



## **I. COURSE DESCRIPTION:**

In this course, the student will gain an understanding of the functions, sources and utilization of common nutrients in the body. Students will explore common nutritional excesses and deficiencies which impact on the health of Canadians. Students will apply knowledge of healthy nutrient use, exercise and weight principles in planning menus. The course will also cover the nutritional requirements necessary at various ages and stages of development, and for various disease states. Students will also gain a broader social and cultural awareness on nutritional issues within Canada and worldwide.

## **II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:**

Upon successful completion of this course, the student will be able to:

1. relate the concept of nutrition to the achievement of wellness and prevention of diseases.

### ***Potential Elements of Performance:***

- define wellness
- describe the components of wellness
- define nutrition and nutritional status
- identify determinants of an individual's nutritional status, including cultural practices, lifestyle, knowledge, values and beliefs and attitudes
- compare signs of healthy nutritional status with signs of poor nutritional status
- identify common diseases related to poor nutrition
- describe how nutrition contributes to wellness promotion and prevention of disease

2. identify the sources, functions and utilization of common nutrients.

### ***Potential Elements of Performance:***

- describe the mechanisms of digestion, absorption and metabolism of food nutrients
- identify the six classes of nutrients
- identify functions and sources of common nutrients
- using Canada's Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis
- read food labels to determine levels of nutrients, supplements and additives

3. apply healthy weight principles in menu planning.

### ***Potential Elements of Performance:***

- describe energy homeostasis
- describe how energy is measured both in foods and in the human body
- identify the components of energy intake and expenditure
- describe the relationship of energy intake and expenditure in maintaining a healthy weight
- calculate one's own energy intake and expenditure levels
- describe how to maintain weight control and meet requirements with athletic activities

4. assess the indications and determinants of an individual's nutritional status.

***Potential Elements of Performance:***

- describe the behaviour change process
- complete a diet history assessment which includes dietary intake, observable signs nutritional status, anthropometry and personal determinants of nutritional status.

5. compare and contrast nutritional requirements at various ages and stages of development.

***Potential Elements of Performance:***

- identify specific nutritional needs and related determinants of each age and stage of development
- describe healthy nutritional practices to meet developmental needs
- identify common nutritional problems related to various age groups
- develop a menu plan based on the nutritional needs of a stage of development

6. food preparation, handling & safety. Food additives, contaminants and supplements.

***Potential Elements of Performance:***

- choose healthy food preparation and storage practices to maintain nutrient value in foods and to reduce foodborne illness
- identify different additives and their function
- identify various contaminants, how the consumer may be exposed to them and the potential health risks they may present
- identify the agencies responsible for food safety and the techniques used to make food safe

**III. TOPICS:**

1. Basic Concepts in Nutrition
2. Indications and Determinants of Nutritional Status: Nutritional Analysis
3. Canada's Food Guide, Labels
4. Fats, Proteins, Carbohydrates
5. Vitamins, Minerals, Water
6. Nutrition and the Prevention of Disease
7. Energy Balance and Health Weight Concept, Nutrition in the Athlete
8. Nutrition through the Life Cycle
9. Food Preparation, Storage, Safety, Additives and Supplements

**IV. RECOMMENDED RESOURCES/TEXTS/MATERIALS:**

Sizer and Whitney, (2009), *Nutrition: Concepts and Controversies 1<sup>st</sup> Canadian ed*, Nelson Education Ltd., Toronto, Canada, with Diet Analysis (online or disk)

**V. EVALUATION PROCESS/GRADING SYSTEM:**

**1. Grading:**

In class work and participation	20%
Individual Assessment / Personal change (see handout)	20%
Quizzes (see below)	20%
Scrapbook	15%
Final Examination	<u>25%</u>
Total	100%

Quizzes will be available online starting the second week. There will be 10-12 multiple choice questions/quiz, based on material covered in the previous class. Each quiz can be written twice and the highest mark of the two will count.

- 2. The pass mark for this course is 50%. There are NO rewrites. In order to pass this course, all assignments/in class work MUST be completed and turned in.**
3. Students missing the tests or final exam because of illness or other serious reason must phone the professor **before** the exam to inform her/him (759-2554, Ext. 2635). Those students who have notified the professor of their absence, according to policy, will be eligible to arrange an opportunity to write the exam at another time. Students must contact the teacher on their first day back at school or clinical following a missed test or exam. Those students who **do not follow the above procedures** will receive a zero for that test or exam.
4. Students receiving borderline marks (49, 59, 69, 79, 89) may have their mark advanced to the next category if they have attended at least 80% of the classes.
5. In-class assignments are due at the start of the next class.
6. Due dates for the Individual Assessment, Scrapbook are identified in the Lecture Syllabus. Extensions **may** be granted for extenuating circumstances. However, there will be a 5% per day reduction in the grade given.

**V. EVALUATION PROCESS/GRADING SYSTEM:**

*The following semester grades will be assigned to students:*

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

**Note:**

For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

***Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.***

**VI. SPECIAL NOTES:**

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

Substitute course information is available in the Registrar's office.

Disability Services:

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of "academic dishonesty" in *Student Code of Conduct*. A professor/instructor may assign a sanction as defined below, or make recommendations to the Academic Chair for disposition of the matter. The professor/instructor may:

- (i) issue a verbal reprimand,
- (ii) make an assignment of a lower grade with explanation,
- (iii) require additional academic assignments and issue a lower grade upon completion to the maximum grade "C",
- (iv) make an automatic assignment of a failing grade,
- (v) recommend to the Chair dismissal from the course with the assignment of a failing grade.

In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Student Portal:

The Sault College portal allows you to view all your student information in one place. **mysaultcollege** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations. Announcements, news, the academic calendar of events, class cancellations, your learning management system (LMS), and much more are also accessible through the student portal. Go to <https://my.saultcollege.ca>.

Electronic Devices in the Classroom:

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member. Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.