



**School of Health and Exercise Sciences ~ HES 200: Human Nutrition (3 credits)
Fall 2023 Course Outline**

Land Acknowledgment:

Please take a moment to acknowledge the land or territory that you are working and studying from and be grateful for the opportunity. The Okanagan campus is situated on the traditional, ancestral, and unceded territory of the Syilx Okanagan Nation, so for me, I acknowledge and respect the privilege I have to be able to work and live in this territory. If you are interested in learning more about the land or territory you are living and working from, I encourage you to do so at this link: <https://native-land.ca>

Course Instructor:

Sandra Thies, RD

Registered Dietitian
Certified Intuitive Eating Counselor
UBC Clinical Instructor

Office: Virtual office via zoom/ARTS 158
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Teaching Assistants:

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DC Affiliate, International Association of Eating Disorder Professionals Certified, IOC Sport Nutrition Certified, CSEP Clinical Exercise Physiologist
Associate Professor of Teaching, School of Health and Exercise Sciences

Academic Calendar Entry

This advanced introduction to nutrition course focuses on the functions, sources, metabolism and dietary requirements of nutrients. Nutrition in the context of promoting health (disease prevention), healthy body weight and supporting physical activity will be the focus, incorporating tools and knowledge to enable students to make decisions about healthy food choices and dietary habits based on scientific evidence. Other current nutritional issues will also be discussed. (3-0-0) 3 credits

Prerequisite: HMKN 100, 190, 191/HES 100, HES 101, HES 120

Please note you cannot get credit for HES 200 and HINT 331

Course Format

This course is designed to continue to build on your nutrition and health knowledge, skills and application learned during HMKN 100, 190, 191 (HES 100, 190, 120). Lectures will involve information presentation, discussion and critical thinking focusing on many aspects of nutrition to provide foundational information and skills to use in your life and career. Assignments and practical opportunities will also help build knowledge and practical application skills.



There will be a few classes that will be asynchronous and/or synchronous/online throughout the term. Please see the course schedule below.

Class times: Tuesdays & Thursdays, 8-9:30am, ARTS 366

Plan for Your Success in HES 200

Keep this course outline handy and review the course schedule and readings weekly.

Lecture notes:

You are responsible for taking notes in class on what I present as well as class discussions. I will use power-point, white board and demonstrations. With 150+ brains in the class, and years of eating experience, there is a wealth of potential and knowledge to be shared and learned, so please contribute! Powerpoints will be posted on canvas and any virtual lectures will be recorded. At the end of each unit I will provide a study and review guide/summary checklist which will serve as “need to know” material to study for exams.

Lecture attendance:

Attending class is not mandatory but classes with labs and activities ***are*** since part of your learning is based on participation and completion of in-class activities and Experiential Learning Tasks (ELTs). Attendance is highly recommended, as material discussed in class will be on exams and, in addition, students who attend classes generally achieve higher grades. ***It's also more fun and a great way to connect! We have some interesting topics and activities planned for class 😊***

Expectations:

As we are all lifelong learners I will strive to make the class an optimal and healthy learning environment for everyone. This can be facilitated by your communication with me, throughout the course, about positive components of the class process as well as your concerns. As your professor, you can expect from me punctuality, effort, professional conduct and work, and respect for you and your classmates. I expect the same from you. This is YOUR course and I want you to get the most out of it, so you need to let me know what I can do to help. Please be familiar with, and follow academic policies noted on the HES course canvas, and at the end of this course outline.

Course Overview, Content and Objectives

The aim of this course is linked tightly to the School of Health and Exercise Sciences' (HES) mandate for you to receive training in human physiology, health promotion and health psychology, fitness appraisal and exercise prescription, and health program policy and epidemiology, all which include aspects of nutrition. The aim of HES is to prepare you for careers in allied health sciences (e.g., medicine, physiotherapy), and civic, corporate, and governmental agencies engaged in health promotion. Nutrition is a key part of all of these positions and can be a significant part of your career ***and health***.

Learning Outcomes

Throughout this course we will work together as a team to help you be successful in:

1. gaining an understanding of the fundamentals of nutrition, including structure, characteristics, functions and metabolism of nutrients
2. understanding the relationship between, and considerations for, diet and healthy eating practices, and health, disease, weight control and physical activity using current nutrition guidelines and other related tools
3. becoming familiar with current nutrition resources, issues/topics and recent research, including



developing skills to analyze nutrition information for practical application

4. understanding your professional role in nutrition education.

Evaluation Criteria and Grading

Midterm exam (Oct. 26) <i>(assesses learning outcomes 1, 2, 3)</i>	25%
Final exam (during exam period Dec. 10-21) <i>(assesses learning outcomes 1, 2, 3)</i>	30%
Media assignment (due Oct. 3) <i>(assesses learning outcomes 2, 3, 4)</i>	10%
Participation/ELTs <i>(assesses learning outcomes 1 – 4)</i>	10%
Nutrition Research Summary (due Nov. 30) <i>(assesses learning outcomes 2, 3, 4)</i>	25%

Please note that you need to complete ALL assignments and exams as outlined above and receive a passing grade in the combined exams mark and in the combined assignments mark to pass this course. Each assignment is explained in detail in separate documents posted on Canvas assignments. There are a variety of options in the assignments so you may choose what interests you and will challenge you.

Percentage (%)	Letter Grade
90 - 100	A+
85 - 89	A
80 - 84	A-
76 - 79	B+
72 - 75	B
68 - 71	B-
64 - 67	C+
60 - 63	C
55 - 59	C-
50 - 54	D
0 - 49	F (Fail)

Required Readings

Understanding Nutrition; 3rd Canadian Edition by Whitney, Rolfes, Hammond, O’Connor and Piche, Cengage Publishers, 2023

Ordering is available at <https://shop.bookstore.ubc.ca/t-campus-ebookstore-okanagan.aspx>

Please note: you may use an earlier edition or another standard Canadian nutrition text book (trying to help you save money)

The basic science of nutrition does not change much so the chapters and contents are generally very similar in these texts; it just may take you a bit more searching to find the right pages for the topic we are covering. I will use clear headings to help you navigate indexes of other text books.

Other Recommended Resources



Dial-a-Dietitian; call 811 or email <https://www.healthlinkbc.ca/dietitian/ead/disclaimer.stm>
<http://healthyfamiliesbc.ca>
www.dietitians.ca Dietitians of Canada website
 Health Canada website

Textbook Readings

Textbook readings outlined in the class schedule below are to be completed to the understanding level as covered in lecture and as outlined in the unit review/study guide checklists. Also, reading details will be provided at the start of each unit. Other readings and articles will also be required/provided.

Tentative Course Schedule

HEALTHY EATING UNIT	
Week 1: Sept 5	Intro class, syllabus, expectations
Week 1: Sept 7: Healthy Eating	Nutrition & health, healthy eating guidelines, canadian food guides Readings: Chapt. 1
Week 2: Sept 12: Healthy Eating	Dietary reference intakes, macro vs. micronutrients Readings: Chapt. 2, Highlight 1
Week 2: Sept 14: Healthy Eating & Your Role	Label reading, translating nutrition information, analyzing research Readings: Chapt. 2
MACRONUTRIENTS AND HEALTH IMPLICATIONS UNITS	
Week 3: Sept 19: Carbohydrates	Structure, function, metabolism Readings: Chapt. 4, Highlight 3
Week 3: Sept 21: Carbohydrates	Requirements & choices <i>*Topic Choice for research project due</i>
Week 4: Sept 26: Carbohydrates	Fiber, celiac disease
Week 4: Sept 28: Carbohydrates	Sugar alternatives, glycemic index
Week 5: Oct 3: Lipids	Structure, function, metabolism Readings: Chapt. 5 <i>*Individual Media Assignment Due</i>
Week 5: Oct 5: Lipids	Health implications
Week 6: Oct 10: Protein	Structure, function, metabolism Readings: Chapt. 6, Highlight 2



Week 6: Oct 12: Protein	Vegetarian eating, health implications
Week 7: Oct 17: Chocolate, Carob, & Alcohol	Application of macronutrients discussion ~ media/messaging, environment, health/disease, physical activity, budget, food literacy Readings: Highlight 7
MICRONUTRIENTS UNIT	
Week 7: Oct 19: Vitamins & Minerals	Overview, highlights, supplements Readings: Chapt. 10 - 14, Highlight 10, 12, 14
Week 8: Oct 24: Vitamins & Minerals	Finish unit & complete vit & mineral chart
Week 8: Oct 26: MIDTERM EXAM: UP TO & INCLUDING PROTEIN UNIT	
Week 9: Oct 31: Cooking class *OVER ZOOM	Virtual breakfast cooking class!
OTHER HEALTH TOPICS RELATED TO NUTRITION	
Week 9: Nov 2: Nutrition & Mental Health	
Week 10: Nov 7: Self Study & Group Work	*NO CLASS - work on your projects
Week 10: Nov 9: Gut Microbiome: Guest Lecture Natasha Haskey, RD	
Week 11: Nov 13-17: READING BREAK: No class	
Week 12: Nov 21: Weight manipulation & diets	Common diet trends, harms of dieting, intermittent fasting, keto, side effects of weight loss/gain, BMI, bariatric surgery
Week 12: Nov 23: Weight stigma & bias, weight inclusive care	Eating disorders, medical fatphobia, social determinants of health, assessing your own weight bias, strategies for weight inclusive care, intuitive eating Readings: Highlight 8
Week 13: Nov 28: Presentation Day	In class
Week 13: Nov 30: Presentation Day	In class
Week 14: Dec 5: Food & the environment	Organic foods, GMO, biotech, food security, food safety, food sovereignty Readings: Highlight, 18, 20, 21
Week 14: Dec 7: Scope of practice, Summary & Exam Prep	Best practices, is there one best diet? Your role as a health professional



Note re Textbook Readings Assigned:

- *Not all chapters, or all pages of assigned chapters, of the text will be covered in this course but can serve as a resource for assignments; read the whole chapter if specific pages for the chapter are NOT indicated*
- *As a general “rule of thumb,” if I mention something in class then the applicable readings are “need to know” material; if you come across something in the assigned readings that I have not mentioned in class AT ALL then you are not responsible for knowing it for an exam.*
- ***Details of course content and assignments etc. will be given during class time and/or posted on Canvas; please check announcements regularly to ensure you have all the material delivered.***

The remainder of this document contains information on policies and other student resources that may be helpful to you (please also see HES specific ones posted on the HES website):

CANVAS AND TECHNOLOGY

canvas.ubc.ca

UBC’s online learning platform, Canvas, is an essential part of this course. Ensure that you familiarize yourself with your Canvas course, so that you can access important information, documents, and resources; as well as understanding how to complete and submit assignments and quizzes/exams.

Check Canvas daily to review the calendar and read course announcements to maintain awareness of upcoming events and due dates (you can also have your [Canvas settings for notifications and announcements](#) turned on).

To learn more about Canvas, check out a [UBC Student’s Guide to Canvas \(opens in a new window\)](#).

Technology Support

For help with Canvas:

- Contact the UBCO IT Help Desk by:
 - o Phone: 250-807-9000 (local) or 1-855-807-9001 (toll free)
 - o [Helpdesk contact form \(opens in a new window\)](#)
- Check out the [Canvas Student Guides \(opens in a new window\)](#)
- Watch [Canvas Video Tutorials \(opens in a new window\)](#)

[Peer Technology Assistants \(opens in a new window\)](#) are available to help you with your various learning technologies, including: technical assistance; Canvas and other UBC learning technologies; access to UBC programs and software; troubleshooting software issues; information about online learning resources.

FINAL EXAMINATIONS

The examination period for Term 1 of Winter 2023-2024 session is Dec. 10th – 21st inclusive. You must be available for this entire time. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the



province or the country in a competition or performance; serving the Canadian military observing a religious rite; working to support themselves or their family; or caring for a family member.

Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information can be found under Policies and Regulation in the *Okanagan Academic Calendar*

<http://www.calendar.ubc.ca/okanagan/index.cmf?tree=3,48,0,0>

ACADEMIC INTEGRITY

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

Academic Integrity Statement (*As a default, use of artificial intelligence tools are not permitted in*

this course.)

Doing your own work, acknowledging the contributions of others, and seeking help when you need it are all part of what academic integrity means at UBC, as is avoiding tools and services that subvert these practices.

Academic integrity is a commitment to upholding the values of respect, integrity, and accountability in academic work. It is foundational to teaching and learning and is a fundamental and shared value of all members of the UBC community. UBC adopts an educative approach to academic integrity that supports students and instructors around awareness and that values academic misconduct processes that are fair and effective.

Academic integrity is a set of values and skills that must be learned and refined over time. Instructors are responsible for setting clear expectations around academic integrity in their courses, modeling honest behaviour as teachers and scholars, and creating a space for students to develop their understanding of academic integrity. Students are responsible for meeting these expectations in their



academic work, developing an understanding of concepts, and seeking support when they have questions. UBC is responsible for creating and sustaining the culture of academic integrity that makes all of this possible.

Everyone plays a part in supporting and enhancing academic integrity at UBC.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at

<http://okanagan.students.ubc.ca/calendar/index.cmf?tree=3,54,111,0>

UBC OKANAGAN POLICIES AND REGULATIONS

All UBC Okanagan students are expected to be aware of the [University Policies as per the Academic Calendar](#). Failure to comply with these guidelines may result in academic consequences and disciplinary measures.

Professor Absence from Class

In the event that I have not arrived at your class (or begun an online session) at your intended start time, please wait a minimum of **15 minutes**.

- First, check Canvas and your emails to see if there is a message from me
- Designate one student to call, text, or email me and the TAs using the contact information provided in the syllabus or on Canvas
 - *Note: even in online sessions (e.g. Zoom), please have one student volunteer to contact me and TA on behalf of the class and then report back to the rest of the class.*

Student Attendance

You are expected to regularly attend all of your classes (including lectures, laboratories, tutorials, seminars, etc.). See note on attendance above and links below.

[The UBC Okanagan policy on attendance](#)

GRADING PRACTICES

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to university, faculty, department or school norms. Students should therefore note that the faculty, department, or school might change an unofficial grade given by an instructor. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cmf?tree=3,41,90,1014>

STUDENT RESOURCES

See: students.ok.ubc.ca

This is your “go to” website for everything!!!

UBC is committed to a community in which every member is respected, included, and celebrated.



Taking care of your health and wellbeing is important. [UBC Health & Wellness \(opens in a new window\)](#) is here to support wellness of mind, body, and spirit, and provides a range of clinical, counseling, and mental health services for students.

Student Learning Hub

The Student Learning Hub (LIB 237) is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a range of supports that include **tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies**. For more information, please visit the Hub's website (<https://students.ok.ubc.ca/student-learning-hub/>) or call 250-807-9185.

[The Disability Resource Centre \(opens in a new window\)](#) facilitates educational equity for students with disabilities and chronic medical conditions. If you think you may need academic accommodations to meet the learning outcomes of this course and you have a disability please contact the DRC. If you're not sure that you qualify as having a disability but are concerned, the DRC can help clarify if you are eligible.

[Academic Advising \(opens in a new window\)](#) empowers students to take ownership of their education at UBC by offering personalized advising services in a supportive environment. If you have questions about your studies such as degree requirements and progression, taking courses at another institution, or want to discuss if you are on track to graduate, please connect with us. We're here to support you as you navigate your UBC degree.

[Aboriginal Programs & Services \(opens in a new window\)](#) provides community and culturally appropriate services and support to First Nation, Métis, and Inuit students. Dedicated Indigenous Student Advisors are available to provide advising throughout your academic journey.

[International Programs & Services \(opens in a new window\)](#) provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters. Come see an advisor if you have questions about:

- [Immigration documentation](#) advising
- [Health insurance](#)
- [Working in Canada](#) (co-op, PGWP and SP)
- [Career programming](#)
- Degree progression/academic concerns
- General advising and transitional support
- Intercultural programming and events

UBC's Equity & Inclusion Office provides information about [accessible and all-gender washrooms on campus \(opens in new window\)](#). Information about how to update [legal and preferred names \(opens in a new window\)](#) can be found on the Student Services website.

[The Office of the Ombudsperson \(opens in a new window\)](#) works with all UBC community members to ensure students are treated fairly and can learn, work, and live in a fair, equitable and respectful environment. If you have concerns about relevant UBC policies and/or processes, an Ombuds Officer can identify and explain policies and guide you in exploring options for directly and effectively dealing



with your concerns.

The [Sexual Violence Prevention & Response Office \(SVPRO\) \(opens in a new window\)](#) is a confidential place for those who have been impacted by any form of sexual or gender-based violence, harassment, or harm, regardless of where or when it took place. SVPRO is a survivor-centered space that can help with: emotional support; academic and workplace accommodations; safety planning; emergency housing and funding; medical accompaniment; exploration of reporting options; transportation; and referrals.

Rishma Chooniedass is the advisor to the Dean of the Faculty of Health and Social Development on Equity, Diversity and Inclusion (EDI) She creates a safe space for students needing guidance, support, and motivation in the areas of EDI. Students can contact her at Rishma@mail.ubc.ca to arrange a meeting.

ACADEMIC DATES & DEADLINES

Dates related to first and last day of class, withdrawal, holidays, and exams can be found in the [Academic Calendar: Dates and Deadlines \(opens in a new window\)](#).

DISCLAIMER

Every attempt has been made to ensure the accuracy and timeliness of the material in this syllabus. Nevertheless, some errors or omissions may have occurred. As your professor, I will honor evaluation expectations and present dates. However, there may be a need to make reasonable changes and to make changes to class outlines as necessary throughout the semester.