



## COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS  
AND APPLIED NUTRITION

# NUTR\*4910 Applied Human Nutrition Thesis II

## COURSE OUTLINE – WINTER 2025

### 1. CALENDAR DESCRIPTION

The student will conduct and write an undergraduate thesis under the direction of a faculty member.

<b>Credit Weight:</b>	1.0 credits
<b>Course Hours:</b>	- ( lecture; 6 lab/seminar)
<b>Pre-Requisite(s):</b>	NUTR*4810
<b>Co-Requisites(s):</b>	
<b>Restriction(s):</b>	Instructor consent required

### 2. COURSE DESCRIPTION

#### Guidelines for Completion of an Undergraduate Thesis in Applied Human Nutrition

Located at: <https://family.uoguelph.ca/guidelines-completion-undergraduate-thesis-applied-human-nutrition>

#### Introduction to AHN Undergraduate Thesis

Students wishing to undertake an undergraduate thesis should approach a thesis advisor in the Winter semester of third year. Students normally have a GPA of at least 80% in 2nd year and above. The advisor must be a member of the AHN faculty. The thesis is normally completed in the 7th and 8th semesters of the program. Two thesis format options are available: a traditional thesis format and a manuscript format, as outlined below. Students should discuss the pros and cons of each option with their thesis advisor. In addition, the student will also present her/his work in the AHN graduate seminar course. Students may wish to attend the Department of Family Relations and Applied Nutrition research seminar. (Speak to your AHN thesis advisor.)

In both options the student will...

1. Complete a comprehensive literature search in the chosen area of study and sub-areas that provide sufficient background to demonstrate knowledge of the content area [students may take on-line tutorials or tutorials provided at the library to help with this task]
2. Read this literature and digest this information to understand gaps appropriate for further research, limitations of the current research etc.

3. Work with the advisor to develop a research focus and question(s) and identify research methods to answer the question(s) [note many undergraduate students lack the expertise to decide among the various methods and strong guidance from the advisor is anticipated]
4. Review texts and primary literature (typically identified by advisor) on the research methods (e.g., mail survey), technical (e.g., BOD POD), statistical (e.g., chi square, intraclass correlation, regression), and other analysis methods (e.g., descriptive qualitative) to develop an understanding of the chosen methods
5. Develop a first draft of research ethics and work with the supervisor on revisions [optional]; this includes development of consent forms, information letters, and participant feedback
6. Develop questionnaires or other materials required for the research completion [as required]
7. Complete data collection, analysis and discussion of the project results.
8. Write up the project in the agreed format, and present at the undergraduate honours thesis presentation day at the end of the winter semester

## Notes on Process

- Dependent on the project, students may start tasks expected during NUTR\*4910 during the first course NUTR\*4810.
- Some projects may be scheduled for the summer semester for data collection. In this event, it is anticipated that students may take NUTR\*4810 during the summer semester to assist with this process.
- It is anticipated that the student will meet with their advisor on a weekly basis and potentially more frequently during the course of data collection and analysis.
- It is anticipated that several drafts of end products will be required and revised prior to the final end product submission to the supervisor/advisor.

## Option 2: Manuscript Submission

The product for this option is a high-quality manuscript developed for a specific journal. Due to timelines of the undergraduate thesis, submission may not occur within the two semesters under which the student takes NUTR\*4810 and NUTR\*4910; however, it is intended that with minimal editing on the part of the student and advisor, a manuscript would be ready for submission close to completion of this course work. It is intended that the student would be the first author on the submission and as such will work closely with the advisor post review and resubmission of the manuscript to the chosen journal. The advisor and other research assistants involved directly in the project will also be authors on the submitted manuscript.

## NUTR\*4810 Expectations

- Audit of readings: primary articles, texts, and other materials read during the semester will be listed with a short description that demonstrates the student has identified the key concepts in the reading (i.e., what does this article say, what gaps does it identify, does the quality of the article suggest that more work is needed in the area, what is the statistical test to be used and why, etc.) This is a point-form document with complete citations [approximate length 10-15 pages]
- Ethics form [optional]

- Questionnaires and other research requirements as needed
- A good draft of the literature review which presents a clear argument for the project and the research purpose [approximately 2 pages or longer dependent on anticipated journal]

## NUTR\*4910 Expectations and Manuscript

Draft submission of manuscript in line with requirements of the chosen journal, including title page, abstract text, tables, figures, bibliography, and appendices [approximate length 20-30 pages]

- Data collection [may be optional dependent on secondary data available for analyses]. This step can be quite extensive, dependent on the project (e.g. mail survey, nutritional assessment of a select group, provision of a nutrition education intervention and its evaluation).
- Data entry, interview transcription [as required].
- Data analysis [consultation with statistical support and the taking of a seminar or short course in these methods may be required such as the Basics of SPSS]
- Development of results tables based on analyses
- Identification of journal appropriate for submission, review the requirements for submission
- Writing of results text
- Writing of discussion/conclusions

### 3. TIMETABLE

**Lecture:** xxxx  
**Location:** xxxxx or Teams  
**Final Exam:** none

### 4. INSTRUCTIONAL SUPPORT

**Course Instructor:** Paula Brauer  
**Email:** [pbrauer@uoguelph.ca](mailto:pbrauer@uoguelph.ca)  
**Telephone:** 519-824-4120 ext. 54831 message  
**Office:** MINS B13  
**Office Hours:** by appointment

**Teaching Assistant:** none

**Email:**  
**Office:**  
**Office Hours:**

### 5. LEARNING RESOURCES

## Required Resource(s):

Numerous resources will be used in the projects and will be posted in the Project Dropbox.inc folder as discussed.

### Zotero (free)

- The [Library Guide for Zotero](#) has information on getting started, downloading browser extensions and handling citations.
- The two videos: "[Zotero: How to Add References](#)" and "[Zotero: How to Organize Your References](#)" cover the management of references.

### Survey Methods Resources

- Dillman DA, Smyth JD, Christian LM. Internet, phone, mail, and mixed-mode surveys: the tailored design method. 4th ed. Hoboken, NJ: John Wiley and Sons; 2014. 496 p.
  - Hard copy in B13 to borrow
  - Available online at the library  
<https://ebookcentral.proquest.com/lib/uoguelph/detail.action?docID=1762797&pq-origsite=primo>
- Aday L, Cornelius J. Designing and conducting health surveys: a comprehensive guide. 3rd ed. San Francisco: Jossey-Bass; 2006.
  - Hard copy B13 to borrow
  - Online in Dropbox under Training>Survey Methods
  - Available as one hard copy in the McLaughlin Library (U of G) Book Stacks ; RA408.5 .A33 2006

## Recommended Resource(s):

### Qualitative Methods Resources (all available)

#### Introduction

- Green and Thorogood. Qualitative Methods for Health Research, 1st ed. Chap 1. Scan book In Dropbox, 2nd ed on bookshelf in B13
- Cohen, D., & Crabtree, B. (2006). Qualitative research guidelines project. A Comprehensive Guide for Designing, Writing, Reviewing and Reporting Qualitative Research, Princeton, NJ: Robert Wood Johnson Foundation. Retrieved from <http://www.qualres.org/index.html>

#### Other papers

- Hsieh, H-F, Shannon S. Three approaches to qualitative content analysis. Qualitative Health Res 2005; 15: 1277-1288.

#### Analysis

- Green and Thorogood. Qualitative Methods for Health Research, 4th ed. Chap 10. In Dropbox (poor xerox), can also find on <https://www.perlego.com/home> (7day free trial)
- Saldana, J. The Coding Manual for Qualitative Researchers, 2nd ed. 2013. Chap 1 and selected other sections.

## 6. LEARNING OUTCOMES

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

1. Understand and contribute to a multi-pronged team project.
2. Learn, practice and use several research methods in developing and deploying an online survey.
3. Develop skills in analysing data and communicating results in formal settings.

## 7. TEACHING AND LEARNING ACTIVITIES

	See end of this document		

**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
<b>Abstract for submission to national meeting – CNS, CFDR, or other*</b>	LO #3	Mar 3rd	20
<b>Manuscript (2 rounds of review)</b>	LO #2 and #3	Last day of exams	50
Effort	LO – All		15
<b>Poster or oral presentation to dept or College research group</b>	LO #3		15
<b>Total:</b>			100%

- Meeting to send to will be decided in Winter semester to fit topic and costs. CNS - The Call for Late-Breaking abstracts will be announced on February 14, 2025 and the submission deadline will be March 13, CFDR – no plans announced yet

## 9. COURSE STATEMENTS

### Land 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.

**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.

**Late Assignments:**

If you are going to hand an assignment in late, you must contact your course instructor to inform them 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, your instructor will not be using Turnitin.

## **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](http://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's office. Instructors shall not assign a grade of zero even if they believe that the

student has committed some form of academic misconduct (e.g., copied material from a website like CourseHero) on an assignment or exam.

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

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

### **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.

Meeting Schedule (removed)

**Timing and format of April events still to be determined.**

**Guidelines for Work**

1. **Keep the advisor informed of changes/confusion/questions.**
2. **Support from all members of the research team.**
3. **Use of MINS B13.** You are welcome to use B13 as needed.