | 8:30 am – 11:30 am |

| <b>EVALUATION:</b> | <u>Component</u>               | <u>Weight</u> | <u>Due Date</u>              |
|--------------------|--------------------------------|---------------|------------------------------|
|                    | Nutrition Tracking Assignment* | 5%            | Fri., Oct. 10 by 5pm         |
|                    | Library assignment             | 5%            | One week after library class |
|                    | Nutrition Topic Assignment *   | 15%           | Fri., Nov. 14, 2014          |
|                    | Mid-term exam                  | 30%           | Dec. 6 – 17 (check schedule) |
|                    | Diet Record Assignment *       | 15%           | Fri., March 13, 2015         |
|                    | Final Exam                     | 30%           | Apr.11 – 30 (check schedule) |

\* Detailed instructions for assignments will be provided separately.

## TENTATIVE SCHEDULE OF TOPICS and READINGS

| Lesson /<br>Dates                        | <b>Section 530<br/>BR-Room 18<br/>Mon 2:30-5:30</b>                                     | <b>Section 531<br/>BR-Room 18<br/>Wed 8:30-11:30</b>                    | <b>Section 532<br/>BR-136<br/>Fri 8:30-11:30</b>  | <b>Section 533<br/>BR-303<br/>Wed 8:30-11:30</b>  |
|--|---|---|---|---|
| <b>1 /<br/>Sept<br/>5,8,10<br/>2014</b>  | Introduction to Course &<br>Ch. 1: Nutrition<br>Sept. 8                                 | Introduction to Course &<br>Ch. 1: Nutrition<br>Sept. 10                | Introduction to Course &<br>Ch. 1: Nutrition<br>Sept. 5                                     | Introduction to Course &<br>Ch. 1: Nutrition<br>Sept. 10                                    |
| <b>2 /<br/>Sept<br/>12,15,1<br/>7</b>    | Ch. 3: Digestion<br><br>Sept. 15  | Ch. 13: Food safety and<br>technology<br><br>Sept. 17                   | Ch. 13: Food safety and<br>technology<br><br>Sept. 12                                       | Ch. 2: Planning a<br>Nutritious Diet<br><br>Sept. 17  |
| <b>3 /<br/>Sept<br/>19,22,2<br/>4</b>    | Ch. 13: Food safety and<br>technology<br><br>Sept. 22                                   | Ch. 2: Planning a<br>Nutritious Diet<br><br>Sept. 24                    | Ch. 2: Planning a<br>Nutritious Diet<br><br>Sept. 19  | Ch. 3: Digestion<br><br>Sept. 24  |
| <b>4 /<br/>Sept<br/>26,29,<br/>Oct 1</b> | Ch. 2: Planning a Nutritious Diet<br><br>Sept. 29                                       | Ch. 3: Digestion<br><br>Oct. 1  | Ch. 3: Digestion<br><br>Sept. 26  | Ch. 13: Food safety and<br>technology<br><br>Oct. 1   |
| <b>5 /<br/>Oct<br/>3,6,8</b>             | Library Instruction (with<br>assignment)<br><b>DUE: Diet record input</b><br><br>Oct. 6 | Ch. 4: Carbohydrates<br><b>DUE: Diet record<br/>input</b><br><br>Oct. 8 | Library Instruction (with<br>assignment)<br><b>DUE: Diet record<br/>input</b><br><br>Oct. 3 | Library Instruction (with<br>assignment)<br><b>DUE: Diet record<br/>input</b><br><br>Oct. 8 |
| <b>6 /<br/>Oct 10,<br/>15, 20</b>        | Ch. 11: Healthy Body Weight<br>(Part 1)<br><br>Oct. 20                                  | Library Instruction (with<br>assignment)<br><br>Oct. 15                 | Ch. 11: Healthy Body<br>Weight<br>(Part 1)<br><br>Oct. 10                                   | Ch. 4: Carbohydrates<br><br>Oct. 15   |
| <b>7 /<br/>Oct 17,<br/>22, 27</b>        | Ch. 4: Carbohydrates<br><br>Oct. 27   | Ch. 11: Healthy Body<br>Weight<br>(Part 1)<br><br>Oct. 22               | Ch. 5: Fat (Part 1)<br><br>Oct. 17  | Ch. 6: Protein<br><br>Oct.22  |
| <b>8 /<br/>Oct 24,<br/>29 Nov<br/>3</b>  | Ch. 5: Fat (Part 1)<br><br>Nov. 3   | Ch. 6: Protein<br><br>Oct. 29   | Ch. 4: Carbohydrates<br><br>Oct. 24   | Ch. 11: Healthy Body<br>Weight<br>(Part 1)<br>Oct. 29                                       |

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|--|---|--|--|--|
| 9 /<br>Nov<br>5,7,10   | Ch. 6: Protein<br>Nov. 10   | Ch. 5: Fat (Part 1)<br>Nov. 5  | Healthy Body Weight<br>(Part 2)<br>Nov. 7                                  | Healthy Body Weight<br>(Part 2)<br>Nov. 5                                |
| 10 /<br>Nov 12,<br>14, 17  | Healthy Body Weight (Part 2)<br>Nov. 17                                 | Ch. 5: Fat (Part 2)<br>Nov. 12   | Ch. 6: Fat (Part 2)<br>Nov. 14   | Ch. 8: Antioxidants<br>Nov. 12   |
| 11 /<br>Nov 19,<br>21, 24  | Ch. 6: Fat (Part 2)<br>Nov. 24  | Ch. 8: Antioxidants<br>Nov. 19   | Ch. 6: Protein<br>Nov. 21  | Ch. 5: Fat (Part 1)<br>Nov. 19   |
| 12 /<br>Nov 26,<br>28 Dec<br>1   | Ch. 8: Antioxidants<br>Dec. 1   | Healthy Body Weight<br>(Part 2)<br>Nov. 26                                 | Nutrition through Life<br>Cycle: Pregnancy and<br>Early Years<br>Nov. 28   | Ch. 5: Fat (Part 2)<br>Nov. 26   |
| <b>December 3 (no class)</b><br><b>December 6 – 17 (Check exam schedule for date)</b><br><b>MIDTERM EXAM – Covers Lessons 1 – 12 inclusive EXCEPT LIBRARY LESSON, ANTIOXIDANTS, AND NUTRITION THROUGH LIFE CYCLE: PREG AND EARLY YEARS. THE LATTER TWO WILL BE COVERED IN THE FINAL EXAM</b> |   |  |  |  |
| 13 /<br>Jan 5,<br>7, 9   | Nutrition through Life Cycle:<br>Pregnancy and Early Years<br>Jan. 5    | Nutrition through Life<br>Cycle: Pregnancy and<br>Early Years<br>Jan. 7    | Nutraceuticals<br>Jan. 9   | Nutraceuticals<br>Jan. 7   |
| 14 /<br>Jan 12,<br>14, 16  | Nutraceuticals<br>Jan. 12   | Nutraceuticals<br>Jan. 14  | Ch. 8: Antioxidants<br>Jan. 16   | Nutrition through Life<br>Cycle: Pregnancy and<br>Early Years<br>Jan. 14 |
| 15 /<br>Jan 19,<br>21, 23  | Ch. 9: Bone Health<br>Jan. 19   | Ch. 9: Bone Health<br>Jan. 21  | Nutrition through Life<br>Cycle: Childhood to late<br>Adulthood<br>Jan. 23 | Ch. 7: Fluid &<br>Electrolytes<br>Jan. 21                                |
| 16 /<br>Jan 26,<br>28, 30  | Nutrition through Life Cycle:<br>Childhood to late Adulthood<br>Jan. 26 | Nutrition through Life<br>Cycle: Childhood to late<br>Adulthood<br>Jan. 28 | Ch. 7: Fluid &<br>Electrolytes<br>Jan. 30                                  | Ch. 9: Bone Health<br>Jan. 28  |

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|--|--|--|--|--|
| 18 / Feb 9, 11, 13   | Ch. 12: Physical activity<br>Feb. 9                                | Ch. 12: Physical activity<br>Feb. 11                               | Influence on Food Choice<br>Feb. 13                                | Ch. 10: Energy Metabolism<br>Feb. 11                               |
| 19 / Feb 16, 18, 20  | <b>FEBRUARY 16 – 20</b><br><b>READING WEEK (No class)</b>          |  |  |  |
| 20 / Feb 23, 25, 27  | Influence on Food Choice<br>Feb. 23                                | Influence on Food Choice<br>Feb. 25                                | Ch. 10: Energy Metabolism<br>Feb. 27                               | Ch. 12: Physical activity<br>Feb. 25                               |
| 21 / Mar 2, 4, 6   | Ch. 10: Energy Metabolism<br>March 2                               | Ch. 10: Energy Metabolism<br>March 4                               | Ch. 12: Physical activity<br>March 6                               | Influence on Food Choice<br>March 4                                |
| 22 / Mar 9, 11, 13   | Nutrigenomics<br>March 9   | Nutrigenomics<br>March 11  | Food Security in Canada/Social Determination of Health<br>March 13 | Disordered eating<br>March 11                                      |
| 23 / Mar 16, 18, 20  | Food Security in Canada/Social Determination of Health<br>March 16 | Food Security in Canada/Social Determination of Health<br>March 18 | Disordered eating<br>March 20                                      | Nutrigenomics<br>March 18  |
| 24 / Mar 23, 25, 27  | Disordered eating<br>March 23                                      | Disordered eating<br>March 25                                      | Nutrigenomics<br>March 27  | Food Security in Canada/Social Determination of Health<br>March 25 |
| 25 / Mar 30, Apr 1   | Review (available in office)<br>March 30                           | Review (available in office)<br>Apr. 1                             | GOOD FRIDAY<br>Apr. 3  | Review (available in office)<br>Apr. 1                             |
| <b>APRIL 11 – 30 (Check exam schedule for date)</b><br><b>FINAL EXAM (All Sections)</b><br><b>Covers Lessons 13 – 25 inclusive AS WELL AS ANTIOXIDANTS AND NUTRITION THROUGH LIFE CYCLE:PREG AND EARLY YEARS</b> |  |  |  |  |

### SPECIFIC COURSE POLICIES

**Penalty for late assignments:** Assignments are due at the beginning of class on the date specified. There will be a **deduction of 20% of the value of the assignment** for a late

submission. NO assignment will be accepted one (1) week after the due date, except for a confirmed personal illness or a death in the student's immediate family.

**Accommodation for medical illness:** Any student who misses a course component worth 10% or higher can request accommodation on medical grounds. **A UWO Student Medical Certificate (SMC) must be submitted to a Senior Academic Advisor.** The SMC can be downloaded from the Web (<http://www.uwo.ca/univsec/handbook/appeals/medicalform.pdf>).

**Special examination:** NO special examination will be given for a student who has missed a scheduled examination except for a confirmed personal illness (an SMC must be submitted to a Senior Academic Advisor) or a death in the student's immediate family (a public death notice is required).

## 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/2014/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**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

[http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf).

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.

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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.