

FOODS & NUTRITION 2245A/B
NUTRITION: A LIFESPAN APPROACH

COURSE OUTLINE

Course Director: Cecily Alexander, RD, M.B.A..
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Course Description:

A study of nutritional requirements from infancy to the elderly. Description of food habits, special conditions and nutrition interventions in relation to the various stages of the life span, including preconception nutrition.
(0.5 FCE Brescia)

Prerequisite: Foods and Nutrition 1021 or 1030E; registration in the Nutrition and Families modules at Brescia University College

Antirequisite: Foods and Nutrition 2241A/B

Objectives: At the end of the course, the students will be able to:

1. Explain how nutrition influences humans and contributes to their health through the life span.
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.
3. Understand the multiple factors that determine nutritional needs and the utilization of foods throughout the life cycle.
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.
5. Identify credible sources of public health nutrition information and recommendations in Canada.
6. Develop skills in counselling and imparting of nutrition information with the goal of behavior change.

Approach:

- Three hours of lecture per week, plus supplementary readings and exercises assigned.
- Students will be graded on a case study, two exams, and in-class assignments.
- An interactive approach to learning will include individual and group work, workshops and class discussions.

Required text:

Brown JE, et al. 2011. Nutrition Through the Life Cycle. 4th edition. Thomson Nelson, Toronto, Ontario.

Note: Other interesting reference books are also available at the Brescia University College Beryl Ivey 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:

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|-----------------------------------------------------------------------------------------------------------------------|-------------|
| • In-class learning | 20% |
| Two problem-based assignments given throughout the course lectures, involving small group work. | |
| • Case study | 20% |
| Assignment done in a group of three or four students. | |
| • Mid-term exam | 25% |
| Exam will include the materials covered in class and the assigned readings and exercises from weeks 1 to 5 inclusive. | |
| • Final exam | 35% |
| This exam will include material covered in class and the assigned reading and exercises after the mid-term exam. | |
| | _____ |
| Total: | 100% |

Divisional Policies:

Participation/Attendance: Everyone enrolled in the course is expected to participate in class discussions. Attendance at class is mandatory. Students who have not attended at least 75% of the lectures will not be able to write the final exam. Participation and attendance in this course are evaluated through in-class assignments. For this reason, missed in-class assignments will not be re-scheduled. However, a student with proper documentation of a confirmed personal illness or a death in the student's immediate family will be excused.

Penalty for late assignments: Assignments are due at class time on the date 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. However, a student with proper documentation of a confirmed personal illness or a death in the student's immediate family will be given an extension, as appropriate.

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.

Schedule of Lectures and Topics:

Week 1: January 12th

- Course outline; case study guidelines
- Nutrition Basics (Chap. 1)
- Preconception Nutrition (Chap. 2)

Week 2: January 19th

- Preconception Nutrition (Chap. 3)

Week 3: January 26th

- Nutrition during Pregnancy (Chap.4, 5)

Week 4: February 2nd

- Nutrition during Lactation (Chap. 6, 7)

Week 5: February 9th

- Infant Nutrition (Chap. 8, 9)

Week 6: February 16th

- **MID-TERM EXAM**

Week 7: February 23rd

Spring Break

Week 8: March 1st

- Toddler and Preschooler Nutrition (Chap. 10, 11)

Week 9: March 8th

- Child and Preadolescent Nutrition (Chap. 12,13)

Week 10: March 15th

- Adolescent Nutrition (Chap. 14, 15)

Week 11: March 22nd

- Adult Nutrition (Chap. 16, 17)

Week 12:

- Final exam review

Week 13:

- Nutrition and Older Adults (Chap. 18, 19)

Final Exam (TBA; check published/online schedule)