

NUTR 1323 N3; Human Nutrition 2

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Syllabus - webpage

Course Description

The application of nutrition through the life cycle.

Nutrition 1323 presents the application of nutrition throughout the lifespan. The course begins with a detailed analysis of energy and weight balance, and then goes on to cover nutrition specific to each life stage.

Nutrition 1323 furthers your understanding of nutrition as a science. You will be asked to analyze nutritional and dietary claims for validity and use what you already know regarding nutrition to refute any fallacies you encounter.

NUTR 1323 is broken into 6 modules, each with a specific focus. The Course Schedule outlines the weekly modules.

There are 6 quizzes and 1 assignment. 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.

Learning Objectives

After successfully completing this course you will be able to:

- Recognize the science of nutrition as a specific discipline and appreciate its relationship to other sciences.
- Appreciate the complexity of genetic and environmental issues that surround energy balance and weight maintenance.
- Apply the principles of nutrition to the study of energy and nutrient needs during the life cycle.
- Evaluate: 1) the reliability of nutritional claims; and 2) the nutritional adequacy of dietary intakes.
- Recognize the value of periodical literature in keeping up to date with current nutrition research.
- Understand the relationship that exists between the foods we eat and human health.

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 5 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 part of her nutrition practice, she specializes in sports nutrition and media communications.

Tristaca Curley, MSc, RD

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Course Materials

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

Whitney E, Rolfes SR, Hammond G, and Piche LA. (2016) Understanding Nutrition. Second Canadian Ed. Nelson Education, Ltd. with 12 month access to MINDTAP ISBN: 0176706232.

MINDTAP:

Access to MINDTAP is required in order to access the resources used within this course, such as module activities and practice questions.

How to access MINDTAP:

Registration

1. Connect to <https://login.nelsonbrain.com/course/MTPP-CDPP-J1ZS>
2. Follow the prompts to register your MindTap course, using the access code provided with the textbook (ISBN listed above). The course key to register for this course is: **MTPP-CDPP-J1ZS**

System Check

To check whether your computer meets the requirements for using MindTap, go to <http://ng.cengage.com/static/browsercheck/index.html>

Please Note: the System Check is also accessible in the drop down box next to your name located in the upper right corner of your MindTap page.

Required Supplementary materials:

Eating Well with Canada's Food Guide can be downloaded at: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#1>

Evaluation

Quizzes	40%
Fad Diet Assignment	25%
Final Exam	35%

Quizzes

You are required to complete *6 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 approximately 7% 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. Each module begins with 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 prepare for quizzes, I suggest using the information provided in each module, the associated text chapters, and practice quizzes from the text companion site. 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.

Fad Diet Assignment

This assignment will ask you to use your knowledge regarding nutrient needs for adults and critique a popular fad diet. Examples of fad diets include, but are not limited to:

- Wheat Belly
- Paleo
- Beachbody
- Ideal Protein
- Isagenix
- Bulletproof

You will be responsible for researching the specific diet you've chosen and gathering information on how the diet is structured as well as assessing how nutritionally sound the diet appears to be, based on your knowledge of nutrition and health, as well as on the scientific evidence available. You will summarize the information in a **1500 word maximum** paper. As this is a scientific paper, you are expected to provide support for your ideas from accurate sources, such as recent peer-reviewed research and your textbook. The following sources are NOT acceptable: articles from magazines, review articles, diet websites, WebMD, un-authored material, letters to the editor, Nutrition Review summaries etc.

The following topics must be addressed:

- Macro and micronutrient adequacy - Does the diet provide the needed macronutrients and micronutrients? Are specific food groups limited? Be sure to back up your critique by referring to the specific macro and micronutrient recommendations!
- Fallacies in the diet's claims - Does the diet make claims that are nutritionally false? i.e. claims to boost metabolism, lose weight without trying, block absorption of specific nutrients, or any other claims that sound too good to be true. Again, be sure to provide support for your critique.
- Short and long-term health effects - Based on what you know regarding nutrition and health, are there any health effects that may come from following this diet in the long-term? i.e. high cholesterol, ketosis, osteoporosis etc.
- Effectiveness – Do you think the diet would effectively help someone lose weight and most importantly, would that weight loss be sustainable in the long-term? Also, how easy would it be for people to stick with the diet? Is it so strict that long-term compliance would be difficult?
- Additional diet specific information i.e. cost, supplements, who created the diet etc, as applicable.
- Refer to research articles throughout the paper as applicable. Please include at least **2 original research** articles published in the last 5 years on your diet as it pertains to either health outcomes or effectiveness of compliance and weight loss maintenance. Note that the research may not look at your specific fad diet, but may look at similar dietary intakes. For example, if you chose the Ideal Protein Diet, you may find research on low carbohydrate diets in general. If you chose the Beachbody diet, you may look at cleanses or fasts in general. Find research on diets with similar energy or macronutrient composition, not necessarily the exact same fad diet. These articles must be **original research**, i.e. they are not reviews of research done previously. Search Acadia's library catalogue or websites such as Pubmed.

Include a Reference List at the end of your paper. Please follow the referencing style of the latest version of APA. Acadia has a variety of resources on APA at: <http://libguides.acadiau.ca/content.php?pid=18721&sid=614562>.

Your completed assignment should include:

- A title page with your name, course number, and chosen diet
- Your 1500 maximum word essay, with headings and references where appropriate
- Reference list in the style of APA.
- 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!

Course Schedule

Click to download the suggested schedule for this course: [NUTR 1323 N3 - Suggested Schedule](#)

Fill in your start date and use the recommended timeline to plan out when you will do readings and assignments. This is a tool to help you time manage this course. If you get off-track, make sure to revisit your schedule and re-evaluate the dates you've set for yourself. This course can be completed quicker than the 23 weeks outlined in the schedule if you have the time to devote to it.

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.

Quick Overview: Recommended Schedule

Week 1-2	Module 1
Week 3-4	Module 2
Week 5-7	Module 3
Week 8-11	Module 4
Week 12-15	Module 5
Week 16-20	Module 6
Week 21-23	Exam Prep
Week 24	Final Exam

Exam

How to apply: Complete the [Application for Examination](#)

Proctored at Acadia

- The final exam in a distance education course must be passed to successfully complete the course. There are no rewrites or supplemental examinations at Acadia University.
- Examination requests must be received one month prior to the date you wish to write your examination.
- Course requirements must be completed to the satisfaction of your instructor.
- **Graduating Students Note:** If you are graduating in Spring Convocation you must write by April 15th. If you are graduating in Fall Convocation you must write by September 15th.

Proctored at Another Location

If it isn't practical to take your exam at Acadia, off-campus exams can be written at another university or college. Arrangements for an examination may be made through the Registrar's Office or the Continuing Education office of most universities and colleges. If it is not possible to write your exam at an approved institution, please contact us for assistance.

- ***All fees associated with examinations written at other locations are your responsibility.***
- Some courses may require specific software or internet accessibility at the off-campus examination location.

The final exam is NOT open book. It will cover the material from the entire course. It will consist of approximately 80 multiple choice, calculations, 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 MINDTAP website.

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](#), contact:

Open Acadia

21 University Avenue (Rhodes Hall)

Wolfville, NS B4P 2R6

Phone: 1-800-565-6568

Fax: 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.

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