



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

NUTR*2050: Nutrition Through the Life Cycle Fall 2019

Instructor

Dr. Simone Holligan
Office: MACS 335
Email: holligas@uoguelph.ca

Office Hours

Thursdays 1:00 pm to 2:00 pm, or by appointment.

Note: For all queries on course content, please post your query on the **Discussion board on CourseLink**.
For any personal matters, please email me directly using your University of Guelph account.

Teaching Assistants

Name	Email	Office Hours
Angela Tung	tungh@uoguelph.ca	T.B.A.
MacKenzie Harris	mharri17@uoguelph.ca	T.B.A.
Sophia Ho	sho06@uoguelph.ca	T.B.A.

Class Meeting Times

Tuesdays and Thursdays from 10:00 am to 11:20 am in Thornborough 1200

Territorial Acknowledgement

We acknowledge the Attawandaron people on whose traditional territory the University of Guelph resides and offer our respect to our Anishinaabe, Haudenosaunee and Métis neighbours.

Course Purpose and Overview

Welcome to Nutrition Through the Life Cycle! I hope you will find this to be an interesting course that provides you with knowledge and practical skills that are relevant to your life and career. 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 overall dietary intake throughout the life cycle and how this influences patient care and community-level programs.

Course Objectives

Content-specific 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.

Skill-based objectives:

- 5) Gain experience in recording and analyzing growth and usual dietary intake.
- 6) Search for, summarize and evaluate research evidence.

Student Responsibilities

Class attendance is critical to getting all you can out of this course. Your exams will be based on the material covered in class.

CourseLink

CourseLink will be used as our **primary mode of communication**. Under the Discussion Tool there are separate discussion boards for you to ask me, your TAs, and your classmates questions. Please post **all** questions about course content, exam details, etc. to me on CourseLink. Questions about the **assignments** should be directed to the TAs on CourseLink. Each week, a simplified version of lecture slides will be posted under the *Content* tab to facilitate note taking.

If you need help navigating CourseLink or are experiencing technical difficulties, please contact CourseLink Support: **Phone: 519 824 4120, ext. 52530, Monday to Friday 8:30 am – 4:30 pm**
Email: CourseLink@uoguelph.ca

Recommended Text

JE Brown, *Nutrition Through the Life Cycle*, 7th Ed. CENGAGE Learning, 2020.
(Copies are on reserve in McLaughlin library)

Evaluation

Component	Due Date	% of Final Grade
Midterm #1 (in class)	Oct 3	20%
Term Assignment: Diet Analysis Report	Oct 24	35%
Midterm #2 (in class)	Nov 7	20%
Final Examination	Dec 4 2:30 pm – 4:30 pm (Location: T.B.D.)	25%

***Midterms and Final** may comprise of multiple choice and short answer questions.

Assignments

Specific information regarding the assignments is available on CourseLink. Assignments must be submitted online using the Dropbox function of CourseLink and are due by **11:59 pm** on their deadline date. However, it is recommended that you submit your assignments early so there is sufficient time to work through any technical problems, should they arise. **Technical support for CourseLink is available each weekday only until 4:30 pm.** Assignment 1, the Diet Analysis Report, is due **October 24, 2019.**

Late Assignments:

Late assignments will be accepted up to 5 days following the due date and will receive a penalty of 10% per day EXCEPT under documented grounds for compassionate consideration. Assignments submitted more than one week late without documented grounds will receive a grade of zero. If you are going to hand an assignment in late, you must contact me directly to inform of when you will be submitting your assignment.

Receipt of Grades:

After you receive a grade on CourseLink, please review your feedback. Any inquiry or dispute over the grade must be made within two weeks from the date they are posted. If you fail to protest any grade during this time limit, changes to the grade will not be considered. [Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.](#)

Turnitin Software:

In this course, we 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 submitted assignments 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 students will be able to educate and empower themselves 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.

Class Schedule and Readings

Dates	Topics	Readings
Sept 5	Course introduction	
Sept 10	Nutrition review Defining health, public and population health	Chapter 1
Sept 12	Health promotion in Canada	
Sept 17	Sources of Information Discussion of Term Assignment	
Sept 19, 24	NEW Canada's Food Guide Emerging adulthood	

Sep 26, Oct 1	Preconception	Chapter 2 Chapter 3
Oct 3	MIDTERM #1	
Oct 8, 10	Pregnancy	Chapter 4 Chapter 5
Oct 15*	Thanksgiving break – NO CLASS	
Oct 17, 22	Lactation	Chapter 6 Chapter 7
Oct 24	Term Assignment: Diet Analysis Report Due	by 11:59 pm
Oct 24, 29	Infancy	Chapter 8 Chapter 9
Oct 31, Nov 5	Toddlers and Pre-schoolers	Chapter 10 Chapter 11
Nov 7	MIDTERM #2	
Nov 12, 14	School age	Chapter 12 Chapter 13
Nov 19, 21	Adolescents	Chapter 14 Chapter 15
Nov 26, 28	Adulthood Older Adulthood	Chapter 16 Chapter 17 Chapter 18 Chapter 19
Nov 29	Last day to drop course	
Dec 4	Final Exam	2:30 pm - 4:30 pm

*Due to the Thanksgiving holiday, an extra class is added on **Friday, November 29th** at the regular class time and location for a final review.

Note: This is a tentative schedule; however, due to various unknown factors there may be changes. Any changes will be announced during class and an announcement will be posted on the CourseLink site.

Policies and Procedures

E-mail 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.

When You Cannot meet a course requirement:

When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing with name, ID#, and email contact. [See the undergraduate calendar for information on regulations and procedures for Academic Consideration.](#)

Drop date:

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

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.

Accessibility:

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 book their exams at least 7 days in advance, and not later than the 40th Class Day.

More information: www.uoguelph.ca/sas

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.](#)

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.

Resources:

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.