

Course Overview

The importance of nutrition to the outcome of pregnancy. Topics include: physiology of pregnancy and lactation; nutritional requirements and food habits of pregnant women; methods of feeding, nutritional requirements and growth and development of the infant and preschooler. Prereq: Nutr 1323

Learning Objectives

After successfully completing this course you will be able to:

1. Identify the nutritional requirements and considerations for preconception, pregnancy, lactation and infancy.
2. Summarize common nutritional concerns in maternal and infant populations and effective nutrition-specific intervention options for each.
3. Apply the principles of maternal and infant nutrition to the development of care plans for specific case studies.
4. Demonstrate ability to understand the complex interactions that exist between *what* and *how* food is offered to children and how this shapes their future diet and health.

NUTR 4543 is broken into 5 modules, each with a specific focus. The Course Schedule outlines the weekly modules.

There are 5 quizzes and 2 case study assignments. Study at your own pace (preparing for each module quiz and the assignment), keeping in mind that you have six months to complete the entire course and that the final assignment must be in at least **4 weeks prior** to the date you wish to write the exam. This allows me adequate time to mark the assignments and return them to you prior to writing the exam.

Instructor

Tristaca is a Registered Dietitian who relocated to Kelowna, BC after living in Halifax for 6 years. While in Nova Scotia, she taught a variety of courses in the School of Nutrition and Dietetics at Acadia University. In fact, she continues to teach 6 Nutrition courses through Acadia's distance education department. While at Acadia, Tristaca founded the first ever Canadian university convivium of Slow Food, aimed at helping dietetics students foster an appreciation for high quality, socially responsible food. She also spear-headed a collaboration between Acadia University and Magnolia Creek, a residential treatment center for eating disorders based in Alabama. This program will allow Acadia staff and faculty to receive mentorship and training to be better able to support students who may be struggling with disordered eating. In addition to her work at Acadia, Tristaca has also developed online nutrition curriculum for Thompson Rivers University, the National Coaching Institute, and Dietitians of Canada. In addition, she has been a content reviewer for several undergraduate nutrition textbooks and co-authored the Instructor's Manual for *Nutrition: Science and Applications, 2nd Canadian Edition*. She has also been both an item writer and appraiser of the Canadian Dietetic Registration Examination. As founder of her nutrition practice called *Fueling With Food*, she specializes in sports nutrition, family feeding, and media communications.

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Course Materials

Required text (See the [student handbook](#) for ordering information.):

Brown JE. Nutrition Through the Life Cycle. 7th Ed. with MINDTAP access. You have 2 options for purchasing this text with access to MINDTAP:

1. **Paper copy of text with MINDTAP. ISBN10:** 0-357-25731-6 or **ISBN13:** 978-0-357-25731-9. This will include a LOOSE LEAF copy of the book and access code to Mindtap. Loose Leaf is comes 3 hole bunch and shrink-wrapped. Can be purchased at www.nelsonbrain.com **No longer available at the Acadia Bookstore.**

2. **Digital copy of text with MINDTAP. ISBN10:** 0-357-02003-0. This is an Instant Access Code ONLY for Mindtap. MINDTAP always has an Ebook so this gives those students that wish to go Digital only an excellent and well priced option. You can purchase this option ONLINE ONLY at: www.nelsonbrain.com. Search the ISBN and follow purchasing direction on site. **No longer available at the Acadia Bookstore.**

Or

Brown JE. Nutrition Through the Life Cycle. 8th Ed. with MINDTAP access. Paper, **ISBN 9780357971123**

After purchasing the text and access to MINDTAP, access the course at MINDTAP, go to **URL:** <https://login.nelsonbrain.com/course/MTPNJ43NL529>.

- If you choose to enroll in some of the online text resources, it will ask you for a course url. There is no url for this course, so just skip this step.

Other required resources will be listed in the modules. Each module includes a list of website links that are referred to throughout the lesson. When looking for specific resources on these websites, you may want to search the title or topic of the resource either at the website directly, or through Google. Since urls change so often, the exact links for specific resources are often not given in the modules.

To access Library Articles and Journals from off-campus use [VPN](#) web service link for direct access.

Evaluation

Participation	9%
Case Studies (2x20%)	40%
Module Quizzes	20%
Final Exam	31%

Please note: You must pass the final exam to pass the course.

Participation

Throughout the course there will be 3 forums where you will be asked to reflect on a specific issue and how it pertains to your current knowledge, experience, or life. Your participation mark will depend on your ability to critically analyze the topic question and integrate previous students' posting in your own posting. Each posting is worth 3% and you will be marked on only 1 posting per forum, so I suggest you read the forum topic, then read through the previous postings, and then reflect on your response for a couple of days. This will lead to a richer discussion and will improve your grade!

Quizzes

You are required to complete 5 *quizzes* for this course. Each quiz is comprised of approximately 20 multiple-choice and true /false questions, some of which may be calculations, and is worth 4% of your final grade. Make sure to read each question VERY CAREFULLY!

Be sure you are familiar with the material *before* taking the quiz as each quiz is only *30 minutes* in duration, and can only be *taken once*. The timer will begin counting down once the quiz is opened. When the 30 minutes have passed the quiz will no longer accept new entries. Be sure to submit your quiz prior to the 30 minutes being complete, as once the quiz closes, there is no way to submit your answers and you will receive a zero on the quiz. **There are no rewrites permitted for the quizzes.** The quizzes will test both your *recall* and your ability to *apply* your knowledge. As dietitians, we rarely have clients ask us questions worded exactly like they came from a text book. As a result we need to be skilled in taking the basic knowledge we gain from reading texts, journal articles, research findings etc. and applying this to clients' particular question or scenario. You will need these same skills to apply what you learned to your everyday life! Hence, in every quiz there will be questions that ask you to apply the concepts you learned in the chapter to different scenarios. That also makes it interesting and should help you retain the information better. It is also important to do the chapters/modules and quizzes in order, as information given earlier in the course provides the basis for information given later.

To prepare for quizzes, I suggest using the information provided in each module, the associated text chapters, and practice quizzes from MINDTAP. At the conclusion of your quiz you have immediate access to your results. Make sure you refer back to the text to understand any incorrect answers you gave. These questions may appear again on the final.

Click *Quizzes* on the left of your course homepage to access the quizzes.

Case Studies

You will complete 2 case studies through this course. One is in Module 2 and deals with nutrition during pregnancy, and the second case study is in Module 5 and deals with nutrition during childhood. These case studies are designed to test your application of the knowledge presented in the module to a 'real life' scenario. These are meant to mimic situations you may encounter as a healthcare professional working with maternal and infant populations. You will be graded on your ability to complete calculations, identify issues and risk factors, and propose workable solutions that are client-centered and synthesize information presented throughout the text and module readings. You will be given practice case studies from MINDTAP to complete in the modules to get you thinking about the application of this material in the clinical setting. While these are not for marks, they will be good practice for your two case studies that you will submit for marks. However the graded assignments will be of much more detail than those practice ones found in the module.

Your completed assignment should include:

- A title page with your name, course number, and title
- Your answers to the case study, with headings and references where appropriate
- Reference list in the style of APA, if using outside references.
- Submit to me via drop-box

Please note:

PDF versions of assignments are preferred. If a PDF version is not possible then assignments must be completed in an Microsoft Office compatible document and delivered to me via assignment drop-boxes.

This assignment should be received **at least 4 weeks prior to the date you wish to write the exam**. If you request permission to write the final without having first submitted this assignment, your request will be denied.

Exam

When you have completed all course work, a link to apply to write the final exam will appear in your course home page. Once you apply at that link, the exam will be available to you to write online at an agreed upon time.

The final exam is NOT open book. It covers the material from the entire course. It will consist of approximately 80 multiple choice and a few short answer questions. The Multiple Choice questions will be very similar to the questions asked in the quizzes, so you will have to know the material to the same level of detail. Among the short answer questions there will be some choice. In other words, you may be presented with 4 short answer questions and asked to answer 3. As a tip, review the course objectives listed in each module. They highlight what I feel are the most important concepts from each chapter. In fact, many of them would make excellent final exam questions stated just as they are. Also, review the course content and learning activities provided by the text and accompanying modules.

Student Handbook

You are responsible for becoming familiar with the contents of the Student Handbook. It contains important information about scheduling examinations (if applicable), applying for extensions, withdrawing from your course, ordering books, and computer and library services available to you. If you have questions about the policies outlined in the handbook (<https://courseware.acadiau.ca/openacadia/studenthandbook.html>), contact:

Open Acadia
21 University Avenue (Rhodes Hall)
Wolfville, NS B4P 2R6
Phone: 1-800-565-6568
Fax: 1-902-585-1068
Email: openacadia@acadiau.ca

Academic Integrity

Academic integrity demands responsible use of the work of other scholars. It is compromised by academic dishonesty such as cheating and plagiarism. A student who is uncertain whether or not a course of action might constitute cheating or plagiarism should seek in advance the advice of the instructor involved.

- Cheating is copying or the use of unauthorized aids or the intentional falsification or invention of information in any academic exercise
- Plagiarism is the act of presenting the ideas or words of another as one's own. Students are required to acknowledge and document the sources of ideas that they use in their written work.
- Self-plagiarism is also a form of plagiarism. It is the presentation of the same work in more than one course without the permission of the instructors involved.
- A student who knowingly helps another to commit an act of academic dishonesty is equally guilty.
- Penalties are levied in relation to the degree of the relevant infraction. They range from requiring the student to re-do the piece of work, through failure on that piece of work, to failure in the course, and to dismissal from the university.

Course Schedule

You have 6 months to complete this course. You will set your own schedule, but if you intend to complete the course in less than 3 months, you should let me know.

Please do not leave all of your course work until a few weeks before your completion date. Although I will make every effort to accommodate your schedule within reason, I need time to grade assignments and mark exams.

[Recommended/Suggested Schedule \(pdf\)](#)