

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

**FN 1030E – Fundamentals of Human Nutrition – 2017- 2018**

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**Office hours to be held after each lecture from 11:30am-12:30pm. Professors will be rotating office days based on teaching schedule. If you would like to speak to a specific professor, please email her.**

**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 (**Social Awareness & Engagement; Valuing**)
- critically evaluate current literature on a selected topic in food / nutrition (**Critical Thinking; Inquiry & Analysis**)
- 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 (**Problem Solving; Interpersonal Communication**)

**PREREQUISITE(S):** Registration in the Foods and Nutrition modules (Honors Specialization, Specialization, Major). Grade 12U Biology and Chemistry are highly recommended as preparation for this course.

**ANTIREQUISITE(S):** Foods and Nutrition 1021, Foods and Nutrition 2121.

**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:** Whitney, E., Rolfes, S.R., Hammond, G., & Piche, L.A. (2016). *Understanding nutrition* (2<sup>nd</sup> Can ed.). Toronto, ON: Nelson Education Ltd. **The bookstore has various options available including the code alone for e-book access.**

<b>DAY &amp; TIME:</b>	Section 530	Thursday	8:30 am – 11:30 am	BR-Rm 18
	Section 531	Friday	8:30 am – 11:30 am	BR-Rm 201
	Section 532	Wednesday	8:30 am – 11:30 am	BR-Rm 18
	Section 533	Friday	8:30 am – 11:30 am	BR-Rm 18

**EVALUATION:**

<b>Component</b>	<b>Weight</b>	<b>Due Date</b>
Class quizzes*	10%	See schedule on OWL
Library assignments* <i>(in-class presence required-see dates for individual sections)</i>	5%	See schedule on OWL
Participation* <b>(must complete 7/10 random in class activities to receive 5%, otherwise 0%)</b>	5%	Further information OWL
Nutrition Topic Assignment* <b>(some parts of the assignment due earlier-see dates)</b>	10%	Fri., Nov. 17, 2017 (final)
Mid-term exam**	30%	Dec. 10 – 21 (see schedule)
Diet Record Assignment*	10%	Fri., March 9, 2018
Final Exam**	30%	Apr. 14 – 30 (see schedule)
Nutrition in the News*	(+3%)	All year (possible bonus)

\* Further instructions for class quizzes, library assignments, participation, the nutrition topic assignment, the diet record assignment, and nutrition in the news (NITN) will be provided separately. Information will also be provided on OWL as needed.

\*\* In order to pass this course, the exam marks will be taken into consideration separately from other mark components and the overall average. This course is made up of two exams, and each exam covers only one semester. Thus, even if the student obtains a final grade of over 50%, the student must obtain an AVERAGE of AT LEAST 45% on the combination of the MIDTERM and FINAL exams in order to receive a final passing grade. If a student would have a passing grade but the combined average of 45% is not met, the student will receive a 48% as their final grade.

If, on medical or compassionate grounds, a student is unable to complete a course component worth **10 per cent or greater** of the final course grade, it is the responsibility of the student to consult with an Academic Advisor per Brescia's Academic Policies and Regulations, a summary of which is attached. In all other cases, please approach the instructor in a timely fashion.

## SCHEDULE OF TOPICS and READINGS

Lesson / Dates	Section 530 BR-Room 18 Thurs 8:30-11:30	Section 531 BR-Room 201 Fri 8:30-11:30	Section 532 BR-Room 18 Wed 8:30-11:30	Section 533 BR-Room 18 Fri 8:30-11:30
<b>1 / Sept 13, 14, 15, 2017</b>	Introduction to Course & Part Ch. 1: Overview of Nutrition CONQUER	Introduction to Course & Part Ch. 1: Overview of Nutrition CONQUER	Introduction to Course & Part Ch. 1: Overview of Nutrition CIANFRINI	Introduction to Course & Part Ch. 1: Overview of Nutrition CIANFRINI
<b>2 / Sept 20, 21, 22</b>	Library Instruction I (with assignment) CONQUER	Library Instruction I (with assignment) CONQUER	Library Instruction I (with assignment) CONQUER	Library Instruction I (with assignment) CIANFRINI
<b>3 / Sept 27, 28, 29</b>	Library Instruction II (with assignment) CONQUER	Library Instruction II (with assignment) CONQUER	Library Instruction II (with assignment) CIANFRINI	Library Instruction II (with assignment) CIANFRINI
<b>4 / Oct. 4, 5, 6</b>	Ch. 1/2: Planning a Nutritious Diet CONQUER	Ch. 3: Digestion CIANFRINI	Ch. 1/2: Planning a Nutritious Diet CONQUER	Ch. 1/2: Planning a Nutritious Diet CONQUER
<b>Oct. 9-13</b>	<b>READING WEEK (No class)</b>			
<b>5 / Oct 18, 19, 20</b>	Ch. 3: Digestion CONQUER	Ch. 1/2: Planning a Nutritious Diet CONQUER	Ch. 3: Digestion CIANFRINI	Ch. 3: Digestion CIANFRINI
<b>6 / Oct 25, 26, 27</b>	Ch. 5: Lipids CONQUER	Ch. 4 Carbohydrates CIANFRINI	Ch. 5: Lipids CONQUER	Ch. 5: Lipids CONQUER
<b>7 / Nov 1, 2, 3</b>	Ch. 4 Carbohydrates CONQUER	Ch. 5: Lipids CONQUER	Ch. 4 Carbohydrates CIANFRINI	Ch. 4 Carbohydrates CIANFRINI
<b>8 / Nov. 8, 9, 10</b>	Ch. 10: Energy metabolism CONQUER	Ch. 6: Protein CIANFRINI	Ch. 10: Energy metabolism CONQUER	Ch. 10: Energy metabolism CONQUER

Lesson / Dates	Section 530 BR-Room 18 Thurs 8:30-11:30	Section 531 BR-Room 201 Fri 8:30-11:30	Section 532 BR-Room 18 Wed 8:30-11:30	Section 533 BR-Room 18 Fri 8:30-11:30
9 / Nov 15, 16, 17	Ch. 6 Protein CONQUER	Ch. 10: Energy metabolism CONQUER	Ch. 6 Protein CIANFRINI	Ch. 6 Protein CIANFRINI
10 / Nov 22, 23, 24	Ch. 8: Energy Balance SANDILAND	Ch. 8: Energy Balance SANDILAND	Ch. 11: Water & Electrolytes CONQUER	Ch. 13: Bone Health CIANFRINI
11 / Nov 29, 30, Dec 1	Ch. 11: Water & Electrolytes CONQUER	Ch. 13: Bone Health CIANFRINI	Ch. 8: Energy Balance SANDILAND	Ch. 8: Energy Balance SANDILAND
12 / Dec 6, 7, 8	In-class review CONQUER	In-class review CIANFRINI (BOTH FRIDAYS TOGETHER)	In-class review SANDILAND	In-class review CIANFRINI (BOTH FRIDAYS TOGETHER)
<b>December 10 –21 (Check exam schedule for date)</b>				
<b>MIDTERM EXAM – Covers all lectures up to this point EXCEPT LIBRARY LESSON, Ch. 11 WATER AND ELECTROLYTES, AND Ch. 13 BONE HEALTH. Chapters 11 and 13 WILL BE COVERED ON THE FINAL EXAM.</b>				
13 / Jan 10, 11, 12, 2018	Ch. 9: Weight management SANDILAND	Ch. 11: Water & Electrolytes CONQUER	Ch. 13: Bone Health CIANFRINI	Ch. 9: Weight management SANDILAND
14 / Jan 17, 18, 19	Ch. 13: Bone Health CIANFRINI	Ch. 9: Weight management SANDILAND	Ch. 9: Weight management SANDILAND	Ch. 11: Water & Electrolytes CONQUER
15 / Jan 24, 25, 26	Ch. 14: Blood Health CONQUER	Ch. 16/17: Lifecycle nutrition SANDILAND	Ch. 16/17: Lifecycle nutrition SANDILAND	Ch. 15: Physical Activity CIANFRINI
16 / Jan 31, Feb 1, 2	Ch. 16/17: Lifecycle nutrition SANDILAND	Ch. 14: Blood Health CONQUER	Ch. 15: Physical Activity CIANFRINI	Ch. 16/17: Lifecycle nutrition SANDILAND
17 / Feb 7, 8, 9	Ch. 18/19: Lifecycle nutrition SANDILAND	Ch. 15: Physical Activity CIANFRINI	Ch. 14: Blood Health CONQUER	Ch. 18/19: Lifecycle nutrition SANDILAND

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18 / Feb 14,15, 16	Ch. 15: Physical Activity CIANFRINI	Ch. 18/19: Lifecycle nutrition SANDILAND	Ch. 12: Antioxidants CONQUER	Ch. 14: Blood Health CONQUER
Feb 19-23	<b>READING WEEK (No class)</b>			
19 / Feb 28, March 1, 2	Ch. 12: Antioxidants CONQUER	Ch. 21: Hunger and Global Environment SANDILAND	Ch. 18/19: Lifecycle nutrition SANDILAND	Ch. 12: Antioxidants CONQUER
20 / March 7, 8, 9	Ch. 21: Hunger and Global Environment SANDILAND	Ch. 12: Antioxidants CONQUER	Nutrigenomics CIANFRINI	Ch. 21: Hunger and Global Environment SANDILAND
21 / March 14, 15, 16	Natural Health Products CONQUER	Nutrigenomics CIANFRINI	Ch. 21: Hunger and Global Environment SANDILAND	Ch. 20: Consumer Concerns/Food & Water SANDILAND
22 / March 21, 22, 23	Ch. 20: Consumer Concerns/Food & Water SANDILAND	Natural Health Products CONQUER	Natural Health Products CONQUER	Nutrigenomics CIANFRINI
23 / Mar 28, 29, 30	Nutrigenomics CIANFRINI	<b>GOOD FRIDAY NO CLASS</b> Ch. 20: Consumer Concerns/Food & Water SANDILAND <b>DATE FOR THIS TOPIC TO BE CONFIRMED</b> (POSSIBLY WITH SECTION 532 ON March 16 OR ON Apr 6)	Ch. 20: Consumer Concerns/Food & Water SANDILAND	<b>GOOD FRIDAY NO CLASS</b> Natural Health Products CONQUER <b>DATE FOR THIS TOPIC TO BE CONFIRMED</b> (POSSIBLY WITH SECTION 532 ON March 23 OR ON Apr 6)
24 / Apr. 4, 5, 6	In-class review SANDILAND	In-class review CONQUER (BOTH FRIDAYS TOGETHER)	In-class review CIANFRINI	In-class review CONQUER (BOTH FRIDAYS TOGETHER)
	<b>APRIL 14 – 30 (Check exam schedule for date)</b> <b>FINAL EXAM (All Sections)</b> Covers all Lessons after the midterm as well as Ch. 11 WATER AND ELECTROLYTES, AND Ch. 13 BONE HEALTH.			

# 2017-18 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 for illness 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. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming 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.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf). 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** adequate to support a request for academic accommodation.

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 policy on requesting accommodation due to illness can be viewed at: <http://westerncalendar.uwo.ca/2017/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, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official dates <http://westerncalendar.uwo.ca/2017/pg7.html> ). 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 (<http://westerncalendar.uwo.ca/2017/pg130.html> )

## 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**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

[http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf).

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 (<http://www.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 Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://westerncalendar.uwo.ca/2017/pg112.html>).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices ([http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/evaluation\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/evaluation_undergrad.pdf) and [http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/finalgrades.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/finalgrades.pdf)).

## 6. PREREQUISITES

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 prerequisite(s).

## 7. SUPPORT

### Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/> . The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/> .

### Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Mental\_Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

### Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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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.