

# HNSC 2170: Course Syllabus



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## Course description

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

An examination of the fundamentals of nutrition and the relationship between nutrition and health within the context of the health profession. The focus is on nutritional strategies used to promote health and in the treatment of common health conditions.

This course provides you with a foundation of knowledge regarding nutrition and health. The concepts that you will learn in the course can be applied to future patient situations that you may encounter as health professionals. Learners who successfully complete this course will acquire 2 credit hours towards their program.

## Course objectives

Upon successful completion of this course you should be able to:

1. Critically analyze nutrition information to determine the reliability and validity of nutrition related claims;
2. Apply the current Canadian standards for healthy eating to develop specialized diets using hypothetical case studies;

3. Demonstrate the ability to analyze a health or nutrition problem and determine a plan of action to correct nutritional behaviours;
4. Describe the functions, food sources and deficiency/toxicity symptoms for vitamins and minerals; and
5. Discuss the differences in nutrition needs associated with age, gender, and lifestyle.

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## Course materials

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### 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

Nutrition for Health and Health Care 5th edition by DeBruyne and Pinna (ISBN-13: 978-1-133-59911-1).

#### Textbook companion website

<http://coursemate.cengage.com/CPReader/View/9781133946960/default.aspx?anon=True>

#### University of Manitoba Libraries

The following materials are available from the University of Manitoba Libraries (See the link to the University of Manitoba Libraries in your course website.):

1. The textbook is available on 2-hour reserve in Dafoe Library.
2. Practice-based Evidence in Nutrition (PEN) Database. This is an online database that is available through the University of Manitoba Libraries. <http://libguides.lib.umanitoba.ca/articlesdatabases>

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## Course overview

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Welcome to Nutrition for Health Professionals. Within this multidisciplinary course you will be working with participating students from Nursing, Dentistry, Pharmacy and other Health Sciences. We will address each unit of work, topically, with a problem based approach through the use of case studies which you should note also account for 40% of your final mark.

## Topics

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Unit 1	Nutrition Definitions, Standards and Guidelines
Unit 2	Carbohydrates and Fibre
Unit 3	Lipids
Unit 4	Protein
Unit 5	Vitamins
Unit 6	Water and Minerals
Unit 7	Energy Metabolism
Unit 8	Lifecycle Nutrition
Unit 9	Supplemental Nutrition

## Learning activities

### Knowledge building through theory acquisition:

You are strongly encouraged to **carefully** read the chapters in the textbook that are assigned in your schedule. The course notes provided for each unit will guide your textbook reading by highlighting critical information as well as provide supplementary Canadian content. The course notes alone will not provide you with enough information to complete this course successfully. In addition to the textbook, all topics, figures and tables covered in the course notes will be tested on the final exam.

### Knowledge building through collaboration and reflection:

As you acquire knowledge through reading of the content you are also expected to share your thoughts in

response to instructor prompts in discussion forums. These conversations are to encourage discussion of the content to increase your understanding as well as to broaden your knowledge of the importance of nutrition in various health professions.

### Knowledge building through application in context:

This course is problem-based, which means in each unit you will be given a problem in the form of a case study, by applying the information you discover about the topic from the assigned reading, you will solve this problem as it relates to your area of study (nursing, pharmacy, dentistry, medicine).

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## Evaluation and grading

There are two assignments, a midterm exam and a final exam.

### Distribution of marks

Evaluation	Percentage/Weighting
Assignment 1: Case Studies (9)	45%
Midterm examination	15%
Assignment 2: Dietary Analysis	10%
Final examination	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	0 – 50	Failure

**Note:** All final grades are subject to departmental review and approval. The grading scheme may be adjusted slightly based on grade

distribution.

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## Assignments

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*Each assignment is briefly described here.*

### Assignment 1: Case Studies

Each week you will complete a case study directly related to that week's readings. You will be provided with information about a client and will be asked to make recommendations to improve your patient's nutritional health.

### Assignment 2: Dietary Analysis

This assignment involves a detailed analysis of an assigned patient's diet using an online nutrient analysis software program, EATracker. You will compare your patient's diet to the Dietary Reference Intakes, gain insight on what foods are sources of key nutrients, and make recommendations to improve the nutritional health of your patient.

**Note:** Detailed instructions about the assignments are found in the assessment area on your course website.

### Assignment due dates

Consult your course schedule for the assignment due dates.

### Midterm exam

The invigilated midterm exam is 50 minutes in length and consists of 40 multiple choice questions, focusing on the course notes and assigned readings from the textbook from units 1-4.

Example multiple choice questions are found on the textbook website:

<http://coursemate.cengage.com/CPReader/View/9781133048794/default.aspx?anon=True#home>

and

[http://www.cengage.com/cgi-wadsworth/course\\_products\\_wp.pl?](http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?)

[fid=M20bT&product\\_isbn\\_issn=0495116572](http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?fid=M20bT&product_isbn_issn=0495116572)

### Final exam

The invigilated final exam is 2 hours in length and consists of 100 multiple choice questions, focusing on course notes and assigned readings from the textbook from units 1-9.

Example multiple choice questions are found on the textbook website:

<http://coursemate.cengage.com/CPReader/View/9781133048794/default.aspx?anon=True#home>

and

[http://www.cengage.com/cgi-wadsworth/course\\_products\\_wp.pl?](http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?)

[fid=M20bT&product\\_isbn\\_issn=0495116572](http://www.cengage.com/cgi-wadsworth/course_products_wp.pl?fid=M20bT&product_isbn_issn=0495116572)

When studying for your midterm and final exam, focus on the Course Notes for each unit. You are not expected to know sections of the textbook that are not assigned readings in the course notes. It is recommended that you read the assigned sections of the textbook that are assigned in the course notes and use the course notes as a supplement to your readings. 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 on the textbook website.

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>

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## Distance and Online Education (DE) Student Resources

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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](#)

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## Acknowledgements

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