



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS
AND APPLIED NUTRITION

NUTR*1020 Professional Practice in Applied Nutrition

COURSE OUTLINE – WINTER 2023

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, and 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.

Ancestral Acknowledgement

We acknowledge that the University of Guelph resides on the ancestral lands of the Attawandaron people and the treaty lands and territory of the Mississaugas of the Credit. We recognize the significance of the Dish with One Spoon Covenant to this land and offer our respect to our Anishinaabe, Haudenosaunee and Métis neighbours as we strive to strengthen our relationships with them. Acknowledging them reminds us of our important connection to this land where we learn and work.

3. TIMETABLE

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

Location: [Thornbrough](#), room 1307

Final Exam: Tues April 25, 11:30am-1:30pm. Room TBA. In person, via laptop. If you do not have a laptop, you can borrow one from [Classroom Technical Support](#), or write a paper version of the final exam. If you borrow from Classroom Technical Support, please arrange for this in advance of the final exam. If you need a paper version of the final exam, please let me know.

4. INSTRUCTIONAL SUPPORT

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

Email: abuchhol@uoguelph.ca

Telephone: 519-824-4120, ext 52347

Office: MINS (Macdonald Institute), room 235

Office Hours: By appointment (virtual or in-person)

Teaching Assistants: Katherine Eckert, Yasaman Ghazitabatabai

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

Office: Virtual

Office hours to help with assignment: Kat: Mon Jan 30, 1-3pm and Mon Feb 6, 1-3pm.

Yasaman: Wed Feb 1, 2-4pm and Fri Feb 3, 10am-12pm

5. LEARNING RESOURCES

Required Resource(s):

- There is no required textbook for NUTR*1020.
- 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 our Awesome Teaching and Learning Activities (section 7 of this outline; these resources are hyperlinked and/or uploaded on CourseLink)

6. LEARNING OUTCOMES

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

1. Identify career options 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. Describe elements of interprofessional practice, including collaboration, patient-centered care, the role of the dietitian, team functioning, collaborative leadership and interprofessional conflict resolution.
4. Demonstrate awareness of Indigenous values and ways of knowing related to health

and wellness, and knowledge of the ongoing impact of colonization/ residential schools/systemic racism on Indigenous peoples in Canada.

5. Develop cultural competencies and an awareness of the concept of cultural safety with respect to working with Indigenous Peoples and communities.
6. Develop critical thinking skills in applied nutrition through quizzes, case studies and when reading information sources about nutrition.
7. Develop communication and collaborative skills in the context of a team assignment.

7. TEACHING AND LEARNING ACTIVITIES

Date	Topics	Assigned Readings & Guest Speakers	Due Dates
Tues Jan 10	Welcome and Course Introduction	Course outline	
Thurs Jan 12	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 17	Assignment overview: Job exploration in applied nutrition in Canada	Assignment description (CourseLink) Dietitians of Canada (browse)	
Thurs Jan 19	Canadian health care context Introduction to professionalism		
Tues Jan 24	Professional Self-Regulation <i>Dietetics Act, 1991</i> Role of College of Dietitians of Ontario Scope of practice	Dietetics Act, 1991 College of Dietitians of Ontario (browse) Scope of Practice and Controlled Acts	
Thurs Jan 26	Controlled Acts Confidentiality & privacy	Scope of Practice and Controlled Acts Confidentiality and privacy	
Tues Jan 31	Free time to work on presentation. Come for an in-person visit to MINS 235, or we can have a virtual meeting.		
Thurs Feb 2, Tues Feb 7	Virtual oral presentations		Quiz 1 due Fri Feb 3 (covers Jan 12-26)
Thurs Feb 9	Boundary crossings Conflicts of interest	Boundary crossings Conflicts of interest	
Tues Feb 14	Virtual care, social media, and technology Collaboration and communication	Virtual care, social media and technology Collaboration and communication	
Thurs Feb 16	Racial diversity in dietetics	Guest speaker: Anisha Mahajan, PhD, RD In advance, read the following article (CourseLink): Call to Action to Improve Racial Diversity in Dietetics (Mahajan et al, 2021)	
<i>Feb 20-24: Winter Break (YIPPEE!)</i>			

Date	Topics	Assigned Readings & Guest Speakers	Due Dates
Tues Feb 27	Ethics in Applied Nutrition Introduction to ethics Code of Ethics, Consent	Code of Ethics (2019) Consent	
Thurs Mar 2	Consent (cont'd) Beneficence	Code of Ethics (2019)	
Tues Mar 7	Non-maleficence Respect for persons/justice	Cultural competence Canada's Dietitians Are Lacking in Diversity – But Things Are Changing (Best Health, 2021)	
Thurs Mar 9	Cultural competence, safety and humility		Quiz 2 due Fri March 10 (covers Feb 9-March 2)
Tues Mar 14	Working with Indigenous peoples in applied nutrition	Guest speaker: Kim Anderson, PhD	
Thurs Mar 16	Weight discrimination in healthcare	Tomiya, A.J., et al. (2018). How and why weight stigma drives the obesity “epidemic” and harms health. BMC Medicine, 16(123), 1-6.	
Tues Mar 21	No class – optional webinars, reflect on content related to respect for persons/justice	Optional webinar/resources Cultural Safety and Humility. College of Dietitians of British Columbia Indigenous Knowledge to Close Gaps in Indigenous Health. TEDxUManitoba Marcia Anderson-DeCoteau2016. Debwewin: Exploring Stories of Dietitians Working with Indigenous communities. Nutrition Connection, 2021.	
Thurs Mar 23	Critical Thinking in Applied Nutrition Sources of nutrition information CRAAP test	CRAAP test	Quiz 3 due Fri Mar 24 (covers Mar 7-16)
Tues Mar 28	Evidence-based practice		
Thurs Mar 30	How to read a research article	Pouliot C, Biage A, Prud'homme D, & Giroux I. (2021). Changes in adolescents' dietary intake following the initiation of an 8-week exercise program. <i>Canadian Journal of Dietetic Practice and Research</i> , 83:10-16.	
Tues April 4	Course wrap-up Life beyond NUTR*1020 and AHN	2020 new dietetic graduate survey	
Thurs April 6	Final exam prep	In advance: do the practice final exam posted to CourseLink	Quiz 4 due Sat Apr 8 (covers Mar 23-30)

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.

8. ASSESSMENT DETAILS

Assessment	LOs Addressed	Due Date	% of Final
Virtual (real time) group presentation Job Exploration in Applied Nutrition in Canada (in groups of four)	1, 7	Thurs Feb 2 and Tues Feb 7	20%
Quizzes Top 3 of 4 quizzes counted; open book; done individually via CourseLink	2-6	See schedule (all due by 11:59pm EST)	40% (13.3% each)
Final exam Choice of 3 of 4 cases; in person; open book; via CourseLink (if you don't have a laptop, you can borrow one from Classroom Technical Support)	2-6	Tues Apr 25, 11:30am-1:30pm EST (room TBD)	40%
Total:			100%

9. COURSE STATEMENTS

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

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 the Dropbox function. 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.

Submission of Group Presentation to Dropbox:

The presentation should be submitted electronically BY ONLY ONE STUDENT IN THE GROUP via the group assignment 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 Presentation:

The presentation is due by 12:00pm on your presentation day (Feb 2 or Feb 7). This will be the final version of the presentation. No edits permitted after submission. Presentations submitted after 12:00pm on your group's presentation day will receive a 5% penalty. If your group does not submit or do the presentation, 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 quiz. 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 four quiz marks will be dropped. If you miss one quiz, it will be counted as your lowest of four quiz marks and will be dropped. The remaining three quizzes will each be worth 13.3% 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 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.](#)

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 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](#).

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.

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

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) of the college in which the student is registered. 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>

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.

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.

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).

COVID-19 Safety Protocols:

For information on current safety protocols, follow these links:

- <https://news.uoguelph.ca/return-to-campus/how-u-of-g-is-preparing-for-your-safe-return/>
- <https://news.uoguelph.ca/return-to-campus/spaces/#ClassroomSpaces>

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

Appendix

For those students enrolled in the Area of Emphasis in Dietetics, the following table describes how various [Integrated Competencies for Dietetic Education and Practice \(2020\)](#) are covered and assessed in NUTR*1020 (Professional Practice in Applied Nutrition).

Practice Competency	Performance Indicator	PI Assessment Required (Knows, Knows How, Shows How, Does)	Related content and assessment in NUTR*1020
1. Food and Nutrition Expertise			
1.02 Apply understanding of food environments	1.02c Demonstrate awareness of Indigenous values and ways of knowing related to food environments	Knows	Content: Dr. Anderson's guest lecture Assessment: Quiz
	1.02d Demonstrate understanding of factors affecting food security of Canadians	Knows how	Content: Social determinants of health, food insecurity Assessment: Quiz
2. Professionalism and Ethics			
2.01 Practice within the context of Canadian diversity	2.01b Demonstrate knowledge of health systems in Canada	Knows	Content: Nutrition profession in Canada Assessment: Quiz
2.02 Act ethically and with integrity	2.02a Treat others with respect	Shows How	Content: Throughout unit on ethics in applied nutrition Assessment: Group presentation, Case
	2.02c Act in accordance with ethical principles	Shows How	Assessment: Quiz, Case
	2.02f Maintain professional boundaries	Knows How	Content: Professional self-regulation Assessment: Quiz, Case
2.03 Practice in a manner that promotes cultural safety	2.03a Act with sensitivity and humility with regard to diverse cultural groups	Knows How	Content: Respect for persons/justice; Racial diversity in dietetics Assessment: Quiz, Case
	2.03c Demonstrate knowledge of the ongoing impact of colonization/systemic racism on Indigenous peoples in Canada	Knows	Content: Social determinants of health, food insecurity, maleficence, social injustice Assessment: Quiz

Practice Competency	Performance Indicator	PI Assessment Required (Knows, Knows How, Shows How, Does)	Related content and assessment in NUTR*1020
2.04 Employ a client-centred approach	2.04a Demonstrate knowledge of a client-centred approach	Knows	Content: Intro to ethics, consent Assessment: Quiz, Case
	2.04b Ensure informed consent	Knows How	Content: Informed consent Assessment: Quiz, Case
	2.04d Engage client in collaborative decision making	Knows How	Content: Informed consent Assessment: Quiz, Case
	2.05e Maintain client confidentiality and privacy	Knows How	Content: Confidentiality and privacy Assessment: Quiz, Case
2.05 Practice according to legislative, regulatory and organizational requirements	2.05a Demonstrate knowledge of federal requirements relevant to dietetic practice	Knows	Content: Canadian health care context; various federal Acts Assessment: Quiz
	2.05b Demonstrate knowledge of provincial/territorial requirements relevant to dietetic practice	Knows	Content: Professionalism, professional self-regulation; various provincial Acts Assessment: Quiz
	2.05c Demonstrate knowledge of regulatory scope of practice, bylaws, standards of practice and codes of ethics	Knows	Content: Professionalism, professional self-regulation, Collaboration and interprofessional care Assessment: Quiz
2.08 Manage time and workload	2.08a Prioritize activities, 2.08b Meet deadlines	Shows How	Assessment: Group presentation
2.09 Employ an evidence-informed approach to practice	2.09a Demonstrate knowledge of factors that inform decision making	Knows	Content: Evidence-based practice Assessment: Quiz
	2.09b Demonstrate knowledge of the process of evidence-informed decision making	Knows	Content: Evidence-based practice Assessment: Quiz

Practice Competency	Performance Indicator	PI Assessment Required (Knows, Knows How, Shows How, Does)	Related content and assessment in NUTR*1020
2.12 Maintain comprehensive and current knowledge relevant to practice	2.12b Identify relevant sources of information	Knows How	Content: Evidence-based practice, CRAAP test Assessment: Quiz
	2.12c Critically appraise information relevant to practice	Knows How	Content: Evidence-based practice, critical thinking in AHN Assessment: Quiz, Case
2.13 Use information management technologies to support practice	2.13a Demonstrate knowledge of information technologies relevant to practice	Knows	Content: Virtual care, social media and technology Assessment: Quiz
3. Communication and Collaboration			
3.02 Use effective written communication skills	3.02b Write clearly and in an organized fashion	Shows How	Assessment: Cases on final exam
3.03 Use effective oral communication skills	3.03a Speak in a manner responsive to audience	Shows How	Group presentation
	3.03b Speak clearly and in an organized fashion	Shows How	Group presentation
3.04 Use effective electronic communication skills	3.04a Demonstrate knowledge of electronic communication applications	Knows	Content: Virtual care, social media and technology Assessment: Quiz, Case
3.05 Use effective interpersonal skills	3.05e Employ principles of negotiation and conflict management	Shows How	Content: interprofessional collaboration Assessment: Case
3.06 Engage in teamwork	3.06a Demonstrate knowledge of principles of teamwork and collaboration	Knows	Content: Collaboration and interprofessional collaboration Assessment: Quiz, Group presentation
	3.06b Contribute effectively to teamwork	Shows How	Assessment: Group presentation

Practice Competency	Performance Indicator	PI Assessment Required (Knows, Knows How, Shows How, Does)	Related content and assessment in NUTR*1020
3.07 Participate in collaborative practice	3.07a Identify scenarios where dietetics knowledge is a key element of collaborative practice	Knows	Content: Collaboration and interprofessional care Assessment: Quiz
	3.07c Participate in discussions with team members	Shows How	Assessment: Group presentation
4. Management and Leadership			
4.07 Foster development of food literacy in others	4.07a Demonstrate knowledge of the concept of food literacy	Knows	Content: Food literacy Assessment: Quiz