

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

FN 1030E – Fundamentals of Human Nutrition – 2018- 2019

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Office hours to be held before the Monday lecture and after the Wednesday and Friday lectures for one hour. See your professor in class or email the day before to confirm location (classroom, office, or other). Professors will be rotating office days based 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 (**Social Awareness & Engagement; Valuing**)
- critically evaluate current literature on a selected topic in food / nutrition (**Critical Thinking; Inquiry & Analysis**)
- 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 (**Problem Solving; Interpersonal Communication**)

PREREQUISITE(S): Registration in the Foods and Nutrition modules (Honors Specialization, Specialization, Major). Grade 12U Biology and Chemistry are highly recommended as preparation for this course.

ANTIREQUISITE(S): Foods and Nutrition 1021, Foods and Nutrition 2121.

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. **The bookstore has various options available including the code alone for e-book access.**

DAY & TIME:	Section 530	Monday	2:30 pm – 5:30 pm	BR-18
	Section 531	Wednesday	8:30 am – 11:30 am	BR-18
	Section 532	Friday	8:30 am – 11:30 am	BR-18

EVALUATION:

Component	Weight	Due Date
Class quizzes*	10%	See schedule on OWL
Library assignments* <i>(in-class presence required-see dates for individual sections)</i>	5%	See schedule on OWL
Participation* (must complete 7/10 random in class activities to receive 5%, otherwise 0%)	5%	Further information OWL
Nutrition Topic Assignment* (some parts of the assignment due earlier-see dates)	10%	Wed., Nov. 14, 2018 (final)
Mid-term exam**	30%	Dec. 10 – 21 (see schedule)
Diet Record Assignment*	10%	Mon., March 11, 2019
Final Exam**	30%	Apr. 11 – 30 (see schedule)
Nutrition in the News*	(+3%)	All year (possible bonus)

* Further instructions for class quizzes, library assignments, participation, the nutrition topic assignment, the diet record assignment, and nutrition in the news (NITN) will be provided separately. Information will also be provided on OWL as needed.

** In order to pass this course, the exam marks will be taken into consideration separately from other mark components and the overall average. This course is made up of two exams, and each exam covers only one semester. Thus, even if the student obtains a final grade of over 50%, the student must obtain an AVERAGE of AT LEAST 45% on the combination of the MIDTERM and FINAL exams in order to receive a final passing grade. If a student would have a passing grade but the combined average of 45% is not met, the student will receive a 48% as their final grade.

If, on medical or compassionate grounds, a student is unable to complete a course component worth **10 per cent or greater** of the final course grade, it is the responsibility of the student to consult with an Academic Advisor per Brescia's Academic Policies and Regulations, a summary of which is attached. In all other cases, please approach the instructor in a timely fashion.

SCHEDULE OF TOPICS and READINGS

Lesson / Dates	Section 530 BR-Room 18 Mon 2:30-5:30	Section 531 BR-Room 18 Wed 8:30-11:30	Section 532 BR-Room 18 Fri 8:30-11:30
1 / Sept 7, 10, 12, 2018	Introduction to Course & Part Ch. 1: Overview of Nutrition CIANFRINI	Introduction to Course & Part Ch. 1: Overview of Nutrition CIANFRINI	Introduction to Course & Part Ch. 1: Overview of Nutrition SANDILAND
2 / Sept 14, 17, 19	Ch. 1/2: Planning a Nutritious Diet CONQUER	Ch. 1/2: Planning a Nutritious Diet CONQUER	Ch. 1/2: Planning a Nutritious Diet SANDILAND
3 / Sept 21, 24, 26	Ch. 3: Digestion CIANFRINI	Ch. 3: Digestion CIANFRINI	Ch. 3: Digestion SANDILAND
4 / Sept. 28, Oct. 1, 3	Library Instruction I (with assignment) CONQUER	Library Instruction I (with assignment) CONQUER	Library Instruction I (with assignment) CONQUER
Oct. 5- 15	No class on Oct. 5 or through READING WEEK (No class) or on Oct. 15		
5 / Oct 17, 19, 22	Library Instruction II (with assignment) CONQUER	Library Instruction II (with assignment) CONQUER	Library Instruction II (with assignment) CONQUER
6 / Oct 24, 26, 29	Ch. 4 Carbohydrates CIANFRINI	Ch. 4 Carbohydrates CIANFRINI	Ch. 4 Carbohydrates CIANFRINI
7 / Oct 31, Nov 2, 5	WORK ON ASSIGNMENT CONQUER	WORK ON ASSIGNMENT CONQUER	WORK ON ASSIGNMENT CONQUER
8 / Nov. 7, 9, 12	Ch. 6: Protein CIANFRINI	Ch. 6: Protein CIANFRINI	Ch. 6: Protein CIANFRINI
9 / Nov 14, 16, 19	Ch. 5: Lipids CONQUER	Ch. 5: Lipids CONQUER	Ch. 5: Lipids CONQUER

Lesson / Dates	Section 530 BR-Room 18 Mon 2:30-5:30	Section 531 BR-Room 18 Wed 8:30-11:30	Section 532 BR-Room 18 Fri 8:30-11:30
10 / Nov 21, 23, 26	Ch. 8: Energy Balance CIANFRINI	Ch. 8: Energy Balance CIANFRINI	Ch. 8: Energy Balance SANDILAND
11 / Nov 28, 30, Dec 3	Ch. 10: Energy Metabolism CONQUER	Ch. 10: Energy Metabolism CONQUER	Ch. 10: Energy Metabolism SANDILAND
12 / Dec 5, 7	FEEL FREE TO ATTEND IN- CLASS REVIEW ON MONDAY OR WEDNESDAY MORNING. If not possible, contact professor for in office review times.	In-class review CINAFRINI	In-class review SANDILAND
DEC 10-21 (Check exam schedule for date) MIDTERM EXAM (All Sections) Covers all Lessons before this date			
13 / Jan 9, 11, 14, 2019	Ch. 9: Weight management CIANFRINI	Ch. 9: Weight management CIANFRINI	Ch. 9: Weight management SANDILAND
14 / Jan 16, 18, 21	Ch. 11: Water & Electrolytes CONQUER	Ch. 11: Water & Electrolytes CONQUER	Ch. 11: Water & Electrolytes CONQUER
15 / Jan 23, 25, 28	Ch. 13: Bone Health CIANFRINI	Ch. 13: Bone Health CIANFRINI	Ch. 13: Bone Health CIANFRINI
16 / Jan 30, Feb 1, 4	Ch. 12: Antioxidants CONQUER	Ch. 12: Antioxidants CONQUER	Ch. 12: Antioxidants CONQUER
17 / Feb 6, 8, 11	Ch. 15: Physical Activity CIANFRINI	Ch. 15: Physical Activity CIANFRINI	Ch. 15: Physical Activity CIANFRINI
18 / Feb 13,15, 25	Ch. 14: Blood Health CONQUER	Ch. 14: Blood Health CONQUER	Ch. 14: Blood Health CONQUER
Feb 18-22	READING WEEK (No class)		

Lesson / Dates	Section 530 BR-Room 18 Mon 2:30-5:30	Section 531 BR-Room 18 Wed 8:30-11:30	Section 532 BR-Room 18 Fri 8:30-11:30
19 / Feb 27, March 1, 4	WORK ON ASSIGNMENT CIANFRINI	WORK ON ASSIGNMENT CIANFRINI	WORK ON ASSIGNMENT CIANFRINI
20 / March 6, 8, 11	Ch. 16/17: Lifecycle nutrition CONQUER	Ch. 16/17: Lifecycle nutrition CONQUER	Ch. 16/17: Lifecycle nutrition SANDILAND
21 / March 13, 15, 18	Ch. 18/19: Lifecycle nutrition CIANFRINI	Ch. 18/19: Lifecycle nutrition CIANFRINI	Ch. 18/19: Lifecycle nutrition SANDILAND
22 / March 20, 22, 25	Ch. 20: Consumer Concerns/Food & Water CONQUER	Ch. 20: Consumer Concerns/Food & Water CONQUER	Ch. 20: Consumer Concerns/Food & Water SANDILAND
23 / Mar 27, 29, Apr 1	Ch. 21: Hunger and Global Environment CIANFRINI	Ch. 21: Hunger and Global Environment CIANFRINI	Ch. 21: Hunger and Global Environment SANDILAND
24 / Apr. 3, 5, 8	In-class review CONQUER	In-class review CIANFRINI	In-class review SANDILAND
	APRIL 11 – 30 (Check exam schedule for date) FINAL EXAM (All Sections) Covers all Lessons after the midterm.		

2018-19 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 for illness 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. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the student's instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty

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 from: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf . 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.

The full policy on requesting accommodation due to illness can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge 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 are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your 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, <http://brescia.uwo.ca/academics/registrar/services/> or the list of official sessional dates in the Academic Calendar, see the Sessional Dates tab at <http://www.westerncalendar.uwo.ca/index.cfm?SelectedCalendar=Live&ArchiveID=>). 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.*

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 and warranted.

It is important to note that the Academic 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

(http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

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

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20 .

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. 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 Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, 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.

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 (<http://www.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 is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, she may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, she may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal. For information on academic appeals you can consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the 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 prerequisite(s).

7. SUPPORT

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 website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/>.

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Health and Wellness at Western, http://uwo.ca/health/mental_wellbeing/index.html, for information about how to obtain help for yourself or others.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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.