



# NUTR\*1010 Introduction to Nutrition

Winter 2026

Section: 01

Department of Family Relations and Applied Nutrition

Credit Weight: 0.50

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## Course Details

### Calendar Description

This course is an introduction to human nutrition, with a major emphasis on nutrients and their dietary sources, functions, and relationships to health. Topics will include energy-containing nutrients, selected vitamins and minerals and weight management. We will also explore current popular topics and emerging diet-disease relationships.

**Pre-Requisite(s):** None

**Co-Requisite(s):** None

**Restriction(s):** This is a Priority Access Course for BASC and some restrictions may apply during some time periods. Please see the departmental website for more information.

**Method of Delivery:** In-person.

- **This syllabus serves as the standard operating document for the course. The student is responsible for being aware of all elements of the course syllabus. If a student has a query on any aspect of the course, they are first to consult the syllabus for the relevant policy and/or procedure before seeking clarification from the course instructor. The core policies and procedures are not subject to modification during the semester.**

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# Instructional Support

## Instructor

**Danny M. Pincivero, PhD**

**Email:** [dpinci@uoguelph.ca](mailto:dpinci@uoguelph.ca)

**Phone:** NA

**Office:** TBA

**Office Hours:** TBA

## Teaching Assistant(s)

- Heemani Bhatt ([heemani@uoguelph.ca](mailto:heemani@uoguelph.ca))
  - Kayla De Oliveira-Tavares ([deolivek@uoguelph.ca](mailto:deolivek@uoguelph.ca))
  - Zeinab Jafari ([jafariz@uoguelph.ca](mailto:jafariz@uoguelph.ca))
  - Yasmeen Karaman ([ykaraman@uoguelph.ca](mailto:ykaraman@uoguelph.ca))
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- When sending an email to the course instructor or teaching assistants, make sure to type the course code (i.e., NUTR 1010) into the Subject heading of the email and you **MUST** use your University of Guelph issued email address. Email messages not adhering to these conditions will not be read and will be deleted.
  - Emails will be read and IF replied, will typically be done during the regular weekday working hours (Mon-Fri, 9:00 AM to 5:00 PM), with a delay of approximately 48 hours. Note that not all email communications to the instructor and teaching assistants may receive a reply. Examples of emails that may not likely receive a reply are those that convey rude, disrespectful, or vexatious comments; requests for information that is present in the course syllabus or other documentation (although students are encouraged to ask for clarifications on any of the course content or expectations that they might find not clear). Note that these examples are not an exhaustive list of reasons.

## INSTRUCTOR AND TEACHING ASSISTANT COMMUNICATIONS

- Throughout the course, the instructor will make routine use of the **Announcements** tool in Courselink to post regular updates, reminders, deadlines, etc., as a means of communicating important information to the students.
- It is the responsibility of every student to regularly check and read the Announcements for any such updates in the course.
- All of the Announcements will be retained on Courselink during the semester to provide the students with the opportunity to review any of the posted items.

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# Learning Resources

## Required Textbook

**Title:** Nutrition: Science and Applications

**Author(s):** Lori A. Smolin, Mary B. Grosvenor, Debbie Gurfinkel

**Edition / Year:** Third Canadian Edition/2020

**Publisher:** John Wiley & Sons Canada, Ltd.

**ISBN** (printed text with WileyPLUS): 9781119599241

**ISBN** (150-day eBook): 9781119577522

**ISBN** (eBook with WileyPLUS): 9781119599227

- 150-Day eBook ISBN 9781119577522 – retail price \$57.00.
- Looseleaf print format ISBN 9781119577546 – retail price \$153.95 (*prices subject to change*).

**Note:** WileyPLUS contains additional optional learning resources but it is **NOT** required for this course..

You may purchase the textbook at the [Guelph Campus Co-op Bookstore](http://www.bookstore.coop/) or the [University of Guelph Bookstore](http://www.bookstore.uoguelph.ca/). Please note that DE textbooks are located in the Distance Education section of the University of Guelph Bookstore.

<http://www.bookstore.coop/>

<http://www.bookstore.uoguelph.ca/>

## Course Website

[CourseLink](https://courselink.uoguelph.ca) (powered by D2L's Brightspace) is the course website and will act as your classroom. It is recommended that you log in to your course website every day to check for announcements, access course materials, and review the weekly schedule and assignment requirements.

<https://courselink.uoguelph.ca>

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# Learning Outcomes

## Course Learning Outcomes

By the end of this course, you should be able to:

1. Interpret and apply the Dietary Reference Intakes (DRI), Canada's Food Guide, and nutrition labelling guidelines, and what these mean for everyday nutrition;
2. Use critical analysis skills to discriminate between sound nutrition information and nutrition misinformation;
3. Identify and explain dietary sources, relationships to human health, and consequences of consuming too little or too much, of various nutrients (carbohydrate, protein, fat and selected vitamins and minerals);
4. Explain what happens to food after we eat it (i.e., digestion and absorption); and
5. Describe the basics of healthy eating, vegetarianism, weight management, and sports nutrition.

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# Teaching and Learning Activities

## LECTURE SCHEDULE

- The instructor reserves the right to modify the schedule of topics outlined in the table below. Every effort will be made to adhere to this schedule as close as possible.
- The teaching approach to the lectures will mainly be a PowerPoint based presentation, in which the students will receive a “skeleton” copy of the notes posted to Courselink. These notes will contain the major items that will be taught and lecture is designed to “fill in the blanks” on the slides. The instructor will also make regular use of the overhead document camera to handwrite items on blank paper; it is recommended that students bring blank paper or any other writing device they might require to copy these additional notes.
- The instructor **may** also provide short pre-recorded lecture videos corresponding to the lecture notes periodically. Links to these lectures would be made available in Courselink.
- **IMPORTANT**: Taking photographs or video recordings of any items related to the teaching of course material during the regularly scheduled class periods is **STRICTLY PROHIBITED**, unless permission is granted by the instructor.
- The instructor’s set of notes will NOT be posted to Courselink, nor will be provided by any other means without a SAS-approved accommodation.
- The instructor will most likely screen and audio capture the lectures and will post links to those lecture recordings on Courselink (this usually takes about 1 day). Lectures will NOT be live-streamed. Note that these recordings are NOT guaranteed nor are these recordings meant to be a replacement for in-person learning. These recordings may also not entirely capture the instructor’s voice during live in-person teaching. As such, the recordings are NOT meant to be a replacement for regular class attendance but will allow students to catch up in the event they do miss some classes or wish to review the lectures that they have attended.

## Content and Deadlines:

DATE	LECTURE TOPIC	READINGS	ACTIVITY
<b>WEEK 1</b> Jan 5-9	UNIT 1: Introduction to nutrition.	Chp 1, 2	
<b>WEEK 2</b> Jan 12-16	UNIT 2: The role of nutrition in health.	Chp 1-2	<b>QUIZ 1 (UNITS 1&amp;2)</b>
<b>WEEK 3</b> Jan 19-23	UNIT 3: Anatomy and physiology of digestion.	Chp 3	
<b>WEEK 4</b> Jan 26-30	UNIT 3: Anatomy and physiology of digestion.	Chp 3	<b>QUIZ 2 (UNIT 3)</b>
<b>WEEK 5</b> Feb 2-6	UNIT 4: Carbohydrates <b>HOMEWORK ASSIGNMENT 1 DUE: February 8</b>	Chp 4	
<b>WEEK 6</b> Feb 9-13	UNIT 4: Carbohydrates <b>MIDTERM EXAM: UNITS 1-4 (Thursday February 12, 2026).</b>	Chp 4	<b>QUIZ 3 (UNIT 4)</b>
<b>WEEK 7</b> Feb 16-20	<b>WINTER BREAK: Feb 14-22</b>		
<b>WEEK 8</b> Feb 23-27	UNIT 5: Lipids	Chp 5	
<b>WEEK 9</b> Mar 2-6	UNIT 6: Protein	Chp 6	<b>QUIZ 4 (UNIT 5)</b>
<b>WEEK 10</b> Mar 9-13	UNIT 7: Vitamins	Chp 8, 9	
<b>WEEK 11</b> Mar 16-20	UNIT 8: Water and electrolytes. <b>HOMEWORK ASSIGNMENT 2 DUE: March 22</b>	Chp 10	<b>QUIZ 5 (UNIT 7)</b>
<b>WEEK 12</b> Mar 23-27	UNIT 9: Minerals.	Chp 11	
<b>WEEK 13</b> Mar 30-Apr 3	UNIT 10: Nutrition and physical activity.	Chp 7, 13	

**NOTE:** The instructor reserves the right to alter the order and/or length of time spent on the various topics outlined above. Every effort will be made to adhere to this posted schedule.

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## Assessments

### Course Assignments and Tests:

Assessment	Due Date	Contribution to Final Grade (%)	Learning Outcomes Assessed
Online quizzes	Please refer to course schedule and Courselink.	15% (3% each quiz x 5)	1-5
Midterm Exam	<b>Thursday February 12, 2026 (2:30-3:20 PM, ROZH 104). UNITS 1-4</b>	35% (or 0%)	1-5
Final Exam	<b>DATE: TBA LOCATION: TBA Cumulative content</b>	25% (or 60%)	1-5
Homework assignment 1	<b>DUE DATE: February 8, 2026.</b>	10%	1-5
Homework assignment 2	<b>DUE DATE: March 22, 2026.</b>	15%	1-5

**NOTE:** There will be NO extra credit opportunities for course and non-course related activities. Travel for any reason is NOT a justifiable basis for a missed/incomplete exam/quiz or homework assignment in the course.

**\*\*The final grade of the course will be calculated 2 different ways. The first method will have the MIDTERM EXAMINATION worth 35% of the final grade and the FINAL EXAMINATION worth 25% of the final grade. The second method will have the MIDTERM EXAMINATION worth 0% and the FINAL EXAMINATION worth 60% of the final grade. Students will receive the higher of the 2 different methods for their final grade in the course.**

**\*\*The FINAL EXAMINATION is a REQUIRED assessment for this course (the final examination is scheduled by the Registrar's Office). There are no options to write the final examination at a different day/time than what is scheduled by the Registrar's Office, except for College level approved deferrals which take place during the Summer 2026 semester.**

#### **ONLINE QUIZZES (3% each x 5 = 15% of final grade).....required**

- The online quizzes will be made available on Courselink and will become available on the **Thursday** at **7:00 PM** of the scheduled week and will remain open through **Thursday** of the following week and will close at **11:59 PM**.

- **IMPORTANT NOTE:** All the online quizzes are to be completed during the allocated time of availability in Courselink. Missed quizzes CANNOT be made up and under no circumstances will the percent value of a missed quiz be shifted to any other quiz, assignment, or exam. It is the student's responsibility to ensure that they have adequate computer/internet resources in place at the time they intend on completing the quiz. The questions/answers to the online quiz will be released soon after the closing day/time. **Online quizzes not completed will automatically be assigned a grade of 0.** The online quizzes **WILL NOT** use the Respondus Lockdown browser. It is strongly recommended that students **DO NOT** wait until the final day of availability to attempt the online quiz. The online quizzes **WILL NOT** be using the Lockdown Browser and video monitoring tool in Courselink.

#### **MIDTERM EXAMINATION (25% or 0%)**

- The midterm exam (**Thursday February 26; 5:30 PM – 6:50 PM; ROZH 104**) may be comprised of multiple-choice, calculation-type, and/or short answer questions. The midterm exam is an in-person examination taken during the regularly scheduled class period and classroom and may require hand-written responses to questions on provided paper documents. The MIDTERM EXAMINATION will cover material from UNITS 1 to 4, inclusive. Students are permitted **ONE AND ONLY ONE ATTEMPT** at writing the MIDTERM EXAMINATION. Further details on the MIDTERM EXAMINATION will be provided on Courselink.
- In the event that a student DOES NOT write the MIDTERM EXAMINATION for any reason, the weight (35%) will be transferred to the FINAL EXAMINATION which will be worth 60% of the final grade in that circumstance. Students are not required to notify the instructor if they did not write the MIDTERM EXAMINATION.

#### **FINAL EXAMINATION (25% or 60%)....required.**

- The final examination (**DATE AND LOCATION TBA**) may be comprised of multiple-choice, calculation-type, and/or short answer questions. The final examination is an in-person examination taken during the university established day, time, and location and may require hand-written responses to questions on provided paper documents. The FINAL EXAMINATION will cover material from the entire course. The final exam is a **REQUIRED** assessment in the course and the weighting will **NOT** be transferred to any other assessment. Students are permitted **ONE AND ONLY ONE ATTEMPT** at taking the final examination. Further details on the final examination will be provided on Courselink.

#### **HOMEWORK ASSIGNMENTS (25%).....required.**

- The deadline to submit each lab assignment is indicated on Courselink. All assignments must be uploaded as a **PDF document** to the respective Dropbox on Courselink. The Dropbox tab in Courselink **It is solely the students' responsibility to ensure that the assignment is submitted and in the correct format (i.e., PDF format).** Assignments submitted AFTER the posted deadline will receive a 5% per day deduction up to a maximum of 5 calendar days; after



this 5 day window, assignments will not be accepted and will receive a grade of 0. Information on assignment formatting is provided on Courselink.

- When submitting an assignment to the Dropbox, **it is solely the student's responsibility to ensure that their submission is the actual document they intend to have graded.** In the event that the student inadvertently submits the wrong document that they intend to have graded, no additional time will be provided beyond the 5 day post-deadline period. If the student submits multiple documents, the latest dated assignment will be graded (the student is encouraged to add a message at the time of the submission on Dropbox if they do have an additional submission or wish to bring an item to the attention of the instructor and teaching assistant). Emailed assignments will NOT be accepted, nor will assignments that are attempted to be submitted after the answer key/grading guide has been posted to Courselink.

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## Last Day to Drop Course

The final day to drop F25 courses without academic penalty is the last day of classes: **Monday April 6, 2026.**

After this date, a mark will be recorded, whether course work is completed or not (a zero is assigned for missed tests/assignments). This mark will show on the student's transcript and will be calculated into their average.

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## Use of Artificial Intelligence

The use of artificial intelligence (AI) in this course must align with academic integrity principles. Students are expected to complete their work independently and showcase their problem-solving abilities. Undeclared and/or unauthorized use of AI tools to produce coursework is considered a form of academic misconduct. Any misuse of AI tools, including submitting AI-generated work, may be considered academic misconduct. For specific guidelines on acceptable AI use in your course, please check with your instructor.

Review the [University of Guelph's Statement on Artificial Intelligence Systems, ChatGPT, and Academic Integrity](https://news.uoguelph.ca/2023/03/university-of-guelph-statement-on-artificial-intelligence-systems-chatgpt-academic-integrity/) for more information.

<https://news.uoguelph.ca/2023/03/university-of-guelph-statement-on-artificial-intelligence-systems-chatgpt-academic-integrity/>

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# Course Grading Policies

## Extension Considerations

Extensions will be considered for medical reasons or other extenuating circumstances. If you require an extension, discuss this with the instructor as soon as possible and **well before the due date**. **Barring exceptional circumstances, extensions will not be granted once the due date has passed (e.g., due to schedule conflicts, last-minute technical issues, etc.).** These rules are not designed to be arbitrary, nor are they inflexible. They are designed to keep you organized, to ensure that all students have the same amount of time to work on assignments, and to help return marked materials to you in the shortest possible time.

## Submission of Assignments to Dropbox

Assignments must be submitted electronically via the online **Dropbox** tool. When submitting your assignments using the **Dropbox** tool, do not leave the page until your assignment has successfully uploaded. To verify that your submission is complete, you can view the submission history immediately after the upload to see which files uploaded successfully. The system will also email you a receipt. Save this email receipt as proof of submission.

### Important note:

All the assignment submissions will be processed by Turnitin to generate a Similarity Report. Turnitin will only process submissions in either Word or PDF formats with a file size less than 100MB. MAC formats (e.g., Pages) will not be processed by Turnitin. **The Dropbox tab in Courselink will only accept PDF documents.** Other than these, please make sure your file type/contents can be processed by Turnitin for a Similarity Report. You are responsible for having the Similarity Report generated for grading. We highly recommend you submitting the assignments well before the deadline in the event you experience any technical difficulties. **Last-minute technical issues will not grant extensions.**

### **Assignments without a Turnitin Similarity report won't be graded, and will not grant extensions.**

If you have any technical difficulty submitting your assignments and generating Similarity Reports, please contact the instructor as soon as possible. **Technical difficulty is not an excuse not to turn in your assignment on time.** Don't wait until the last minute as you may get behind in your work. Your teaching team may not be able to answer last-minute questions. Again, late penalties will be applied for submitting assignments late due to last-minute technical difficulties.

Be sure to keep a back-up copy of all of your assignments in the event that they are lost in transition. In order to avoid any last-minute computer problems, your instructor strongly recommend you save your assignments to a cloud-based file storage (e.g., Google Docs), or send to your email account, so that should something happen to your

computer, the assignment could still be submitted on time or re-submitted (with late penalties applied if re-submitted after deadline).

It is your responsibility to submit your assignments on time as specified on the Schedule. Be sure to check the technical requirements and make sure you have the proper computer, that you have a supported browser, and that you have reliable Internet access. Remember that **technical difficulty is not an excuse not to turn in your assignment on time**. Don't wait until the last minute as you may get behind in your work.

If, for some reason, you have a technical difficulty when submitting your assignment electronically, please contact your instructor or [CourseLink Support](#).

<https://support.courselink.uoguelph.ca/contact>

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## Technology Requirements and Technical Support

### CourseLink System Requirements

You are responsible for ensuring that your computer system meets the necessary [system requirements](#). Use the [browser check](#) tool to ensure your browser settings are compatible and up to date. Results will be displayed in a new browser window.

<https://www.uoguelph.ca/continuing-studies/technical-requirements/>

<https://courselink.uoguelph.ca/d2l/systemCheck>

### Zoom Requirements

This course may use **Zoom** as a video communication tool. A Webcam, headphones/speakers may be needed. Review the [Zoom information for students](#) to ensure that your computer meets the technical requirements.

<https://support.courselink.uoguelph.ca/students/courselink/tools/content/zoom>

### Technical Skills

As part of your online experience, you are expected to use a variety of technology as part of your learning:

- Manage files and folders on your computer (e.g., save, name, copy, backup, rename, delete, and check properties);
- Install software, security, and virus protection;
- Use office applications (e.g., Word, PowerPoint, Excel, or similar) to create documents;
- Be comfortable uploading and downloading saved files;

- Communicate using email (e.g., create, receive, reply, print, send, download, and open attachments);
- Navigate the CourseLink learning environment and use the essential tools, such as **Dropbox**, **Quizzes**, **Discussions**, and **Grades** (the instructions for this are given in your course);
- Access, navigate, and search the Internet using a web browser (e.g., Firefox, Chrome); and
- Perform online research using various search engines (e.g., Google) and library databases.

## Technical Support

If you need any assistance with the software tools or the CourseLink website, contact CourseLink Support.

### CourseLink Support

University of Guelph

Day Hall, Room 211

Email: [courselink@uoguelph.ca](mailto:courselink@uoguelph.ca)

Tel: 519-824-4120 ext. 56939

Toll-Free (CAN/USA): 1-866-275-1478

### Walk-In Hours (Eastern Time):

Monday thru Friday: 8:30 a.m.–4:30 p.m.

### Phone/Email Hours (Eastern Time):

Monday thru Friday: 8:30 a.m.–8:30 p.m.

Saturday: 10:00 a.m.–4:00 p.m.

Sunday: 12:00 p.m.–6:00 p.m.

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## Standard Statements for Online Courses

### Acceptable Use

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

<https://www.uoguelph.ca/ccs/infosec/aup>

### Communicating with Your Instructor

During the course, your instructor will interact with you on various course matters on the course website using the following ways of communication:

- **Announcements:** The instructor will use **Announcements** on the Course Home page to provide you with course reminders and updates. Please check this section frequently for course updates from your instructor.

## Netiquette Expectations

For distance education courses, the course website is considered the classroom and the same protections, expectations, guidelines, and regulations used in face-to-face settings apply, plus other policies and considerations that come into play specifically because these courses are online.

Inappropriate online behaviour will not be tolerated. Examples of inappropriate online behaviour include:

- Posting inflammatory messages about your instructor or fellow students;
- Using obscene or offensive language online;
- Copying or presenting someone else's work as your own;
- Adapting information from the Internet without using proper citations or references;
- Buying or selling term papers or assignments;
- Posting or selling course materials to course notes websites;
- Having someone else complete your quiz or completing a quiz for/with another student;
- Stating false claims about lost quiz answers or other assignment submissions;
- Threatening or harassing a student or instructor online;
- Discriminating against fellow students, instructors, and/or TAs;
- Using the course website to promote profit-driven products or services;
- Attempting to compromise the security or functionality of the learning management system;
- Sharing your username and password; and
- Recording lectures without the permission of the instructor.

## Copyright Notice

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, review the [Fair Dealing Policy](#).

<https://www.lib.uoguelph.ca/about/policies/fair-dealing-policy>

## Turnitin Originality Check

In this course, your instructor will be using Turnitin, integrated with the CourseLink **Dropbox** tool, to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to maintain academic integrity at the University of Guelph.

All individual assignments submitted to the **Dropbox** tool will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

A major benefit of using Turnitin is that you will be able to educate and empower yourself in preventing academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.

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## Standard Statements for Undergraduate Courses

As a student at the University of Guelph, it is important for you to understand your rights and responsibilities and the academic rules and regulations that you must abide by.

If you are a registered **University of Guelph degree and associate diploma student**, consult the [Undergraduate Calendar](#) for the rules, regulations, curricula, programs and fees for current and previous academic years.

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/>

## Academic Integrity

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.

Instructors **shall not** determine if academic misconduct has occurred. This is up to the Associate Dean Academic's office. Instructors shall not assign a grade of zero even if they believe that the student has committed some form of academic misconduct (e.g., copied material from a website like CourseHero) on an assignment or exam.

Instructors **can** determine if a student has poorly paraphrased and/or improperly cited material and can provide a grade accordingly as long as this is clearly identified as part of the assessment criteria via a rubric or other assessment tools.

For more information about Academic Integrity resources and how to prevent Academic Misconduct see: <https://csahs.uoguelph.ca/faculty-research/hub-teaching-learning-excellence/academic-integrity>

## **Accessibility**

### **University of Guelph Degree Students**

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required; however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be noted that common illnesses such as a cold or the flu do not constitute a disability. Use of the SAS Exam Centre requires students to make a booking at least 10 days in advance, and no later than the first business day in November, March or July as appropriate for the semester. Similarly, new or changed accommodations for online quizzes, tests and exams must be approved at least a week ahead of time. For students at the Guelph campus, information can be found on the [SAS website](#).

<https://wellness.uoguelph.ca/accessibility/>

### **Accommodation of Religious Obligations**

If you are unable to meet an in-course requirement due to religious obligations, please email the course instructor within two weeks of the start of the semester to make alternate arrangements.

See the Academic calendar for information on regulations and procedures for [Academic Accommodations of Religious Obligations](#).

<https://calendar.uoguelph.ca/undergraduate-calendar/undergraduate-degree-regulations-procedures/academic-accommodation-religious-obligations/>

## **Copies of Out-of-class Assignments**

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

## **Drop Date**

Courses that are one semester long must be dropped by the end of the last day of classes; two-semester courses must be dropped by the last day of classes in the second semester. The regulations and procedures for [Dropping Courses](#) are available in the Undergraduate Calendar.

<https://calendar.uoguelph.ca/undergraduate-calendar/undergraduate-degree-regulations-procedures/dropping-courses/>

## **Email Communication**

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.

## **Health and Wellbeing**

The University of Guelph provides a wide range of health and well-being services at the [Vaccarino Centre for Student Wellness](#). If you are concerned about your mental health and not sure where to start, connect with a [Student Wellness Navigator](#) who can help develop a plan to manage and support your mental health or check out our [mental wellbeing resources](#). The Student Wellness team are here to help and welcome the opportunity to connect with you.

<https://wellness.uoguelph.ca/>

<https://wellness.uoguelph.ca/navigators>

<https://wellness.uoguelph.ca/shine-this-year>

## **Illness**

Medical notes will not normally be required for singular instances of academic consideration, although students may be required to provide supporting documentation for multiple missed assessments or when involving a large part of a course (e.g., final exam or major assignment).

## **Recording of Materials**

Presentations that are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a



student, or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

## **Resources**

The [Academic Calendars](https://calendar.uoguelph.ca/) are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs.

<https://calendar.uoguelph.ca/>

## **When You Cannot Meet a Course Requirement**

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons please advise the course instructor (or designated person, such as a teaching assistant) in writing, with your name, id#, and e-mail contact. See the Undergraduate Calendar for information on regulations and procedures for [Academic Consideration](https://calendar.uoguelph.ca/undergraduate-calendar/undergraduate-degree-regulations-procedures/academic-consideration-appeals-petitions/).

<https://calendar.uoguelph.ca/undergraduate-calendar/undergraduate-degree-regulations-procedures/academic-consideration-appeals-petitions/>

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