

NUTR 1503 CIN3: Understanding Nutrition

[Dashboard](#) / [Courses](#) / [NUTR 1503 CIN3 Home](#) / [NUTR 1503](#) / [Syllabus - Understanding Nutrition - web page](#)

Syllabus - Understanding Nutrition - web page

Course Description

The scientific basis of food selection for health. The course stresses evaluation of personal nutrient intake, especially carbohydrate, fat, and protein, in relation to needs for active living, weight management, and chronic disease prevention.

Instructor



Video transcript

"Hello, I am Tristaca Caldwell (now Curley) and I will be your professor for human nutrition. Just so you know a little bit of background about me. I started my academic studies at the university of Victoria. I took a kinesiology psychology combined from there I went on and did some undergraduate nutrition work and also followed up with a masters at Macgill in human nutrition. For my thesis I focused in on sports nutrition and eating disorders and those still remain my two areas of interest. I teach at Acadia and as well I have a private practice outside of Acadia that allows me to work with individuals trying to help them reach their sports nutrition goals particularly and some of their other general health goals."

Tristaca Curley, MSc, RD

Contact Information:

E-mail: tristaca.curley@acadiau.ca

Course Overview

This is an introductory level course in nutrition. No previous university level courses are required. This course introduces the student to the role of nutrition in health. It provides an introduction to the macronutrients (carbohydrate, protein and fat), the micronutrients (vitamins and minerals), water and fibre. The major functions and food sources of these nutrients are covered, along with the risks

of consuming too much or too little. Energy balance, healthy body weights and physical activity are also covered. Because it is impossible to completely understand how food nourishes us without understanding how our body's digest and absorb it, early in the course we focus on digestion and absorption. Understanding food labels, nutrition facts panels and claims on packaged products will also be introduced. The course also teaches the student about the nutrition and dietetics profession, how the dietetics profession is regulated in Canada and how to find reliable sources of nutrition information and advice. The basics on planning nutritious diets will also be covered with an in-depth look at Canada's new food guide from both a consumer and health educator perspective. The student will have an opportunity to evaluate his or her own diet and compare it to current nutrient guidelines and nutrition recommendations.

Objectives

After completing this course, the student should be able to:

- Understand the role of nutrition in overall health.
- Understand the diverse careers in nutrition and how the dietetics profession is regulated in Canada.
- Differentiate between reliable and unreliable sources of nutrition information.
- Read and decipher food labels.
- Trace the food we eat from the mouth to the cells within the body and thereby understand the role of digestion and absorption in turning food we eat into nutrients and energy the body can use.
- Understand what the Dietary Reference Intakes (DRIs) are and how they are used in the evaluation and planning of diets.
- Explain the major functions, food sources and risks of under and over consumption of vitamins, minerals, water, carbohydrate, protein, fat and fibre.
- Perform the calculations necessary to determine the energy contribution of carbohydrate, protein and fat.
- Become aware of Canada's new food guide and learn how to use it for planning nutritious diets.
- Calculate body mass index (BMI) and compare it to cut-offs for underweight, overweight and obesity.
- Calculate energy requirements (Calories needed).
- Explain how energy balance is achieved.
- Understand the role of diet, nutrition and activity in achieving and maintaining healthy body weights.
- Explain the role of macronutrients in fuelling physical activity.

Course Schedule

You have 6 months to complete this course. This course is self-paced, meaning that you can decide how quickly or how slowly to complete the course within that 6 month time frame. I suggest devising a schedule for yourself, similar to the one below, to ensure you keep pace with the course and finish in a timely fashion.

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 - 3	Module 1
Week 4-5	Module 2
Week 6 - 7	Module 3
Week 8 - 9	Module 4
Week 10 - 11	Module 5
Week 12 - 13	Module 6
Week 14	Module 7
Week 15	Module 8
Week 16 - 17	Module 9, Submit Assignment
Week 18	Module 10
Week 19 - 20	Module 11

Course Materials

The course textbook is:

Thompson & Manore & Sheeshka: Nutrition: A Functional Approach, Third Canadian Edition Plus MasteringNutrition with Pearson eText -- Access Card Package 3/e.

There are two options for this textbook:

- 1) Hard copy textbook with My Nutrition Lab access code (ISBN:9780321888648) or
- 2) e-text with MasteringNutrition access code (ISBN: 9780321859235).

If you choose to buy a used text, you will need to purchase access to MasteringNutrition separately in order to access the text's supplementary resources and Diet Analysis software (which you will use for the assignment). You can do that directly through the publisher at: <http://catalogue.pearsoned.ca/catalog/academic/product?ISBN=0321888642> and look for ISBN-10: 0321865022 "MasteringNutrition Instant Access." Note: Access to these supplementary resources is recommended, but NOT required. If you choose not to purchase these resources, you will also have to use a different food tracker for completion of your Dietary Evaluation Assignment. An acceptable alternative is Cronometer. See the Assignment instructions for more details.

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

With your textbook you have access to MasteringNutrition at your text book publisher's website:

<http://www.pearsonmylabandmastering.com/northamerica/masteringhealthandnutrition/>. You will need the access code that comes with your new textbook or that you purchased separately as well as this course ID, which is **MNTCURLEY50306**. Here you will have access to My Diet Analysis. The My Diet Analysis is a diet evaluation program that you will need to complete your diet evaluation assignment. You will also have access to a number of other very helpful study tools, such as power points, activities, videos and:

- Animations: Whether you purchase the hard copy text book or e-book you will have access at the above site to the e-book. In each chapter you will see a number of animations in the margins of the pages. Click on them to see the animations and accompanying voice-overs. I would HIGHLY recommend viewing the animations as you complete each module. Since we do not meet in the classroom this feature can help provide additional and important clarification of many physiological and biochemical processes. For example, the animation on how food is digested and absorbed demonstrates this process much better than a written description can.
- Sample test questions. Each chapter has sample multiple choice, true/false, fill-in-the-blank and matching questions. Your score is automatically generated. You may find this particularly useful when studying for the final exam.

Other resources for this course:

Canada's Food Guide and the accompanying resources for Professionals. You may wish to download a pdf or order a print copy of Canada's Food Guide at: <https://food-guide.canada.ca/en/> and the accompanying resources found with it.

Evaluation

Participation	9%
Module Quizzes	35%
Diet Evaluation Assignment	25%
Final Exam	31%

Note: You must pass the Final Exam to pass the course.

Assignments

Your assignments for this course are in the form of 10 open book module quizzes (worth 3.5 points each for a total of 35 points), 3 Forum posts (worth 9 points total) and one large diet evaluation assignment (worth 25 points). The quizzes are based on material covered in both your textbook and in the Lesson section of each module. You may find that the first 4 or 5 quizzes are quite challenging and will take longer to complete than the quizzes in the second half of the course. As a result it is very important not to leave your assignments and quizzes to the last minute. It is also important to do the chapters/modules and quizzes in order. Some of the hardest material in this course is in the first few Modules and text book chapters. This is not done to deliberately make life challenging for you. It just happens that the basic skills you need to understand the second half of the course all need to be covered early in the course; and some of these skills can be a bit challenging. That being said, if you have good use of logic and good basic

math skills you may find these first few Modules easy. I would advise that you read the chapter, take some notes, practice the review questions at the end of the chapter and THEN complete the quiz (with your textbook and notes in hand). Try to view the quizzes not just as a test, but also as a way to learn; a way of looking at the material differently and a way to **apply** your knowledge. The quiz questions were selected because they are most relevant to what we as dietitians deal with in our work. Hence, the topics and skills that are most relevant to everyday life are emphasized in these quizzes. An important tip: Read the multiple choice and true/false questions and answers VERY CAREFULLY. ONE word can **completely** change the meaning of the sentence!

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. For example, in Module 6 you will be taught about what causes dietary proteins to denature. The question in your quiz on this topic is one that we often hear from clients and is based on a claim that some food products have made. Your task will be to take what you learned about protein denaturation and figure out the most likely answer.

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' postings 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!

There is a separate document about the Dietary Assignment posted at the Course Home Page. The assignment is to be delivered to the instructor via assignment drop-boxes in PDF format. I suggest saving your assignment as PDF in whatever software you use to create your assignment before submitting. Please remember to put your name, student number, and assignment name and keep a copy in the event the original is lost.

The assignment should be received approximately **2 weeks prior** to the date you wish to write the exam. This will allow adequate processing time for the request and for marking the assignment.

Exam

****At the current time, the final exam will be administered through Acorn and will not be proctored due to social distancing limitations. When you have completed all course work, please email me with several times that work for you to write your final exam. The exam will be released to you at an agreed upon time.**

The final exam will cover the material from the entire course. It will consist of approximately 80 multiple choice and true/false questions, and a few short answer questions. 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. More information is given within each module on what types of information you will need to know for the final. In particular, refer to the information provided in Module 8 on the types of information to know for the final when it comes to micronutrients.

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:

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

[Click here to return to the Module](#)

Last modified: Thursday, 20 May 2021, 8:59 AM

[◀ Course Introduction - video](#)

Jump to...

[Suggested Schedule for NUTR1503 N2 - pdf \(hidden\) ▶](#)

 [Moodle Docs for this page](#)

You are logged in as [Chris Edwards](#) ([Log out](#))

[NUTR 1503 CIN3 Home](#)

[Get the mobile app](#)

 [Give feedback about this software](#)