

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

FN 1030E – Fundamentals of Human Nutrition – 2011- 2012

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Dr. Julie Conquer, PhD
Room 107, Ursuline Hall
Email: _____
Office Hours: Fri. 11:30am – 12:30pm

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
- critically evaluate current literature on a selected topic in food / nutrition
- 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

PREREQUISITE(S): Registration limited to students in the Foods and Nutrition programs or by permission of the Division.

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: Thompson, J., Manore, M., & Sheeshka, J. (2010). *Nutrition: A functional approach* (2nd ed.). Toronto, ON: Pearson Education Canada.

DAY & TIME:

Section 530: Monday	2:30 pm – 5:30 pm
Section 531: Friday	8:30 am – 11:30 am
Section 532: Friday	8:30 am – 11:30 am

EVALUATION:	Component	Weight	Due Date
	Mid-Term Test # 1	15%	SAT. , Nov. 5, 2011
	Group Project *	20%	FRI. , Nov 18, 2011
	Mid-term Test # 2	15%	SAT. , Feb. 4, 2012
	Diet Record Assignment *	20%	FRI. , Mar. 9, 2012
	Final Exam	30%	Apr. 14 – 30 (check schedule)

* Detailed instructions for assignments will be provided separately.

SPECIFIC COURSE POLICIES

Penalty for late assignments: Assignments are due at the beginning of class on the date specified. There will be a **deduction of 20% of the value of the assignment** for a late submission. NO assignment will be accepted one (1) week after the due date.

Accommodation for medical illness: Any student who misses a course component worth 10% or higher can request accommodation on medical grounds. **A UWO Student Medical Certificate (SMC) must be submitted to a Senior Academic Advisor.** The SMC can be downloaded from the Web (<http://www.uwo.ca/univsec/handbook/appeals/medicalform.pdf>).

Special examination: NO special examination will be given for a student who has missed a scheduled examination except for a confirmed personal illness (an SMC must be submitted to a Senior Academic Advisor) or a death in the student's immediate family (a public death notice is required).

TENTATIVE SCHEDULE OF TOPICS and READINGS

Week	Section 530 (Matthews) MONDAY – Room 136	Section 531 (Battram) FRIDAY – Room 303	Section 532 (Conquer) FRIDAY – Room 136
2011 1	Sept. 12 Introduction to Course & Ch. 1: Nutrition	Sept. 9 Introduction to Course & Ch. 1: Nutrition	Sept. 9 Introduction to Course & Ch. 1: Nutrition
2	Sept. 19 Food security in Canada; Social Determinants of Health	Sept. 16 Ch. 2: Planning a Nutritious Diet	Sept. 16 Ch. 3: Digestion
3	Sept. 26 Ch. 3: Digestion	Sept. 23 Food security in Canada; Social Determinants of Health	Sept. 23 Ch. 2: Planning a Nutritious Diet
4	Oct. 3 Ch. 2: Planning a Nutritious Diet	Sept. 30 Ch. 3: Digestion	Sept. 30 Food security in Canada; Social Determinants of Health
5	Oct. 10 Independent Work on Group Project (No Class)	Oct. 7 Independent Work on Group Project (No Class)	Oct. 7 Independent Work on Group Project (No Class)
6	Oct. 17 Agriculture & Nutrition	Oct. 14 Ch. 4: Carbohydrates (Part 1)	Oct. 14 Ch. 4: Carbohydrates (Part 2)
FRIDAY, OCTOBER 14 by noon DUE: Group Project <u>Outline</u> (All Sections)			
7	Oct. 24 Ch. 4: Carbohydrates (Part 2)	Oct. 21 Agriculture & Nutrition	Oct. 21 Ch. 4: Carbohydrates (Part 1)
8	Oct. 31 Ch. 4: Carbohydrates (Part 1)	Oct. 28 Ch. 4: Carbohydrates (Part 2)	Oct. 28 Agriculture & Nutrition

Week	Section 530 (Matthews) MONDAY – Room 136	Section 531 (Battram) FRIDAY – Room 303	Section 532 (Conquer) FRIDAY – Room 136
9	Nov. 7 World Hunger	Nov. 4 Ch. 6: Fat	Nov. 4 Ch. 5: Protein
SATURDAY, NOVEMBER 5 Mid-Term Test # 1 (All Sections) Covers Weeks 1 - 8			
10	Nov. 14 Ch. 5: Protein	Nov. 11 World Hunger	Nov. 11 Ch. 6: Fat
11	Nov. 21 Ch. 6: Fat	Nov. 18 Ch. 5: Protein	Nov. 18 World Hunger
FRIDAY, NOVEMBER 18 by noon DUE: Group Project (All Sections)			
12	Nov. 28 Focus Groups for Group Project	Nov. 25 Focus Groups for Group Project	Nov. 25 Focus Groups for Group Project
13	Dec. 5 Focus Groups for Group Project	Dec. 2 Focus Groups for Group Project	Dec. 2 Focus Groups for Group Project
2012			
14	Jan. 9 Approaches to solving hunger and malnutrition	Jan. 13 Ch. 7: Fluid & Electrolytes	Jan. 13 Ch. 8: Antioxidants
15	Jan. 16 Ch. 8: Antioxidants	Jan. 20 Approaches to solving hunger and malnutrition	Jan. 20 Ch. 7: Fluid & Electrolytes
16	Jan. 23 Ch. 7: Fluid & Electrolytes	Jan. 27 Ch. 8: Antioxidants	Jan. 27 Approaches to solving hunger and malnutrition
17	Jan. 30 Food costs, Food Production, Sustainability	Feb. 3 Ch. 9: Bone Health	Feb. 3 Ch. 10: Energy Metabolism
SATURDAY, FEBRUARY 4 Mid-Term Test # 2 (All Sections) Covers Weeks 9 – 16			

Week	Section 530 (Matthews) MONDAY – Room 136	Section 531 (Battram) FRIDAY – Room 303	Section 532 (Conquer) FRIDAY – Room 136
18	Feb. 6 Ch. 10: Energy Metabolism	Feb. 10 Food costs, Food Production, Sustainability	Feb. 10 Ch. 9: Bone Health
19	Feb. 13 Ch. 9: Bone Health	Feb. 17 Ch. 10: Energy Metabolism	Feb. 17 Food costs, Food Production, Sustainability
20	FEBRUARY 20 – 24 READING WEEK (No class)		
21	Feb. 27 Ch. 14: Food Safety & Technology	Mar. 2 Ch. 11: Healthy Body Weight (Part 1)	Mar. 2 Ch. 11: Healthy Body Weight (Part 2)
22	Mar. 5 Ch. 11: Healthy Body Weight (Part 2)	Mar. 9 Ch. 14: Food Safety & Technology	Mar. 9 Ch. 11: Healthy Body Weight (Part 1)
	FRIDAY, MARCH 9 by noon DUE: Diet Record Assignment (All Sections)		
23	Mar. 12 Ch. 11: Healthy Body Weight (Part 1)	Mar. 16 Ch. 11: Healthy Body Weight (Part 2)	Mar. 16 Ch. 14: Food Safety & Technology
24	Mar. 19 Ch. 12: Physical Activity	Mar. 23 Ch. 12: Physical Activity	Mar. 23 Ch. 13: Disordered Eating
25	Mar. 26 Ch. 13: Disordered Eating	Mar. 30 Ch. 13: Disordered Eating	Mar. 30 Ch. 12: Physical Activity
26	Apr. 2 Review	Apr. 6 Review	Apr. 6 Review
	APRIL 14 – 30 (Check schedule for date) FINAL EXAM (All Sections) Covers Weeks 17 – 26		

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 on medical grounds 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. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). 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.

If supporting documentation is from a family physician, Hospital Urgent Care Centre or Emergency Department, or a walk-in clinic a UWO Student Medical Certificate (SMC) is **required**. To download an SMC go to <https://studentservices.uwo.ca/secure/index.cfm> and follow the link under "Medical Documentation". Documentation should be obtained at the time of the initial visit. If it is not possible to have an SMC completed by the attending physician, 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** considered adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2011/pg117.html>.

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem 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 may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an 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, www.registrar.uwo.ca, for official dates). 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.*

The 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.

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.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar.

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 Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, 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 (see Scholastic Offence Policy in the Western Academic Calendar).

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.

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 signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your 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 prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at http://www.brescia.uwo.ca/academics/registrar_services/index.html.

The University of Western Ontario Registrar's website is at <http://www.registrar.uwo.ca/index.cfm>

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.