

HNSC 2130

NUTRITION THROUGH THE LIFE CYCLE

SYLLABUS

Print version of syllabus

- [Course description](#)
- [Course goals](#)
- [Course materials](#)
- [Course overview](#)
- [Topics](#)
- [Learning activities](#)
- [Evaluation and grading](#)
- [Plagiarism, cheating, and examination impersonation](#)
- [Distance and Online Education \(DE\) Student Resources](#)
- [Acknowledgements](#)

COURSE DESCRIPTION

The University of Manitoba Undergraduate Calendar describes this course as follows:

(Formerly 030.213) Examination of nutritional needs throughout the life cycle, the nutritional concerns of different age groups and the development of healthy eating practices. Not to be held with 030.304. Prerequisite: HNSC 1210 (030.121).

In this introductory level three semester hour course the essential nutritional requirements for the various stages of human life will be examined. Students will find it useful to have a basic knowledge of Human Anatomy, Physiology and Biochemistry for the successful completion of this course. This course is required for completion of a BSc degree in Human Nutritional Sciences.

COURSE GOALS

The aim of this course is to provide learners with information about the changes in nutritional needs as humans develop from babies to adults and undergo different life changing events. Upon successful completion of this course you should be able to:

1. Describe the factors which will influence nutritional requirements through the life cycle including pregnancy, lactation, infancy, childhood, adolescence, and aging.
2. Explain the interrelation of the biochemical and physiological functions of nutrients through the life cycle.
3. Explain the role nutrition may play in certain disease states in the life cycle.
4. Discuss the criteria of an adequate diet through the life cycle.
5. Search and report on a topic of relevance to nutrition through the lifecycle.

COURSE MATERIALS

REQUIRED

Bookstore

The following required materials are available for purchase from the [University of Manitoba Bookstore](#). Please order your materials immediately, if you have not already done so. See your [Distance and Online Education Student Handbook](#) for instructions on how to order your materials.

- Textbook: Brown, Judith E. (2017). Nutrition through the Life Cycle (6th Ed.).

OPTIONAL

- Mahan, K. L. & Escott-Stump, S (2016) Krause's Food, Nutrition and Diet Therapy (13th Ed.)

COURSE OVERVIEW

OVERVIEW

Welcome to Human Nutritional Sciences 2130 Nutrition through the Life Cycle online course. This course is designed to provide basic information on the role of nutrients in maintaining optimal body function, growth and development during the five stages of human life including pregnancy, childhood, adolescence, adulthood and senescence. Course materials are collected from various sources however majority of course contents will be from the course textbook.

TOPICS

Unit 1:	What are the stages of the Human Life and how can nutrients impact them?
Unit 2:	What are the key concepts and terms used when you study human nutrition?
Unit 3:	How do you conduct a nutritional assessment?
Unit 4:	What do pregnant women need to know about nutrition to have a healthy outcome of pregnancy?
Unit 5:	What do Nursing mothers need to know about nutrition?
Unit 6:	What are the nutritional requirements of infants?
Unit 7:	What are the nutritional needs during childhood period?
Unit 8:	What are the nutritional needs during adolescence?
Unit 9:	What are the nutritional needs during adulthood?
Unit 10:	What are the nutritional needs of the elderly?
Unit 11:	What are the impacts of proper nutrition on disease prevention/treatment during various stages of human life?
Unit 12:	What does current research tell us about dietary behaviour of Canadians?

LEARNING ACTIVITIES

In this course you will have three major sources of information: the course textbook, fellow students and the synopsis material presented by your instructor on the course website. They are meant to be used together in the following fashion:

Knowledge building through individual activity:

You will be asked to read through the synopsis material, the relevant chapters of your textbook and some selected journal articles. You will have opportunity to test yourself through the use of self-check quizzes and you will also be expected to complete two term tests and a final exam.

Knowledge building through collaborative activity:

Throughout the units you will be asked to take part in activities, these activities will encourage you to discuss concepts with your classmates through the use of discussion forums.

Knowledge building through reflection:

Through the activities found in each unit you will also be asked to reflect on your own nutritional requirements, those of the people around you and what you could or should do to change your eating habits for better health

EVALUATION AND GRADING

DISTRIBUTION OF MARKS

Evaluation	Percentage
Activity Participation	10%
Term Tests (2)	60% (2 x 30%)
Final Exam	30%
Total	100%

GRADING SCALE

Letter grade	Percentage range	Description
A+	90 – 100	Exceptional
A	80 – 89.9	Excellent
B+	75 – 79.9	Very good
B	70 – 74.9	Good
C+	65 – 69.9	Satisfactory
C	60 – 64.9	Adequate
D	50 – 59.9	Marginal
F	less than 50	Failure

Note: All final grades are subject to departmental review.

ASSESSMENT

Learners will be evaluated through online discussions, two on-line term tests and an invigilated final exam. Check the course schedule and calendar/announcements for due dates.

Term Tests

You will complete two terms tests consisting of multiple choice and true/false questions. Some important items to note about completing an online test:

- It will be available for 24 hours starting at 8am on the scheduled date. (example March 24 @ 8am to March 25th @ 8am).
- Once you have logged into the test you will have 60 minutes to complete it.
- At the end of the 60 minutes it will automatically submit for you. There is a timer that is visible on the screen during the test that will note the number of minutes you have left to complete the test once you log in.
- Ensure you are leaving yourself ample time to complete the test; ie: don't log on at 7:45am the day it is due at 8am and expect to get the full 60 minutes, you will only get 15 minutes.
- All times are Winnipeg Central Time.
- Review of your test is permitted only by making an appointment with the instructor for a face-to-face meeting or a phone call.

Final Exam

The final exam is a comprehensive addressing information from both term tests as well as the final units of the course. It will follow the format of your term tests, however you should check with your instructor during the final week of the course for more details on the exam format.

The final exam will be written at the University of Manitoba (UM), Fort Garry campus or at an approved off-campus location. **Students needing to write at an off-campus location must declare a location by the specified deadline date** (see off-campus declaration and policy under Student Resources on course homepage). **Students writing at the UM Fort Garry campus do not need to declare an exam location.**

The Registrar's Office is responsible for the [final exam schedule](#) which is available approximately one month after the start of the course.

PLAGIARISM, CHEATING, AND EXAMINATION IMPERSONATION

You should acquaint yourself with the University's policy on plagiarism, cheating, and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba *Undergraduate Calendar*. Note: These policies are also located in your *Distance and Online Education Student Handbook* or you may refer to Student Affairs at <http://www.umanitoba.ca/student>.

When in doubt about any practice, ask your professor or instructor. The Student Advocacy Office, 519 University Centre, 474-7423, is a resource available to students dealing with Academic Integrity matters."

DISTANCE AND ONLINE EDUCATION (DE) STUDENT RESOURCES

In your course website there are links for the following:

- Contacting Distance and Online Education Staff
- Distance and Online Student Handbook
- Distance and Online Education Website

ACKNOWLEDGEMENTS

Content specialist:	Mohammed Moghadasian, PhD Professor Department of Human Nutritional Sciences Faculty of Human Ecology The University of Manitoba
	Dr. Moghadasian received his PhD degree in the discipline of Pathology and Laboratory Medicine from the University of British Columbia in 1999. Dr. Moghadasian is currently a Professor of Nutrition at the University of Manitoba and a Principal Investigator at the Canadian Centre for Agri-food Research in Health and Medicine. Dr. Moghadasian teaches several nutrition courses at the University of Manitoba. His research interest includes investigations of mechanisms by which functional foods may modify cardiovascular risk. Dr. Moghadasian has extensively published in the area of nutrition and heart disease. Dr. Moghadasian is the recipients of several teaching and research awards.
Instructional designer:	Kathy Enid Snow, MA. Distance and Online Education The University of Manitoba
Web developer:	Raelene Dziedzic Distance and Online Education The University of Manitoba

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