



Department of Family Relations & Applied Nutrition
NUTR*2050 DE: Family and Community Nutrition
Winter 2015

Instructor:

Simone Holligan, PhD Candidate
MACS 228
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Office hours: **By appointment**
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Teaching assistants: TBA

Class format: Distance education (with in-person final examination)

Overview of course:

Welcome to Family and Community Nutrition! Our nutritional needs and the factors that influence our food choices and patterns vary across our life cycle. This course will help you to understand how various individual, interpersonal, and environmental factors influence nutritional needs and dietary intake throughout the life cycle and how this influences patient care and community-level programs.

Course objectives:

Upon completion of this course you should be able to:

- 1) Describe nutritional needs at different points in the life cycle.
- 2) Identify the individual, interpersonal, and environmental factors that influence food intake, eating patterns and nutritional status during these life stages.
- 3) Describe community nutrition programs in Canada used to overcome barriers and improve food intake in various life-stage groups.
- 4) Identify strategies and programs to support healthful dietary intake at various life stages.
- 5) Recognize adaptations needed for certain people groups within our society.
- 6) Gain experience in recording and analyzing growth and usual dietary intake.
- 7) Critically read and assess primary and secondary research articles.
- 8) Summarize quality research evidence.

Resources:

- The required textbook for the course is **Judith Brown's *Nutrition through the life cycle, 5th Edition*** (Thomson Wadsworth, 2014).
- You will require access to a diet analysis program. The program "Diet Analysis +" comes packaged with the textbook. Older copies (e.g. version 6.0) of this analysis program can also be used.
- Alternatively, you may use **EAT Tracker**, a free diet analysis program from Dietitians of Canada. See **Assignments/ Diet Analysis** for details.
- Canadian data are provided in the weekly units on the course website. Additional links to relevant websites are listed in the **Resources** section.
- The weekly reading assignment is found in the **Schedule** for the course.

Course Structure:

Unit	Topic
1	Introduction – Part 1
2	Introduction – Part 2
3	Adult Nutrition
4	Preconception
5	Pregnancy – Part 1
6	Pregnancy – Part 2
7	Lactation
8	Infancy
9	Toddlers & Preschoolers
10	School-Aged Children
11	Adolescents
12	Older Adults

Evaluation:

Component	% of Final Grade
Mid-term Quiz	10%
Discussion Report Assignment	20%
Diet Analysis Assignment	35%
Final Examination	35%

Specific due dates are posted on the **Course Schedule**.

Late assignments will be accepted up to 5 days past the due date with a 15% penalty (3% each day including weekends). After 5 days assignments will not be accepted unless compassionate or extenuating circumstances are brought to the Instructor's attention.

Distance Education and Open Learning Program Handbooks

Degree Credit Students:

Please ensure that you have reviewed the DE Handbook. In particular, ensure that you review the sections that pertain to Assignment Submissions and Returns, Online Quizzes or Tests and Final Examinations.

Open Learning Program Students:

Please ensure that you have reviewed the Open Learning program Handbook for the specific procedures and policies related to your studies through Open Learning and Educational Support.

Email Communication

Degree Credit Students:

As per university regulations, all students are required to check their uoguelph.ca e-mail account regularly: e-mail is the official route of communication between the University and its students.

Open Learning Program Students *without* a University of Guelph email account:

Check your email account (the account you provided upon registration) regularly for important communications, as this is the primary conduit by which the Open Learning and Educational Support will notify you of events, deadlines, announcements or any other official information.

When You Cannot Meet Course Requirements

Degree Credit Students:

When you find yourself unable to meet an in-course requirement due to illness or compassionate reasons, please advise your course instructor **in writing**, with your name, ID number and email contact. See the Undergraduate Calendar for information on regulations and procedures for Academic Consideration.

Open Learning Program Students:

Please refer to the Open Learning program Handbook.

Drop Date

Degree Credit Students:

The last date to drop one-semester courses, without academic penalty, is indicated in the **Schedule** section of this course website. See the Undergraduate Calendar for regulations and procedures for Dropping Courses.

Open Learning Program Students:

Please refer to the Open Learning program Handbook.

Copies of Assignments

Keep paper and/or other reliable back-up copies of all assignments: you may be asked to resubmit work at any time.

Accessibility

Degree Credit Students:

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment.

Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Student Accessibility Services as soon as possible. For more information, contact SAS at 519-824-4120 ext. 56208 or email csd@uoguelph.ca or see the website: [Student Accessibility Services](#).

Open Learning Program Students:

Students with disabilities requiring special accommodation for tests during the semester or for final exams shall contact the Open Learning and Educational Support Program Counsellor at counsellor@OpenEd.uoguelph.ca, before the end of the first week of classes to ensure that appropriate support can be arranged. If contact is not made by this time, support may be delayed. Students will be asked to provide documentation from a health professional or from their home institution. Please note all information provided is held in confidence.

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The [Academic Misconduct Policy](#) is detailed in the Undergraduate Calendar.

Acceptable Use

The University of Guelph has an [Acceptable Use Policy](#), which you are expected to adhere to.

Copyright Notice

All content within this course is copyright protected. Third party copyrighted materials (such as book chapters and articles) have either been licensed for use in this course, or have been copied under an exception or limitation in Canadian Copyright law.

The fair dealing exemption in Canada's Copyright Act permits students to reproduce short excerpts from copyright-protected materials for purposes such as research, education, private study, criticism and review, with proper attribution. Any other copying, communicating, or distribution of any content provided in this course, except as permitted by law, may be an infringement of copyright if done without proper license or the consent of the copyright owner. Examples of infringing uses of copyrighted works would include uploading materials to a commercial third party web site, or making paper or electronic reproductions of all, or a substantial part, of works such as textbooks for commercial purposes.

Students who upload to CourseLink copyrighted materials such as book chapters, journal articles, or materials taken from the Internet, must ensure that they comply with Canadian Copyright law or with the terms of the University's electronic resource licenses.

For more information about students' rights and obligations with respect to copyrighted works, see [Fair Dealing Guidance for Students](#).

Grades

The assignment of grades at the University of Guelph is based on clearly defined standards, which are published in the Undergraduate Calendar for the benefit of faculty and students.

Grading System

In courses, which comprise a part of the student's program, standings will be reported according to the following schedule of grades:

Letter Grade	Percentage
A+	90-100
A	85-89
A-	80-84
B+	77-79
B	73-76
B-	70-72
C+	67-69
C	64-66

Letter Grade	Percentage
C-	60-62
D+	57-59
D	53-56
D-	50-52
F	0-49

Statement of Students' Academic Responsibilities

Degree Credit Students:

Your success as a student depends above all on your own response to the opportunities and responsibilities that the university environment provides. The University of Guelph is committed to supporting you in your intellectual development and responding to your individual needs. To this end, a broad network of advising, counselling, and support services is provided to assist you in meeting your personal and academic goals.

For more information on your responsibilities as student, see Statement of Students' Academic Responsibilities.

Open Learning Program Students:

Your success as a student depends, above all, on your own response to the opportunities and responsibilities that the university environment provides. Open Learning and Educational Support is committed to supporting you in your intellectual development and responding to your individual needs.

For more information on your responsibilities as student, see Open Learning program Statement of Students' Academic Responsibilities.

Plagiarism Detection Software

Students should be aware that faculty has the right to use software to aid in the detection of plagiarism or copying and to examine students orally on submitted work. For students found guilty of academic misconduct, serious penalties, up to and including suspension or expulsion from the University can be imposed.

Recording of Materials

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

Religious Holidays

Should a student need to miss scheduled tests, mid-term examinations, final examinations, or requirements to attend classes and participate in laboratories for religious reasons, please advise the instructor within two weeks of the distribution of this course outline so that alternate arrangements can be made.

Resources

Degree Credit Students:

The Academic Calendars are the source of information about the University of Guelph's procedures, policies and regulations, which apply to undergraduate, graduate and diploma programs. See Academic Calendars.

Open Learning Program Students:

The Open Learning program Handbook is the source for information about policies and regulations.

Problems, Questions, Comments

Course Related: Please contact your instructor at holligas@uoguelph.ca

Technical Support (Help Desk):

Open Learning and Educational Support
University of Guelph
Room 211 Day Hall
519-824-4120 ex. 56939
Toll-Free (Can/U.S.): 1-866-275-1478
help@OpenEd.uoguelph.ca

Help Desk Hours of Operation:

Monday - Friday: 8:30am - 8:30pm
Saturday: 10am - 4pm
Sunday: 12 noon – 12:00 midnight
(All times are Eastern)

General Information:

Open Learning and Educational Support
University of Guelph
Room 160 Johnston Hall
519-824-4120 ex. 55000
519-824-1112 (fax)
info@OpenEd.uoguelph.ca