

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

FN 1030E – Fundamentals of Human Nutrition – 2015- 2016

Kim Sandiland, MScFN, RD
UH 205
Email: ksandila@uwo.ca

Lisa Cianfrini, MScFN, RD
UH 207
Email: lcianfri@uwo.ca

Dr. Julie Conquer, PhD
UH 207
Email: jconque@uwo.ca

Office hours to be held after each lecture (Mon and Fri) from 11:30am-12:30pm. Professors will be rotating office days. 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: Whitney, E., Rolfes, S.R., Hammond, G., & Piche, L.A. (2016). *Understanding nutrition* (2nd Can ed.). Toronto, ON: Nelson Education Ltd.

DAY & TIME:	Section 530	Monday	8:30 am – 11:30 am
	Section 531	Friday	8:30 am – 11:30 am
	Section 532	Friday	8:30 am – 11:30 am
	Section 533	Friday	8:30 am – 11:30 am

EVALUATION:	<u>Component</u>	<u>Weight</u>	<u>Due Date</u>
	Class quizzes*	10%	See schedule on OWL
	Library assignments*	5%	See schedule on OWL
	(in-class presence required)		
	Nutrition Topic Assignment *	10%	Fri., Nov. 13, 2015
	Mid-term exam	30%	Dec. 11 – 22 (see schedule)
	Diet Record Assignment *	15%	Fri., March 11, 2016
	Final Exam	30%	Apr. 9 – 30 (see schedule)
	Nutrition in the News*	(+3%)	All year

* Instructions will be provided separately.

SCHEDULE OF TOPICS and READINGS

Lesson / Dates	Section 530 BR-Room 18 Mon 8:30-11:30	Section 531 BR-Room 19 Fri 8:30-11:30	Section 532 BR-303 Fri 8:30-11:30	Section 533 BR-Room 18 Fri 8:30-11:30
1 / Sept 11,14 2015	Introduction to Course & Part Ch. 1: Overview of Nutrition Sept. 14 CONQUER	Introduction to Course & Part Ch. 1: Overview of Nutrition Sept. 11 SANDILAND	Introduction to Course & Part Ch. 1: Overview of Nutrition Sept. 11 CIANFRINI	Introduction to Course & Part Ch. 1: Overview of Nutrition Sept. 11 CONQUER
2 / Sept 18,21	Ch. 3: Digestion CIANFRINI Sept. 21	Ch. 8: Energy Balance SANDILAND Sept. 18	Ch. 3: Digestion CIANFRINI Sept. 18	Ch. 1/2: Planning a Healthy Diet CONQUER Sept. 18
3 / Sept 25,28	Ch. 8: Energy Balance SANDILAND AND Library Instruction I (with assignment) Sept. 28	Ch. 3: Digestion CIANFRINI Sept. 25	Ch. 1/2: Planning a Nutritious Diet START AND Library Instruction I (with assignment) CONQUER Sept. 25	Ch. 8: Energy Balance SANDILAND AND Library Instruction I (with assignment) Sept. 25
4 / Oct. 2/5	Ch. 1/2: Planning a Nutritious Diet START CONQUER AND Library Instruction II (with assignment) Oct. 5	Ch. 1/2: Planning a Nutritious Diet START CONQUER AND Library Instruction I (with assignment) Oct. 2	Ch. 8: Energy Balance SANDILAND AND Library Instruction II (with assignment) Oct. 2	Ch. 3: Digestion CIANFRINI Oct. 2
5 / Oct 9,12	NO CLASS THANKSGIVING Oct. 12	Ch. 9: Weight management Pt. 1 SANDILAND AND Library Instruction II (with assignment) Oct. 9	Ch. 4: Carbohydrates CIANFRINI Oct.9	Ch. 5 Lipids Pt. 1 CONQUER AND Library Instruction II (with assignment) Oct. 9
6 / Oct 16,19	Ch. 4: Carbohydrates CIANFRINI Oct. 19	Ch. 4: Carbohydrates CIANFRINI Oct. 16	Ch. 2: Planning a Nutritious Diet FINISH AND Ch. 5 LIPIDS Pt. 1 CONQUER Oct. 16	Ch. 9: Weight management Pt. 1 SANDILAND Oct. 16

7 / Oct 23,26	Ch. 9: Weight management Pt. 1 SANDILAND Oct. 26	Ch. 2: Planning a Nutritious Diet FINISH AND Ch. 5 LIPIDS Pt. 1 CONQUER Oct. 23	Ch. 9: Weight management Pt. 1 SANDILAND Oct. 23	Ch. 4: Carbohydrates CIANFRINI Oct. 23
Oct. 30	N/A	NO CLASS STUDY BREAK	NO CLASS STUDY BREAK	NO CLASS STUDY BREAK
8 / Nov 2,6	Ch. 2: Planning a Nutritious Diet FINISH AND Ch. 5 Lipids Pt. 1 CONQUER Nov. 2	Ch. 9: Weight management Pt. 2 SANDILAND Nov. 6	Ch. 6: Protein CIANFRINI Nov. 6	Ch. 5 LIPIDS Pt. 2 CONQUER Nov. 6
9 / Nov 9,13	Ch. 6: Protein CIANFRINI Nov. 9	Ch. 6: Protein CIANFRINI Nov. 13	Ch. 5 LIPIDS Pt. 2 CONQUER Nov. 13	Ch. 9: Weight management Pt. 2 SANDILAND Nov. 13
10 / Nov 16,20	Ch. 9: Weight management Pt. 2 SANDILAND Nov. 16	Ch. 5 LIPIDS Pt. 2 CONQUER Nov. 20	Ch. 9: Weight management Pt. 2 SANDILAND Nov. 20	Ch. 6: Protein CIANFRINI Nov. 20
11 / Nov 23,27	Ch. 5: Lipids Pt. 2 CONQUER Nov. 23	Ch. 16/17: Lifecycle nutrition SANDILAND Nov. 27	Ch. 12: ANTIOXIDANTS CIANFRINI Nov. 27	Ch. 10: Energy metabolism CONQUER Nov. 27
12 / Nov 30, Dec 4	Ch. 12: ANTIOXIDANTS CIANFRINI Nov. 30	Ch. 12: ANTIOXIDANTS CIANFRINI Dec. 4	Ch. 10: Energy metabolism CONQUER Dec. 4	Ch. 16/17: Lifecycle nutrition SANDILAND Dec. 4
December 7 (no class)				
December 11 –22 (Check exam schedule for date)				
MIDTERM EXAM – Covers Lessons 1 – 11 inclusive EXCEPT LIBRARY LESSON, Ch. 16/17: Lifecycle nutrition, Ch. 12: Antioxidants, Ch. 10: Energy metabolism. THESE THREE TOPICS WILL BE COVERED ON THE FINAL EXAM.				
13 / Jan 8, 11	Ch. 16/17: Lifecycle nutrition SANDILAND Jan. 11	Ch. 10: Energy metabolism CONQUER Jan. 8	Ch. 16/17: Lifecycle nutrition SANDILAND Jan. 8	Ch. 12: ANTIOXIDANTS CIANFRINI Jan. 8
14 / Jan 15,18	Ch. 10: Energy metabolism CONQUER Jan. 18	Ch. 18/19: Lifecycle nutrition SANDILAND Jan. 15	Ch. 13: Bone Health CIANFRINI Jan. 15	Ch. 11: Water & Electrolytes CONQUER Jan. 15

15 / Jan 22,25	Ch. 13: Bone Health CIANFRINI Jan. 25	Ch. 13: Bone Health CIANFRINI Jan. 22	Ch. 11: Water & Electrolytes CONQUER Jan. 22	Ch. 18/19: Lifecycle nutrition SANDILAND Jan. 22
16 / Jan 29, Feb 1	Ch. 18/19: Lifecycle nutrition SANDILAND Feb 1	Ch. 11: Water & Electrolytes CONQUER Jan. 29	Ch. 18/19: Lifecycle nutrition SANDILAND Jan. 29	Ch. 13: Bone Health CIANFRINI Jan. 29
17 / Feb 5, 8	Ch. 11: Water & Electrolytes CONQUER Feb. 8	Ch. 21: Hunger and Global Environment SANDILAND Feb. 5	Ch. 15: Physical Activity CIANFRINI Feb. 5	Ch. 14: Blood Health CONQUER Feb. 5
18 / Feb 12,22	Ch. 15: Physical Activity CIANFRINI Feb 22	Ch. 15: Physical Activity CIANFRINI Feb. 12	Ch. 14: Blood Health CONQUER Feb. 12	Ch. 21: Hunger and Global Environment SANDILAND Feb. 12
19 / Feb 15,19	FEBRUARY 15 – 19			
	READING WEEK (No class)			
20 / Feb 26,29	Ch. 21: Hunger and Global Environment SANDILAND Feb. 29	Ch. 14: Blood Health CONQUER Feb. 26	Ch. 21: Hunger and Global Environment SANDILAND Feb. 26	Ch. 15: Physical Activity CIANFRINI Feb. 26
21 / March 4,7	Ch. 14: Blood Health CONQUER March 7	Ch. 20: Consumer Concerns/Food & Water SANDILAND March 4	Nutrigenomics CIANFRINI March 4	Natural Health Products CONQUER March 4
22 / Mar 11,14	Nutrigenomics CIANFRINI March 14	Nutrigenomics CIANFRINI March 11	Natural Health Products CONQUER March 11	Ch. 20: Consumer Concerns/Food & Water SANDILAND March 11
23 / Mar 18,21	Ch. 20: Consumer Concerns/Food & Water SANDILAND March 21	Natural Health Products CONQUER March 18	Ch. 20: Consumer Concerns/Food & Water SANDILAND March 18	Nutrigenomics CIANFRINI March 18
24 / Mar 28, Apr 1	Natural Health Products CONQUER March 28	Apr 1 (in-class reviews)	Apr 1 (in-class reviews)	Apr 1 (in-class reviews)
25 / Apr 4	Review (available in office) Apr 4			

<p>APRIL 9 – 30 (Check exam schedule for date) FINAL EXAM (All Sections) Covers Lessons 12 – 24 inclusive AS WELL AS Ch. 16/17: Lifecycle nutrition, Antioxidants, Ch. 10: Energy metabolism.</p>		
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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/2015/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, 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.

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://brescia.uwo.ca/academics/registrar-services/>. The Western Registrar's website is at <http://www.registrar.uwo.ca/index.html>. 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.