



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS
AND APPLIED NUTRITION

NUTR*1020 Professional Practice in Applied Nutrition

COURSE OUTLINE – WINTER 2022

1. CALENDAR DESCRIPTION

Through lectures, readings, group activities, and case studies students will explore the key knowledge and skills needed for a successful professional career in applied nutrition in Canada. Critical thinking, regulatory and ethical issues as applied in business, health care, public health and social services contexts are emphasized.

Credit Weight:	0.5 credits
Course Hours:	3-0 (36 lecture; 0 lab/seminar)
Pre-Requisite(s):	None
Co-Requisites(s):	None
Restriction(s):	Restricted to students in BAsSc.AHN major

2. COURSE DESCRIPTION

This course is an introduction to the profession of applied nutrition and will emphasize professionalism, critical thinking, regulatory and ethical issues in common areas of nutrition practice. Through these lectures, readings, group activities, quizzes and case studies students will explore the key knowledge and skills needed for a successful professional career in applied nutrition in Canada.

3. TIMETABLE

Lecture: Tues and Thurs, 1:00-2:20pm

Location: Macdonald Institute 300. **Until further notice, class will be synchronous via Zoom.**

Final Exam: Tues Apr 12, 11:30am-1:30pm EST. Room TBA.

4. INSTRUCTIONAL SUPPORT

Course Instructor: Dr. A. Buchholz PhD, RD (Dr. B)

Email: abuchhol@uoguelph.ca

Telephone: 519-824-4120, ext 52347
Office: MINS (Macdonald Institute), room 235
Office Hours: Virtual office hour Wednesdays, 11:00am-12:00pm. Access via CourseLink.

Teaching Assistants: Katherine Eckert (AHN-PhD student), Sarah Wedde (AHN-MSc student)

Email: kecker01@uoguelph.ca, swedde@uoguelph.ca

Office:

Office Hours:

5. LEARNING RESOURCES

Required Resource(s):

- There is no required textbook for NUTR*1020.
- [Applied Human Nutrition Student Handbook \(Survival Guide\) 2021-2022](#)
- We will refer frequently to the [College of Dietitians of Ontario website](#)

Recommended Resource(s):

- Career Paths in Food and Beverage. Hislop V. foodgrads.com 2020
- Other resources as listed in Section 7 (hyperlinked and/or will be uploaded on CourseLink)

6. LEARNING OUTCOMES

At the completion of the course, successful students will be able to:

1. Identify career options, and the associated specialized knowledge and skills, in applied nutrition in Canada.
2. Identify and apply the principles of professionalism, professional self-regulation and ethics relevant to the nutrition profession - specifically dietetics - in Canada.
3. Recognize non-compliance with professional self-regulations in two core areas of applied nutrition practice – health care and food services management.
4. Describe elements of interprofessional practice, including collaboration, patient-centered care, the role of the dietitian, team functioning, collaborative leadership and interprofessional conflict resolution.
5. Demonstrate awareness of Indigenous values and ways of knowing related to health and wellness, and demonstrate knowledge of the ongoing impact of colonization/ systemic racism on Indigenous peoples in Canada
6. Develop critical thinking skills in applied nutrition through quizzes, case studies and when reading published research articles.
7. Develop communication and collaborative skills in the context of a team assignment.

7. AWESOME TEACHING AND LEARNING ACTIVITIES

Date	Cool Topics	Even Cooler Assigned Readings, Guest Speakers	Not-So-Cool Due Dates
Tues Jan 11	Welcome and Course Introduction	Course outline	
Thurs Jan 13	Applied Nutrition Profession in Canada Overview of careers in and outside of dietetics	Work Values Sorter (CourseLink) Optional reading: Hislop V. (2020) Career Paths in Food and Beverage	
Tues Jan 18	Assignment overview: Job exploration in applied nutrition in Canada	Assignment description and job posting, both on CourseLink	
Thurs Jan 20	Canadian healthcare context		
Tues Jan 25	Specialized knowledge in AHN, communication skills	AHN program plan AHN learning outcomes (p. 32-33 of AHN Student Handbook)	
Thurs Jan 27	Professionalism Introduction to Professionalism; Dietitians of Canada; <i>Dietetics Act, 1991</i>	Dietitians of Canada (browse website) Dietetics Act, 1991	
Tues Feb 1	Professional Self-Regulation <i>Regulated Health Professions Act, 1991</i> College of Dietitians of Ontario; How to become a dietitian; Self-directed learning tool; Scope of practice	College of Dietitians of Ontario (browse website) How to become a dietitian Jurisprudence	Quiz 1 due Feb 2 by 11:59pm EST. Covers Jan 13, 18 and 25.
Thurs Feb 3	No class: Free time to work on assignment/virtual drop-in to ask questions		Assignment due Feb 6 by 11:59pm EST
Tues Feb 8	Scope of practice and Controlled acts; Confidentiality & privacy	Jurisprudence	
Thurs Feb 10	Conflicts of interest; Boundary crossings; Virtual care, social media and technology	Jurisprudence	
Tues Feb 15	Record keeping; Collaboration & communication	Jurisprudence	Quiz 2 due Feb 16 by 11:59pm EST. Covers Jan 27, Feb 1 & 8.
Thurs Feb 17	Racial Diversity in Dietetics	Guest speaker: Anisha Mahajan, RD In advance, read the following articles posted to CourseLink: <ul style="list-style-type: none"> Call to Action to Improve Racial Diversity in Dietetics (Mahajan et al, 2021) Canada's Dietitians Are Lacking in Diversity – But Things Are Changing 	

Date	Cool Topics	Even Cooler Assigned Readings, Guest Speakers	Not-So-Cool Due Dates
		(Best Health, 2021)	
Feb 21-24 Reading Week (yippee!)			
Tues Mar 1	Ethics in Applied Nutrition Introduction to ethics; Code of Ethics; Consent	Code of Ethics (2019) Consent	
Thurs Mar 3	Consent; Beneficence	Code of Ethics (2019)	Quiz 3 due March 4 by 11:59pm EST. Covers Feb 10-17 inclusive.
Tues Mar 8	Non-maleficence; Respect for persons/justice	Cultural competence	
Thurs Mar 10	Ethics in Professional Practice and Indigenous Populations	Guest speaker: Dr. Kim Anderson, PhD	
Tues Mar 15	Case studies: Respect for persons/justice		
Thurs Mar 17	Reflection day (no class)		Quiz 4 due March 18 by 11:59pm EST. Covers Mar 1-10 inclusive.
Tues Mar 22	Critical Thinking in Applied Nutrition What is critical thinking? Sources of information		
Thurs Mar 24	Evidence-based practice	University of Canberra (2019). Evidence-based Practice in Health	
Tues Mar 29	How to read a research article	Carroll N, et al (2020). Nutrients, 12:1-14	
Thurs Mar 31	Weight Bias and Social Justice in Dietetics	Guest speaker: Meredith Bessey, RD	
Tues April 5	Course wrap-up Life beyond NUTR*1020 and AHN	AHN student handbook 2020 new dietetic graduate survey	
Thurs April 7	Final exam prep	In advance: do the practice cases posted to CourseLink	Quiz 5 due April 8 by 11:59pm EST. Covers Mar 22-31 inclusive.

Note: 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 posted CourseLink. If there is a snow day and the university is closed, we will pivot to holding class online that day.

8. ASSESSMENTS

These assessments...	...reflect these learning outcomes...	...and are due...	% overall grade
Assignment Job Exploration in Applied Nutrition in Canada (in groups of three)	1, 7	Sun Feb 6 by 11:59pm EST	25%
Quizzes Top 4 of 5 quizzes counted; open book; done individually; via CourseLink	2-6	Feb 2, Feb 16, March 4, March 18, April 8, all by 11:59pm EST	40% (10% each)
Final exam Choice of 3 of 4 case studies; open book; done individually; delivery format TBD.	2-6	Apr 12, 11:30am-1:30pm EST	35%
			Total: 100%
Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.			

9. COURSE STATEMENTS

We have shared responsibilities to come to class prepared, ready to work/listen and be respectful to each other. Specifically:

Dr. B's Responsibilities:

- Support your success in the course
- Respond to email inquiries within 48 to 72 hours Monday to Friday if your email is sent from a uoguelph email address. You will not receive a response if your email is sent from a gmail or similar web-based account. Please do not email questions related to course content (these can be posted to CourseLink discussion board).
- Respond in a timely manner to questions posted on the CourseLink discussion board
- Hold virtual office hours (Wednesdays 11am-12pm)

Your Responsibilities as a Student:

- Come to class with an open mind and a non-judgmental stance.
- Come to classes on time and stay until the end.
- Be prepared for every class by doing the readings.
- Check the course website regularly and particularly before class for important announcements, resources, etc.
- Complete course requirements with integrity.
- Check your uoguelph email. This is the official way to get in touch with you for academic-related matters. **This includes working with your group for the assignment; make sure to check your email.**

Course Website:

There is a course website at <http://courselink.uoguelph.ca>. All components of this course will be housed on the CourseLink site including this course outline, assignments, and links to further resources. Your assignments will be submitted through Dropbox. Marks and feedback will also be released on the site. Please familiarize yourself with this website as soon as possible and visit it regularly throughout the semester.

There will be **two discussion boards**: one for you and your peers, and one for questions for Dr. B.

Submission of Assignment to Dropbox

The assignment should be submitted electronically BY ONLY ONE STUDENT IN THE GROUP via the online Dropbox tool in CourseLink. When submitting the assignment using the Dropbox tool, do not leave the web page until the assignment has successfully uploaded. To verify that your submission was complete, you can view the submission history immediately after the upload to confirm the file 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 assignment in the event that it is lost in transition. To avoid any last-minute computer problems, your instructor strongly recommends 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 can still be submitted on time or re-submitted. It is your responsibility to submit your assignment 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 a justifiable reason 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 CourseLink Support.

Late Assignment

The assignment is due Sun Feb 6. There is a 48-hour grace period (Tues Feb 8 at 11:59pm EST) during which the assignment will be accepted without penalty. **Do not treat the grace period as the deadline, because it is not. The due date is the hard deadline.** The grace period is there to accommodate potential difficulties and life events that occur at the time of the due date. You do not need to email Dr. B. requesting permission to submit during the grace period: just submit your assignment during the grace period. If you do, CourseLink will say that your assignment is late but if the submission occurred within the 48-hour grace period, it will not be considered late.

No extensions beyond the grace period will be granted. You can submit your assignment for up to 5 days (including weekend days) beyond the end of the grace period, however you will lose 10% on your assignment mark for each day beyond the grace period EXCEPT in the case of documented grounds for compassionate consideration. An assignment submitted more than 5 days after the end of the grace period without documented grounds will receive a zero (0) mark. If you are going to submit the assignment late, contact Dr. B. to inform her of when you will be submitting your assignment. **Be sure to copy your team-mates on the email to Dr. B.** This policy is in place to guarantee fairness to all students.

If you do not submit the assignment, the weight of the assignment will be moved to the final exam. In this case, the final exam will be worth 60% of your final grade.

Quizzes

You have one week to complete each of the five quizzes. You can start the quiz anytime in that week. Once you open a quiz, you will have 120 minutes (2 hours) to complete and submit it. The lowest of five quiz marks will be dropped. If you miss one quiz, it will be counted as your lowest of five quiz marks and will be dropped. The remaining four quizzes will each be worth 10% of your final grade. Any additional missed quiz will receive a zero (0) mark.

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 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.](#)

RESOURCES and REFERENCES

Paraphrasing others' ideas and work:

Knowing how to summarize others' work for evidence-based review and practice is a key skill in applied nutrition. The general discussion on citing others' work appropriately is at: <https://guides.lib.uoguelph.ca/c.php?g=129135&p=5002786>

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.

As students, a major benefit of using Turnitin is to be able to educate and empower yourselves in preventing academic misconduct. In this course, you may screen your own assignment 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.

10. UNIVERSITY STATEMENTS

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:

Students have until the last day of classes to drop courses without academic penalty. 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 make a booking at least 14 days in advance, and no later than November 1 (fall), March 1 (winter) or July 1 (summer). Similarly, new or changed accommodations for online quizzes, tests and exams must be approved at least a week ahead of time.

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.

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).

Safety Protocols

For information on current safety protocols, follow these links: <https://news.uoguelph.ca/return-to-campuses/how-u-of-g-is-preparing-for-your-safe-return/>
<https://news.uoguelph.ca/return-to-campuses/spaces/#ClassroomSpaces>

Please note, these guidelines may be updated as required in response to evolving University, Public Health or government directives.

Disclaimer

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings, changes in classroom protocols, and academic schedules. Any such changes will be announced via CourseLink and/or class email. This includes on-campus scheduling during the semester, mid-terms and final examination schedules. All University-wide decisions will be posted on the COVID-19 website (<https://news.uoguelph.ca/2019-novel-coronavirus-information/>) and circulated by email.

Appendix

For those students enrolled in the Area of Emphasis in Dietetics: The Integrated Competencies for Dietetic Education and Practice (2013; <http://www.pdep.ca/>):

*Foundational Knowledge Specifications (FKS) met by successful graduates of NUTR*1020:*

CONTENT AREA	COGNITIVE COMPLEXITY LEVEL	Where this content area is covered in NUTR*1020: Professional Practice in Applied Nutrition
3. Communication		
a) Opportunities for and barriers to communication	2	As related to professional practice in the field of nutrition and dietetics (i.e., clinical, public health, industry, private practice, community, research, etc. environments), including interprofessional communication
b) Communication channels and techniques, and their appropriate usage	1	Client and interprofessional communication. Effective uses of social media in dietetics.
c) Strategies for effective written communication	3	Assignment: Nutrition Job Exploration.
e) Strategies for effective interpersonal communication	2	As related to professional practice in the field of nutrition and dietetics (i.e., clinical, public health, industry, private practice, community, research, etc. environments), including interprofessional communication Assignment: Nutrition Job Exploration
7. Health System in Canada		
a) Organization and delivery of care	1	Lecture on Career Exploration in Applied Nutrition - Canadian Context; quiz
9. Interprofessional Collaboration		
a) Interprofessional communication	2	Lectures, guest speakers, case study, quiz
b) Patient/client/family /community-centered care	1	
c) Interprofessional role clarification, including the role of the dietitian	1	
d) Team functioning	2	
e) Collaborative leadership	1	
f) Interprofessional conflict resolution	3	
16. Professional Practice in Dietetics		
a) Federal, provincial / territorial requirements	2	As related to professional self-regulation in dietetics; evaluated in quizzes
b) Practice in a regulated health profession	3	
c) Ethical conduct	3	
d) Reflective practice	2	Self-Directed Learning Tool (College of Dietitians of Ontario) and setting SMART goals – evaluated in quiz
e) Professional development	3	Throughout, evaluated via quizzes, assignment and final exam

f) Decision making	3	Throughout, via in-class case studies, quizzes, case studies on final exam
h) Role of research and new knowledge	2	Lecture on Critical Thinking in Applied Nutrition – Evidence-Based Practice. Case study.
i) Technological applications used in practice	1	Effective uses of social media in dietetics. Evaluated in a quiz.
j) Appropriate and secure documentation practices	2	Quiz
k) Strategies for assessing and enhancing approaches to practice	2	Lectures
l) Advocacy	1	Lectures, Quiz
17. Population and Public Health		
f) Determinants of health	2	Lecture on Career Exploration in Applied Nutrition – Canadian Context. Evaluated in a quiz.
18. Research and Evaluation		
c) Ethics in research	2	Unit on Ethics. Evaluated in a quiz.
d) Evidence-informed practice	2	Lecture on Critical Thinking in Applied Nutrition – Evidence-Based Practice. Evaluated in a quiz
19. Social and Psychological Foundations		
e) Cultural competence	1	Related to ethical practice; ethical practice with Indigenous populations. Evaluated in a quiz.

*Performance Indicators (PI) met by successful graduates of NUTR*1020:*

Practice Competencies		Performance Indicators	NUTR*1020: Professional Practice in Applied Nutrition
1. Professional Practice			
1.01	Comply with federal and provincial / territorial requirements relevant to dietetic practice		
	a	Demonstrate knowledge of federal legislation, regulations and policies applicable to practice	Canada Health Act, 1984 Dietetics Act, 1991
	b	Recognize non-compliance with federal legislation, regulations and policies	Regulated Health Professions Act, 1991
	c	Demonstrate knowledge of provincial / territorial legislation, regulations and policies applicable to practice	Personal Health Information Protection Act, 2004 Health Care Consent Act, 1996
	d	Recognize non-compliance with provincial / territorial legislation, regulations, and policies	Evaluated on quizzes, final exam
1.02	Comply with regulatory requirements relevant to dietetic practice		
	a	Demonstrate knowledge of bylaws and regulations relevant to practice	Professional self-regulation, jurisprudence and professional practice. Evaluated in quizzes.
	b	Recognize non-compliance with bylaws and regulations	
	c	Demonstrate knowledge of regulatory scope of practice, standards of practice and codes of ethics	
	d	Recognize non-compliance with regulatory scope of	

		practice, standards of practice and code of ethics	
	g	Demonstrate knowledge of principles of confidentiality and privacy	
	h	Demonstrate knowledge of common scenarios on non- compliance with confidentiality and privacy requirements	
	j	Demonstrate knowledge of principles of informed consent	
	k	Demonstrate knowledge of methods to obtain informed consent	
	m	Demonstrate knowledge of the elements of professional boundaries	
	n	Recognize non-compliance with professional boundaries	
1.04	Practice within limits of individual level of professional knowledge and skills		
	a	Demonstrate knowledge of principles of reflective practice	College of Dietitians of Ontario's self-directed learning tool, evaluated in a quiz
1.06	Use a systematic approach to decision making		
	a	Demonstrate knowledge of the role of ethics, evidence, contextual factors and client perspectives in decision making	Evaluated via quizzes. Case studies.
	b	Demonstrate knowledge of ethical principles for decision making	
1.09	Use technologies to support practice		
	b	Use technology to communicate	Communication through Zoom functionalities; Email to communicate with peers and professor; CourseLink discussion board; Team project to be completed virtually
1.10	Ensure appropriate and secure documentation		
	c	Demonstrate knowledge of principles of security and access	Evaluated in a quiz
	f	Demonstrate knowledge of legal requirements for record keeping	
1.11	Assess and enhance approaches to dietetic practice		
	d	Recognize the importance of new knowledge to support or enhance practice	Case study
	e	Seek new knowledge that may support or enhance practice activities	
1.12	Contribute to advocacy efforts related to nutrition and health		
	a	Demonstrate knowledge of principles of advocacy	Quiz
	b	Identify common advocacy opportunities and activities in dietetic practice	Quiz Assignment: Nutrition Job Exploration
2. Communication and Collaboration			
2.01	Select appropriate communication approaches		
	a	Demonstrate knowledge of common	Case studies; quizzes

		opportunities for and barriers to communication	
2.02	Use effective written communication skills		
	c	Edit written material for style, spelling and grammar	Assignment: Nutrition Job Exploration Case studies
	d	Write clearly and concisely, in a manner responsive to the needs of the reader(s)	
	e	Write in an organized and logical fashion	
	f	Provide accurate and relevant information in written material	
	g	Ensure that written material facilitates communication	
2.06	Contribute productively to teamwork and collaborative processes		
	b	Demonstrate knowledge of ways to effectively contribute dietetics knowledge in collaborative practice	Case study; quiz
	d	Demonstrate knowledge of common scenarios where the expertise of other health care providers is a key element in dietetic practice	Quiz
	i.	Facilitate interactions and discussion among team members	Assignment: Nutrition Job Exploration