

FOODS & NUTRITION 2245B - Sec 530
NUTRITION: A LIFESPAN APPROACH

COURSE OUTLINE

Instructor Noelle Martin MScFN RD

Office: UH 208 (Directly above the Division of Foods and Nutrition main office)

Office Hours: By appointment

Tel: 519-615-3438 (no texts please)

Email: nmarti55@uwo.ca

Contact information and policies	519- 615-3438 Phone policy: No texts please. Feel free to call me anytime between 8 am and 4 pm Monday through Friday. If I am unable to answer your call, you may leave me a voicemail. My voicemail box is confidential.	nmarti55@uwo.ca Email Policy: If you need to contact me please email me at nmarti55@uwo.ca . I check email throughout the day from 9 am to 9 pm and will respond within 48 hours Monday through Friday. I do not always check my email on weekends; if you email me on the weekend I will get back to you by the end of the day on Tuesday. When emailing, please put the course code (FN2245b) in the subject heading.
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Class Time: Tuesdays 6:30-9:30 pm

Class Location: BR-135

Course Description: A study of nutritional requirements from infancy to old age. Description of food habits, special conditions and nutritional interventions in relation to the various stages of the life span, including preconception nutrition.

Pre-requisite: Foods and Nutrition 1021 or 1030E or 2121; registration in the Nutrition and Families modules (Honors Specialization, Specialization, Major).

Anti-requisite: Foods and Nutrition 2241A/B

OBJECTIVES: Upon successful completion of this course, students will be able to demonstrate the Brescia Competencies of Communication, Critical Thinking, Inquiry & Analysis, Problem Solving, Self-Awareness and Development, Valuing, Social Awareness and Engagement.

1. Explain how nutrition influences humans and contributes to their health through the life span. [Critical Thinking Level 2; Communication Level 2; Inquiry & Analysis Level 2]

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. [Critical Thinking Level 2; Communication Level 1; Inquiry & Analysis Level 2]
3. Understand the multiple factors that determine nutritional needs and the utilization of foods throughout the life cycle. [Critical Thinking Level 2; Inquiry & Analysis Level 2]
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. [Critical Thinking Level 3; Social Awareness and Engagement Level 2; Problem-Solving Level 2; Communication Level 2]
5. Identify credible sources of public health nutrition information and recommendations in Canada. [Inquiry and Analysis Level 1; Critical Thinking Level 1]
6. Explore nutrition-related Web sites on the Internet, and be critical about the credibility of their information. [Critical Thinking Level 2; Inquiry and Analysis Level 2]

Approach: Three hours of lecture per week, plus supplementary readings, in class activities, case studies, and examinations.

Required Text: Brown, J.E. 2016. Nutrition Through the Life Cycle. 6th edition. Wadsworth / Nelson Thomson Learning, Toronto, Ontario.

Note: Other interesting reference books and journal articles are also available at the Brescia University College library. You are strongly encouraged to consult them. Many of these books will be mentioned throughout the course lectures. A copy of the texts assigned for reading will be placed on library reserve for consultation.

EVALUATION:

- **Group Case Studies** (3x10% - Due Dates Vary) **30%**
- **Mid-term exam** (March 2nd 9 am to 12 pm) **35%**
Will include the material covered in class and the assigned readings and exercises for the lectures 1 to 7 (ch. 1-9) inclusively.
- **Final exam** (Date TBD: During Final Exam Schedule) **35%**
This exam will include material covered in class and the assigned reading and exercises after the mid-term exam.

100%

Course Specific Policies:

Participation/Attendance: Everyone enrolled in the course is expected to participate in class discussions. Attendance at class is mandatory.

Penalty for late assignments: Assignments are due on the date/time 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, except in cases with proper documentation to show a confirmed personal illness or a death in the student's immediate family.

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.

Note: Up to 10% of marks on each assignment and examination can be deducted for lack of proper English communication skills, including errors in spelling or grammar.

PLANNED SCHEDULE OF LECTURES AND TOPICS (2019):

January 8

- Course outline
- Explanation of the Case Study Assignment
- Introduction (Chap. 1)

January 15:

- Pre-conception Nutrition (Chap. 2,3)

January 22:

- Nutrition during Pregnancy (Chap. 4,5)

January 29:

- Nutrition during Pregnancy (cont.) (Chap. 4,5)

February 5:

- Nutrition during Lactation (Chap. 6,7)

February 12:

- Infant Nutrition (Chap. 8,9)

Reading week: February 18-22 – NO LECTURE

February 26:

- Infant Nutrition (cont.) (Chap. 8,9)

Midterm Examination (Saturday March 2) (Ch. 1-9)

March 5:
➤ Toddler and Preschooler Nutrition (Chap. 10,11)

March 12:
➤ Child and Preadolescent Nutrition (Chap. 12,13)

March 19:
➤ Child and Preadolescent Nutrition (cont.) (Chap. 12,13)

March 26:
➤ Adolescent Nutrition (Chap. 14,15)

April 2:
➤ Adult Nutrition (Chap. 16,17)

April 9:
➤ Nutrition and the Elderly (Chap. 18)

FINAL EXAM

➤ Final examination period April 13-30, 2016. Please see final exam schedule.

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/>.