

Nutrition for Health and Changing Lifestyles

HNSC 1210

Syllabus

Welcome to Nutrition for Health and Changing Lifestyles, HNSC 1210. This course is designed to equip you with some basic nutrition information that can be applied to your everyday life.

Contacting your instructor

For information on contacting your instructor, as well as other important information from your instructor, see the Instructor Letter link in your course website.

Course description

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

HNSC 1210 Nutrition for Health and Changing Lifestyles (Formerly 030.121), 3 credit hours. This course addresses the relationship between nutrition and health. The focus is on healthy eating and on strategies for modifying food patterns within the context of lifestyle and culture.

Not to be held with 030.117 or 030.323. There are no pre-requisites for taking this course. This course is an introduction to and an overview of nutrition, with an emphasis on the relationship between nutrition and health.

This course provides you with a basic introduction to nutrition and health. The concepts that you will learn in the course can be applied to your own lives to improve your nutritional well being. Common myths about nutrition will be debunked and we will discuss the nutritional make up of some commonly consumed foods.

Course goals

Upon completion of the course you should be able to:

- identify the standards for healthy eating that exist in Canada;
- identify influences on food choices;
- recognize your own nutritional needs and how to achieve them through foods;
- identify characteristics of nutrition quackery and valid nutrition information;
- identify nutrients of concern for various lifecycles and lifestyles (e.g. children, older adults, vegetarians, athletes, etc);
- recognize the relationship between nutrition and health status;
- analyze personal dietary intake in relation to Canadian standards; and
- identify functions, food sources and deficiency/toxicity symptoms for vitamins and minerals.

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.

Nutrition Concepts and Controversies. Frances Sienkiewicz Sizer, Eleanor Whitney and Leonard Piche. 2015. Third Canadian Edition. Nelson Education Ltd.

Textbook companion website

There is a companion website for the textbook at CourseMate that you may wish to access for this course at www.nelsonbrain.com/shop/signin (access code included with textbook purchased).

Setting up your computer

Additional required hardware and software

You will require the following items for your computer for this course:

1. Headset or speakers to hear audio files.
2. You will need Real Player installed on your computer to listen to the audio files. If you do not have Real Player installed, you can download it from the following website: www.real.com. (This link will open in a new browser window.)

We strongly recommend that you install and test all required software immediately. If you encounter difficulties installing your software contact de_support@umanitoba.ca.

Optional

Optional Internet Sites for Additional Nutrition Information

Health Canada	www.hc-sc.gc.ca
Dietitians of Canada	www.dietitians.ca
American Dietetic Association	www.eatright.org
Healthy Eating is in Store for You (partnership between Dietitians of Canada and Canadian Dietetic Association)	http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Food-Labels.aspx?categoryID=23
Canadian Heart and Stroke Foundation	www.heartandstroke.ca
Canadian Diabetes Association	http://www.diabetes.ca
Canadian Cancer Society	www.cancer.ca
Osteoporosis Society of Canada	www.osteoporosis.ca
National Eating Disorder Information Centre	www.nedic.ca
Public Health Agency of Canada	http://www.phac-aspc.gc.ca/index-eng.php?utm_source=VanityURL&utm_medium=URL&utm_campaign=publichealth.gc.ca
Quack Watch	www.quackwatch.com

Course overview

Overview

I strongly encourage you to **carefully** read the chapters in the textbook that are discussed in the study notes. All topics, figures and tables covered in the study notes will be tested on the final exam.

You should plan on the reading, writing, and studying to take approximately six hours per week. Six hours is roughly equivalent to three hours of regular course contact plus three hours of study time, if you were a student attending an on-campus course. For each unit, course notes are provided. These notes should be used to guide you on which sections to cover in the textbook. Read these notes as you go through each unit of the textbook to determine which areas of the textbook are important to cover. Canadian information will be provided in the course notes as well, as the textbook focuses on American content.

The assignments, online midterm exam and the online Quizzes at the end of each unit relate directly to what you can expect on the final exam. You should complete the online Quizzes regularly to make

sure that you know the correct answers. Review your assignments when they are returned. If you do this periodically during the course, you will perform better on the online midterm exam and final exam.

Topics

- Unit 1 Food Choices and Human Health** – definitions, terms, cornerstones of a healthy diet, the science of nutrition, factors that affect food choices, evaluating nutrition information
- Unit 2 Nutrition Tools: Standard and Guidelines** – nutrition recommendations, Eating Well with Canada's Food Guide, Dietary Reference Intakes, Nutrition Recommendations for Canadians, label reading, phytochemicals and functional foods
- Unit 3 The Remarkable Body** – the interaction of hormones and the nervous system with nutrition, the digestive system, energy storage, alcohol and nutrition
- Unit 4 The Carbohydrates: Sugar, Starch, Glycogen and Fibre** – types of carbohydrates why we need carbohydrates, the digestion and absorption of carbohydrates, diabetes, food sources of carbohydrates, sugar and alternative sweeteners
- Unit 5 The Lipids: Fats, Oils, Phospholipids and Sterols** – usefulness of fats in the body and in foods, types of lipids, digestion and absorption of lipids, cholesterol and heart disease, essential fatty acids, food sources of fat, fat replacers, healthy high fat foods
- Unit 6 The Proteins and Amino Acids** – the structure of proteins, digestion and absorption of proteins, roles of protein in the diet, protein quality, protein needs, vegetarian diets
- Unit 7 The Vitamins** – definition and classification of vitamins, the fat soluble vitamins, the water soluble vitamins, vitamin supplements
- Unit 8 Water and Minerals** – the role of water in the body, body fluids and minerals, electrolyte balance, the major minerals, the trace minerals, osteoporosis
- Unit 9 Energy Balance and Healthy Body Weight** – risks of being underweight or overweight, energy balance, body mass index, measures of body composition and fat distribution, causes of obesity, how the body gains and losses weight, eating disorders
- Unit 10 Nutrients, Physical Activity and the Body's Responses** – benefits of physical activity, how the body uses fuel during physical activity, nutritional strategies that can enhance athletic performance, importance of fluids, sports drinks, ergogenic aids

Beginning the course activities

1. Check to see that you have all the required materials and that you can get into the textbook companion website.
2. Skim your course materials, textbook, and textbook companion website to get an idea of what the course is about.
3. Review the requirements for all assignments, the online midterm examination and the final examination.

Evaluation and grading

The breakdown of the final grade will be as follows:

Distribution of marks

Evaluation	Percentage
Getting to know the course tools	1%
Assignment 1 – Article Critique and Evaluating your diet according to Eating Well with <i>Canada's Food Guide</i>	9%
Assignment 2 – Evaluating your diet using EATracker	15%
Timed online quizzes (0.5% per unit)	5%
Online Midterm examination	25%
Final examination	45%
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.

Assignments

Note: Detailed instructions about the assignments are found in your course website.

There are two assignments, and online quizzes at the end of each chapter.

Getting to Know Your Course Tools (GTKYCT) is designed to help you learn how to submit an assignment via the online drop boxes.

Assignment 1 is divided into Section A and Section B. Section A is an evaluation of an online article. Section B provides a foundation for Assignment 2 and is an evaluation of your diet compared to Eating Well with Canada's Food Guide.

Assignment 2 is a detailed analysis of your diet using a nutrient analysis software program, EATracker. You will compare your diet to the Dietary Reference Intakes and will gain insight on what foods are sources of key nutrients.

Quizzes—There will be timed online quizzes for each unit. You can access them in your course website.

Policy for late assignments

10% of the total marks will be subtracted for each day that the assignment is late (i.e., 10% for 1 day late, 20% for 2 days late, 30% for 3 days late, etc.). If you are unable to complete the assignment due to medical reasons (medical certificate required) or compassionate reasons, please contact the instructor (send an email), preferably before the due date.

Assignment due dates

See course schedule for specific assignment due dates.

Examination

The online midterm exam is 50 minutes in length and consists of 50 multiple choice questions, focusing on course notes and materials in the textbook from chapters 1–4. This exam will be administered online and will be available for a 24 hour time period, however once you open the exam, it will automatically submit after 50 minutes and your mark will be recorded in the gradebook. Therefore, it is important that you do not open the midterm exam until you are ready to complete the entire exam. There is no penalty for incorrect answers. Example multiple choice questions are found in the textbook at the end of each chapter and on the textbook website: www.nutritioncc.nelson.com.

The invigilated final exam is 2 hours in length and consists of 100 multiple choice questions, focusing on course notes and materials in the textbook. There is no penalty for incorrect answers. Example multiple choice questions are found in the textbook at the end of each chapter and on the textbook website: <http://www.nutritioncc.nelson.com/>.

When studying for your midterm and final exam, focus on the Course Notes. You are not expected to know sections of the textbook that are not covered in the notes. It is recommended that you study the notes and use the textbook as a supplement to the notes. You are expected to be familiar with all tables and figures from the textbook that are mentioned in the Course Notes. It is strongly recommended that you complete the sample questions at the end of each chapter in the textbook, as well as the sample questions on the textbook website. Complete the quizzes as these will help you prepare for the exam.

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.

See the sample examination in your course website.

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>.

Distance and Online Education (DE) Student Resources

In your course website there are links for the following:

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

Acknowledgments

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Kristin works in the WRHA Home Care program, coordinating a nutrition and safe food handling training program for home care direct service staff. She teaches as a sessional instructor at the University of Manitoba in the Human Nutritional Sciences department and has a private consulting practice where she sees clients for various nutrition counselling—weight management, healthy eating, diabetes, heart disease, food allergies, hypertension, etc.

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