NUTR*1010 Introduction to Nutrition

Summer 2020

Section: DE01

Department of Family Relations and Applied Nutrition

Credit Weight: 0.50

Course Details

Calendar Description

This course is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, functions, and relationships to health. Topics will include the 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 B.A.Sc. and FCS minor and some restrictions may apply during some time periods.

Method of Delivery: Online

Instructional Support

Instructor

Simone Holligan, PhD

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Teaching Assistant(s)

Name: TBD
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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: Second Canadian Edition / 2015
Publisher: Wiley
ISBN: 9781118878385

You may purchase the textbook at the Guelph Campus Co-op Bookstore or the University of Guelph Bookstore. Please note that DE textbooks are located in the Distance Education section of the University of Guelph Bookstore.

https://bookstore.coop

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

Course Website

CourseLink (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

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 labeling 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.

Teaching and Learning Activities

Method of Learning

This course, NUTR*1010 Introduction to Nutrition, is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, functions, and relationships to health. Topics will include digestion and absorption; the energy-containing nutrients; selected vitamins and minerals; weight management; and nutrition and physical activity.

Like other first year introductory courses, NUTR*1010 covers basic concepts and basic systems; it includes a lot of information. You might feel like you have to memorize everything! The role of the instructor is to help you focus on what is most important — whether it is a concept, system, or set of facts. Your role is to keep up with the material each week; do the readings, activities, and practice quizzes; and be an active participant in the online discussions. The Content and Activities provided in CourseLink are intended to complement, not replace, your readings from the textbook. The purpose is to get you thinking about and engaging with the readings, and present some of the

information in an interactive way. The Content and Activities are designed to be the next step in your learning, after you have read the relevant chapter in the textbook. To be successful in a DE (distance education) course, you have to keep on top of things. Don't procrastinate!

Course Structure

This course has 12 units, one for each week of the semester. With the exception of Chapter 2, one chapter of the textbook is covered each week, starting with Chapter 1. For Chapter 2, you will be provided with the required supplemental material to reflect the changes in Canada's Food Guide and Food Labels. We proceed in order through the text; the basic concepts build and are repeated throughout the later chapters. The following topics will be covered in the units:

- Unit 01: Nutrition: Food for Health
- Unit 02: Nutrition Guidelines: Applying the Science of Nutrition
- Unit 03: Digestion, Absorption, and Metabolism
- Unit 04: Carbohydrates: Sugars, Starches, and Fibre
- Unit 05: Lipids
- Unit 06: Proteins and Amino Acids
- Unit 07: Energy Balance and Weight Management
- Unit 08: The Water-Soluble Vitamins
- Unit 09: The Fat-Soluble Vitamins
- Unit 10: Water and Electrolytes
- Unit 11: Minerals
- Unit 12: Nutrition and Physical Activity

What to Expect for Each Unit

Each unit includes the following:

- Introduction and Learning Outcomes: These are the learning goals for the unit.
- Readings: The text chapter associated with the unit. For some units, readings may include all sections in a chapter; for other units, the readings may include selected sections only.
- Applying The Science: This section is meant to complement, not replace, chapter readings. This section contains important information taken from readings and/or additional information designed to help you in your learning. **Note that quiz and testing questions come from this section and also from content in the chapter readings.**
- Activities: Activities are found in the *Applying The Science* section on CourseLink. These include learning activities associated with the unit, links to interesting websites, videos, tools to quiz yourself on information you read in the textbook, etc. Are they mandatory? No. Are they recommended? Absolutely! They are designed to help you learn and apply the material.
- Practice Quizzes: While quizzes do not count towards your final grade, they are there to help guide your studying. The learning activities, like the quizzes, are there to help you apply your learning and guide your studying. The websites are for your own information; their content is not testable.

Schedule

It is strongly recommended that you follow the course schedule provided below. The schedule outlines what you should be working on each week of the course and lists the important due dates for the assessments. By following the schedule, you will be better prepared to complete the assessments and succeed in this course.

Unit 01: Nutrition: Food for Health

Week 1 - Thursday, May 7 to Sunday, May 17

Readings

- Textbook: Chapter 1 – sections 1.1, 1.2, 1.3 & 1.6

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for the following items:

- Case study p. 1 and 32
- Your Choice p. 3
- Sections 1.4, 1.5 (and any tables and figures in these sections)
- Figures 1.2a, 1.2b, 1.3, 1.13, 1.15

- Science Applied p. 21
- Critical Thinking p. 23
- Label Literacy p. 29
- Table 1.5

Activities

- Familiarize yourself with the course website by selecting **Start Here** on the navbar
- Review **Outline** and **Assessments** on the course website to learn about course expectations, assessments, and due dates
- Get to know your classmates by introducing yourself in the **Introductions Discussion**
- Go through each section page of Unit 01; this will guide you in your learning
- Complete the Unit 01 practice quiz

Unit 02: Nutrition Guidelines: Applying the Science of Nutrition

Week 2 - Monday, May 18 to Sunday, May 24

Readings

- Holligan, S. (2019). Canada's New Food Guide [PDF, in CourseLink Unit 02]

Activities

- Go through each section page of Unit 02
- Complete the Unit 02 practice quiz

Assessments

- Start working on **Assignment 1** (Find a nutrition website to use for Assignment 1 by Monday, May 25 at 11:59 pm ET)

Unit 03: Digestion, Absorption, and Metabolism

Week 3 – Monday, May 25 to Sunday, May 31

Readings

- Textbook: Chapter 3 – sections 3.1 to 3.7

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for the following items:

- Case study p. 83 and 114

- Table 3.1 Organ systems and their functions
- Figure 3.4 the cells of the immune system
- Figure 3.5 Swallowing
- Figure 3.10 Segmentation
- Figure 3.11 Hormonal control of secretions into the small intestine
- Label Literacy p. 98
- Science Applied p. 102
- Figure 3.16 People who are not able to eat enough…; as well as the accompanying text on Alternate Feeding Methods
- Critical Thinking p. 105
- Figure 3.20 Animal cell structure
- Figure 3.21 Structure of ATP
- Figure 3.23 Cellular respiration
- Figure 3.25 Kidney and nephron structure

Activities

- Go through each section page of Unit 03
- Complete the Unit 03 practice quiz

Assessments

- Post your original post (**Part 1 of Assignment #1**) by Monday, June 1 at 11:59 pm ET
- Respond to three classmates' posts (**Part 2 of Assignment #1**) by Friday, June 5 at 11:59 pm ET (The discussion board will be locked at this time.)

Unit 04: Carbohydrates: Sugars, Starches, and Fibre

Week 4 – Monday, June 1 to Sunday, June 7

Readings

- Textbook: Chapter 4 – sections 4.1 to 4.3 and 4.5 to 4.7

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for section 4.4 (including any tables or figures) and the following items:

- Case study p. 117, 156
- Your Choice section on p. 121
- Figure 4.6 Photosynthesis
- Figure 4.7 Structures of common disaccharides
- Figure 4.8 Hydrolysis and condensation reactions
- Figure 4.10 picture of cassava
- Figure 4.11 picture of starch granules
- Science Applied section p. 129
- Figure 4.26 the glycemic index of various foods
- Critical Thinking sections on p. 144, 150, 153
- Figure 4.31 Development of colon cancer
- Label Literacy p. 151
- Table 4.4 how much added sugar do you eat?
- Figure 4.34 Sugar alcohols on food labels

Activities

- Go through each section page of Unit 04
- Complete the Unit 04 practice quiz

Assessments

- Submit **Assignment 1** to **Dropbox**
  Due: June 7 at 11:59 pm ET
- Complete **Online Test 1** (covers Units 01 through 03)
  Opens: Monday, June 1 at 12:01 am ET
  Closes: Friday, June 5 at 11:59 pm ET

Unit 05: Lipids

Week 5 – Monday, June 8 to Sunday, June 14

Readings

- Textbook: Chapter 5 – sections 5.1 to 5.7

Note that Figure 5.14 is quite detailed. What on this figure are you responsible for? The big picture, that is, the flow of fat from the intestine to the liver and body cells and back to the liver; as well as the intermediates (chylomicrons, LDL, VLDL and HDL).

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for the following items:

- Case Study p. 171
- Your Choice p. 174
- Critical Thinking p. 177, 199, 205
- Figure 5.13 Lipoprotein structure
- Science Applied sections on p. 186, 194
- Figure 5.17 Beta-oxidation
- Figure 5.18 Triglyceride metabolism
- Figure 5.20 Storing and retrieving energy in fat
- Figure 5.21 Integration of carbohydrate and fat metabolism
- Table 5.3 the risk of CVD Declines as Diet Quality Increases
- Label Literacy p. 208
- Table 5.9 Making Choices that Lower Saturated Fat Intake

Activities

- Go through each section page of Unit 05
- Complete the Unit 05 practice quiz

Unit 06: Proteins and Amino Acids

Week 6 – Monday, June 15 to Sunday, June 21

Readings

- Textbook: Chapter 6 – sections 6.1 through 6.7

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for the following:

- Case Study p. 230, 263
- Your Choice p. 232
- Figure 6.9, Amino acid pool

- Figure 6.10, Transcription and translation
- Science Applied: Discovering how to Manipulate Genes p.240
- Figure 6.11, Limiting amino acids
- Science Applied p. 240
- Figure 6.12, Amino acid metabolism
- Figure 6.13, Urea synthesis
- Label Literacy p. 248
- Figure 6.18, Phenylketonuria
- Figure 6.19, Diet soft drinks sweetened with aspartame
- Critical Thinking p. 252, 261, 262
- Table 6.3, Measures of Protein Quality
- Table 6.4, determining the limiting amino acid in a test protein using the reference amino acid pattern
- Table 6.5, Protein Labelling Claims
- Table 6.6, comparing the protein rating of white bread and whole eggs

Activities

- Go through each section page of Unit 06
- Complete the Unit 06 practice quiz

Assessments

- Start working on **Assignment #2**
  Due: Friday, July 3 at 11:59 pm ET

Unit 07: Energy Balance and Weight Management

Week 7 – Monday, June 22 to Sunday, June 28

Readings

- Textbook: Chapter 7 – sections 7.1 through 7.10

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for:

- Case Study p. 267

- Label Literacy p. 271
- Figure 7.5, Producing ATP from glucose, fatty acids, and amino acids
- Table 7.2, Sources of Stored Energy in the Body
- Table 7.3, Categorizing Activities
- Critical Thinking p. 286, 297, 306
- Table 7.8, Waist Circumference Cut-offs Based on Ethnic Origin
- Science Applied p. 291
- Figure 7.25, Approaches to the management of the overweight or obese adult
- Table 7.11 Pros and Cons of Some Commercial Weight-Loss Diets
- Table 7.12, Common Weight-Loss Supplements
- Your Choice p. 309

Activities

- Go through each section page of Unit 07
- Complete the Unit 07 practice quiz

Assessments

- Complete **Online Test 2** (covers units 04 through 06)
  Opens: Monday, June 22 at 12:01 am ET
  Closes: Friday, June 26 at 11:59 pm ET
- Continue working on **Assignment #2**
  Due: Friday, July 3 at 11:59 pm ET

Unit 08: The Water-Soluble Vitamins

Week 8 – Monday, June 29 to Sunday, July 5

Readings

- Textbook: Chapter 8 – sections 8.1 to 8.4; 8.7 to 8.10

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for:

- Sections 8.5 (Biotin), 8.6 (Pantothenic acid), or 8.11 (Choline) and any tables or figures accompanying these sections
- The DRIs of any of the vitamins. This includes the Recommended Dietary Allowance and the Upper Level.

- Case Study p. 327
- Your Choice p. 329
- Critical Thinking p. 330, 354, 356, 368
- Figure 8.6, B vitamins and energy metabolism
- Figure 8.8, Thiamin content of Canada's Food Guide food groups
- Table 8.2, Summary of the Water-Soluble Vitamins and Choline
- Table 8.3, Benefits and Risks of Water-Soluble Vitamin Supplements
- Figure 8.10, Riboflavin content of Canada's Food Guide food groups
- Science Applied p. 340
- Figure 8.12, Niacin content of Canada's Food Guide food groups
- Figure 8.17, Pantothenic acid content of Canada's Food Guide food groups
- Figure 8.18, Vitamin B6 content of Canada's Food Guide food groups
- Figure 8.19, Functions of vitamin B6
- Figure 8.23, Structure of folate
- Figure 8.24, Folate content of Canada's Food Guide food groups
- Figure 8.25, DNA methylation
- Figure 8.29, Vitamin B12 content of Canada's Food Guide food groups
- Figure 8.32, Vitamin C content of Canada's Food Guide food groups
- Label Literacy p. 364

Activities

- Go through each section page of Unit 08
- Complete the Unit 08 practice quiz

Assessments

- Submit **Assignment #2** to **Dropbox**
  Due: Friday, July 3 at 11:59 pm ET

Unit 09: The Fat-Soluble Vitamins

Week 9 – Monday, July 6 to Sunday, July 12

Readings

- Textbook: Chapter 9 – all sections

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for:

- Case Study p. 374
- Figure 9.2, Vitamin A content of Canada's Food Guide food groups
- Figure 9.3, Forms of Vitamin A
- Your Choice p. 377
- Figure 9.5, Vitamin A and gene expression
- Table 9.2, Converting Vitamin A units
- Critical Thinking p. 383, 385,
- Table 9.3, Benefits and Risks of Fat-Soluble Vitamin Supplements
- Figure 9.8, Vitamin D content of Canada's Food Guide food groups90
- Figure 9.9, Vitamin D synthesis
- Science Applied p. 390, 399
- Table 9.4, Converting Vitamin E Units
- Figure 9.13, Vitamin E content of Canada's Food Guide food groups
- Label Literacy p. 396
- Figure 9.15, Vitamin K content of Canada's Food Guide food groups

Activities

- Go through each section page of Unit 09
- Complete the Unit 09 practice quiz

Unit 10: Water and Electrolytes

Week 10 – Monday, July 13 to Sunday, July 19

Readings

- Textbook: Chapter 10 – all sections

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for:

- Case Study p. 409
- Figure 10.3, Hydrolysis and condensation reactions
- Figure 10.4, pH values of common fluids
- Figure 10.5, Forces that determine the distribution of body water
- Your Choice p. 415
- Critical Thinking p. 420, 429
- Figure 10.13, Sodium-potassium-ATPase
- Figure 10.14, the role of sodium and potassium in nerve conduction
- Science Applied p. 428
- Label Literacy p. 431

Activities

- Go through each section page of Unit 10
- Complete the Unit 10 practice quiz

Assessments

- Complete **Online Test 3** (covers units 07 through 09)
  Opens: Monday, July 13 at 12:01 am ET
  Closes: Friday, July 17 at 11:59 pm ET

Unit 11: Minerals

Week 11 – Monday, July 20 to Sunday, July 26

Readings

- Textbook: Chapter 11 (sections 11.1 to 11.3 only) and Chapter 12 (sections 12.1 and 12.2 only)

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for:

Chapter 11:

- Case Study p. 439
- Sections 11.5 (Magnesium) and 11.6 (Sulfur), including accompanying tables and figures
- Figure 11.1, Major and trace minerals in the periodic table

- Critical Thinking p. 442, 446, 456
- Figure 11.4, Minerals as cofactors
- Your Choice p. 443
- Science Applied p. 454
- Label Literacy p. 458

Chapter 12:

- Case Study p. 478
- Sections 12.3 to 12.11, including accompanying tables and figures
- Critical thinking p. 481, 487
- Table 12.1, A Summary of the Trace Elements
- Table 12.2, Dietary Reference Intake Values for Iron
- Table 12.3, Benefits and Risks of Trace Element Supplements

Activities

- Go through each section page of Unit 11
- Complete the Unit 11 practice quiz

Unit 12: Nutrition and Physical Activity

Week 12 – Monday, July 27 to Friday, July 31

Readings

- Chapter 13 – sections 13.1 to 13.5

Although the following tables and figures may be helpful in understanding the concepts presented in this unit, you are **not responsible** for:

Chapter 13:

- Section 13.6, Food and Drink to Maximize Performance. This includes any accompanying figures and tables.
- Section 13.7, Ergogenic Aids: Do Supplements Enhance Athletic Performance? This includes any accompanying figures and tables.
- Case Study p. 524
- Figure 13.11, The aerobic zone
- Critical Thinking p. 533, 541

- Science Applied p. 534
- Figure 13.15, Anaerobic versus aerobic metabolism
- Figure 13.17, Effect of exercise training on the heart
- Table 13.2, Kcalorie Needs for Various Activities
- Figure 13.19, Effect of activity level on energy expenditure
- Your Choice p. 544
- Figure 13.23, Heat index and the risk of heat-related ill
- Label Literacy p. 553

Activities

- Go through each section page of Unit 12
- Complete the Unit 12 practice quiz

Assessments

- Complete **Online Test 4** (covers units 10 through 13)
  Opens: Monday, July 27 at 12:01 am ET
  Closes: Friday, July 31 at 11:59 pm ET

Assessments

The grade determination for this course is indicated in the following table. A brief description of each assessment is provided below. Select **Content** on the navbar to locate **Assessments** in the table of contents panel to review further details of each assessment. Due dates can be found under the Schedule heading of this outline.

Table 1: Course Assessments

Assessment Item	Weight	Learning Outcomes
Assignment #1	10%	1, 2
Assignment #2	20%	1, 2, 3
Online Test 1	10%	1, 2, 3, 4
Online Test 2	20%	1, 3, 4, 5
Online Test 3	20%	3, 5
Online Test 4	20%	1, 3, 4, 5
Total	**100%**	

N.B. There is no Final Exam for the S20 session.

Assessment Descriptions

Assignment #1

Assignment #1 is designed to help you develop your critical analysis skills to discriminate between sound nutrition information and nutrition misinformation, and to engage in dialogue with classmates about the same. This assignment is completed using the **Discussions** tool (located in the Tools dropdown list in the navbar).

Assignment #2

Assignment #2 is designed to help you develop a thorough understanding of the nutrition facts table with emphasis on five key nutrients and the daily value percentages. In this assignment, you will be asked to review the labels for five nutrients and then respond to a series of questions pertaining to food labels. This assignment is submitted through the **Dropbox** tool (located in the Tools dropdown list in the navbar).

Online Tests

There will be four (4) multiple-choice online tests in this course. The online tests will focus on the content of the unit readings.

- Online Test 1 covers Units 01 to 03 of the textbook;
- Online Test 2 covers Units 04 to 06 of the textbook;
- Online Test 3 covers Units 07 to 09; and
- Online Test 4 covers Units 10 to 12.

Each test will consist of 25 questions, and you will have 30 minutes to complete it. You can access the online tests through the **Quizzes** tool (located in the Tools dropdown list in the navbar).

Course 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).

http://spaces.uoguelph.ca/ed/system-requirements/

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

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, Internet Explorer); 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
Tel: 519-824-4120 ext. 56939
Toll-Free (CAN/USA): 1-866-275-1478

Walk-In Hours (Eastern Time):
Monday thru Friday: 8:30 am–4:30 pm

Phone/Email Hours (Eastern Time):
Monday thru Friday: 8:30 am–8:30 pm
Saturday: 10:00 am–4:00 pm
Sunday: 12:00 pm–6:00 pm

Course Specific Standard Statements

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.
- **Ask Your Instructor Discussion:** Use this discussion forum to ask questions of your instructor about content or course-related issues with which you are unfamiliar. If you encounter difficulties, the instructor is here to help you. Please post general course-related questions to the discussion forum so that all students have an opportunity to review the response. To access this discussion forum, select **Discussions** from the **Tools** dropdown menu.
- **Email:** If you have a conflict that prevents you from completing course requirements, or have a question concerning a personal matter, you can send your instructor a private message by email. The instructor will respond to your email within 48 to 72 hours.
- **Virtual Classroom:** Your instructor will schedule virtual **Office Hours** using Virtual Classroom within CourseLink. Dates and times will be communicated through class Announcements.

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; and
- Sharing your username and password.

Submission of Assignments to Dropbox

Assignments #1 and #2 should 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 was 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.

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.

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.

http://spaces.uoguelph.ca/ed/contact-us/

Late Policy

If you choose to submit your individual assignments to the **Dropbox** tool late, the full allocated mark will be reduced by 5% per day after the deadline for the submission of the assignment to a limit of six days at which time access to the **Dropbox** folder will be closed.

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. 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 to return marked materials to you in the shortest possible time.

Obtaining Grades and Feedback

Unofficial assessment marks will be available in the **Grades** tool of the course website.

Your instructor will have grades posted online within 2 weeks of the submission deadline, if the assignment was submitted on time. Once your assignments are marked you can view your grades on the course website by selecting **Grades** from the **Tools** dropdown menu on the navbar. Your course will remain open to you for seven days following the last day of the final exam period.

University of Guelph degree students can access their final grade by logging into WebAdvisor (using your U of G central ID). Open Learning program students should log in to the OpenEd Student Portal to view their final grade (using the same username and password you have been using for your courses).

https://webadvisor.uoguelph.ca

https://courses.opened.uoguelph.ca/portal/logon.do?method=load

Rights and Responsibilities When Learning Online

For distance education (DE) 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.

For more information on your rights and responsibilities when learning in the online environment, visit Rights and Responsibilities.

http://opened.uoguelph.ca/student-resources/rights-and-responsibilities

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University Standard Statements

University of Guelph: Undergraduate Policies

As a student of 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 Student**, consult the Undergraduate Calendar for the rules, regulations, curricula, programs and fees for current and previous academic years.

If you are an **Open Learning Program Student**, consult the Open Learning Program Calendar for information about University of Guelph administrative policies, procedures and services.

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

http://opened.uoguelph.ca/student-resources/open-learning-program-calendar

Email Communication

University of Guelph Degree 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

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

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.

University of Guelph Degree Students

Consult the Undergraduate Calendar for information on regulations and procedures for Academic Consideration.

https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml

Open Learning Program Students

Please refer to the Open Learning Program Calendar for information on regulations and procedures for requesting Academic Consideration.

http://opened.uoguelph.ca/student-resources/open-learning-program-calendar

Drop Date

University of Guelph Degree Students

Students will have until the last day of classes to drop courses without academic penalty. Review the Undergraduate Calendar for regulations and procedures for Dropping Courses.

https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml

Open Learning Program Students

Please refer to the Open Learning Program Calendar.

http://opened.uoguelph.ca/student-resources/open-learning-program-calendar

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

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.

University of Guelph Degree Students

Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact Accessibility Services as soon as possible.

For more information, contact Accessibility Services at 519-824-4120 ext. 56208, email Accessibility Services or visit the Accessibility Services website.

accessibility@uoguelph.ca

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

Open Learning Program Students:

If you are an Open Learning program student who requires academic accommodation, please contact the Academic Assistant to the Executive Director. Please ensure that you contact us before the end of the first week of your course (every semester) in order to avoid any delays in support. Documentation from a health professional is required for all academic accommodations. Please note that all information provided will be held in confidence.

If you require textbooks produced in an alternate format (e.g., DAISY, Braille, large print or eText), please contact the Academic Assistant to the Executive Director at least two months prior to the course start date. If contact is not made within the suggested time frame, support may be delayed. It is recommended that you refer to the course outline before beginning your course in order to determine the required readings.

The provision of academic accommodation is a shared responsibility between OpenEd and the student requesting accommodation. It is recognized that academic accommodations are intended to “level the playing field” for students with disabilities.

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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.

https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml

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 Fair Dealing Guidance for Students.

http://www.lib.uoguelph.ca/sites/default/files/fair_dealing_policy_0.pdf

Plagiarism Detection Software

Students should be aware that faculty have 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.

For Students in Applied Human Nutrition (AHN) ONLY

NUTR*1010 helps meet the following Foundational Knowledge Specification included in the *Integrated Competencies for Dietetic Education and Practice* (Partnership for Dietetic Education and Practice, April 2013, www.pdep.ca). This is relevant for those AHN students enrolled in the Area of Emphasis in Dietetics.

Foundational Knowledge Specifications	**Complexity Level (1, 2, 3)**	**Topic**
1 *Anatomy & Physiology:*		
a. Structure of the human body at the macro and cellular level	1	Throughout
b. Homeostasis including fluid-electrolyte and acid-base balance	1	Water and Electrolytes (Ch. 10)
2 Biochemistry: (b) Major metabolic pathways	1	Throughout
3 Communication: (f) Medical and dietetics related terminology	1	Throughout
5 Food: a. Physical properties and chemical composition of food e. Application of dietary requirements guidelines and guidance tools to food planning i. Food labelling	 1 2 2	 Throughout Throughout Throughout
Health System in Canada: (b) Issues and trends	2	Throughout
8 Human Nutrition Across the Lifespan: a. Ingestion, digestion, absorption, metabolism and excretion of nutrients b. Biochemical utilization of nutrients and energy c. Nutrient and energy requirements d. Physical activity and energy balance e. Nutrition recommendations and guidelines f. Effect of deficiencies and toxicities of nutrients	 2 1 1 1 2 2	 Digestion and Metabolism (Chp 3) Throughout Throughout Nutrition and Physical Activity (Ch. 13) Throughout Throughout

Foundational Knowledge Specifications	Complexity Level (1, 2, 3)	Topic
g. Food sources of nutrients and dietary supplements	1	Throughout
h. Role of nutrients and other food components in health	2	Throughout
i. Dietary practices	1	Throughout