



School of Health and Exercise Sciences ~ HES 200: Human Nutrition (3 credits) Winter 2024 Course Outline

Dear students: Welcome to the class! I am so very excited to get to know you and work with you throughout this course, to help fuel your passion and knowledge for the science of nutrition and how it can positively impact you, both personally and professionally.

Course Professor: *(your facilitator, cheer leader, support, resource, and team member in your learning throughout this course; I want to see you succeed and be inspired!! ☺)*

Dr. Sally Stewart, PhD (Interdisciplinary; Nutrition, Exercise Physiology, Health Promotion)
CSEP Clinical Exercise Physiologist
Academic Member Dietitians of Canada
IOC Sport Nutritionist
Educator Designate; International Association of Eating Disorder Professionals
Nutrition Education Center, UBCO Food Hub
Associate Professor of Teaching, School of Health and Exercise Sciences, FHSD

Office: home office in Vernon or UBCO ARTS 158
office phone: please email me to set up a time to chat in person, virtually or on the phone
Office Hours: Wednesdays 12:30 – 1:30 pm

Please join me! This time is to provide you with the opportunity for one-on-one and small group discussions with me. Feel free to drop in at any time during this hour with questions or concerns or even just to chat and connect over “nutrition.” If you cannot make this time, please email me to set up a time that works for both of us.

email: sally.willis-stewart@ubc.ca
Teaching Assistant: Lani Campbell
Office Hours: TBA

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/HES 100, and HMKN/HES 190/191 or HES 101/120

Course Format

This course is designed to continue to build on your foundational human health and physiology knowledge, skills and application learned during your first year of the program, particularly focusing on nutrition. Lectures will involve information presentation, discussion, workshops and critical thinking focusing on many aspects of nutrition. Assignments will also help build knowledge and practical application skills.



Class times: Mondays and Wednesdays 11:00 am – 12:30 pm in ARTS 366

Plan for Your Success in HES 200

Review canvas announcements, the course schedule and readings weekly. Print and post the course outline and themes in your homework space. ☺

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. 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 all classes, especially those with labs and activities ***are*** highly encouraged since part of your learning is based on participation and completion of Experiential Learning Tasks (ELTs). Students who attend class generally achieve higher grades. ***It's also more fun and a great way to connect (especially since one assignment is a group assignment). 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, on the UBCO website, 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 the 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, and physical activity using current nutrition guidelines and other related tools and current issues (eg. determinants of health, food insecurity and literacy, climate, culture etc.)
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 (Feb. 28) <i>(assesses learning outcomes 1, 2, 3)</i>	28%
Final exam (during exam period Apr. 15 - 26) <i>(assesses learning outcomes 1, 2, 3)</i>	32%
Diet analysis and media critique (due Jan. 29) <i>(assesses learning outcomes 2, 3, 4)</i>	10%
Experiential Learning Tasks (assigned throughout due Apr. 8) <i>(assesses learning outcomes 1 – 4)</i>	8%
Nutrition Research/Notes (due Mar. 11) and Knowledge Translation Application assignment (Health Fair due Mar. 27 and Apr. 1) <i>(assesses learning outcomes 2, 3, 4)</i>	22%

Please note that you need to attempt 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)

Due dates/deadlines: I call them “lifelines.” ☺ Due dates for assignments are set to help you progress through the course; however, you may have commitments and assignments in other courses that make this course’s current due dates not conducive to optimal learning or assignment performance. Please reach out to me well ahead of the posted due date to navigate a possible alternative date.

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



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 research articles and resources will be assigned in some unit as well.

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

Text Book Readings

Text book 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, note any updates on reading details at the start of each set of powerpoints.

Tentative Course Schedule

January health focus: back to basics

HEALTHY EATING UNIT:

WEEK 1

Jan. 8, 10 Introduction (course themes), nutrition professionals, nutrition and media

Readings: Chapt. 1
nutrition and health, diet analysis, Cdn healthy eating guidelines, nutrients introduction and dietary reference intakes

Readings: Chapt. 2 (also food safety; pgs just inside text book cover on nutrition requirements)

WEEK 2

Jan. 15 *Diet Analysis Lab; bring completed 3 day food record – pls don't miss this class; much fun to be had!! ☺ Also have a food label/pkg handy*

Jan. 17 finish healthy eating unit, start Carbohydrates

Readings: complete readings from first 2 weeks. **label literacy (see text index)**

WEEK 3

MACRONUTRIENTS AND HEALTH IMPLICATIONS UNITS:

CARBOHYDRATES

Jan. 22, 24 Carbohydrates; (structure, function, metabolism), choices and requirements, fibre, celiac disease and others, sugar/alternative sweeteners, glycemic index

Readings: Chapt. 4

WEEK 4/5

Jan. 29 **Guest Speaker; Indigenous Food and Health Issues, diet and media critique assignment due**



February health focus: heart health month, Valentine's day, eating disorder awareness month, UBC Move U Month

Jan. 31 Feb. 5 lipids (structure etc.; choices, requirements, health issues, types of fat and health); alcohol

Readings: Chapt. 5 (and Alcohol, alcohol you tube video, Highlight 7)

Feb. 7 chocolate and carob
application of macronutrients discussion ~ media/messaging, environment, health/disease, physical activity, budget, food literacy

WEEK 6

PROTEIN

Feb. 12, 14 protein (structure, function, metabolism), vegetarian eating *******research topic choice due 14th**

Readings: Chapt. 6 (and Highlight 2)

WEEK 7

Feb. 19, 21 **Reading Break – no classes (work on Feb. 26 ELT, and study for MT)**

WEEK 8

Feb. 26 Intuitive Eating *******complete weight stigma survey (1 mark) and 2 short recorded modules/completion quiz posted in modules (3 marks) ***** more info in class
Eating Disorders

Readings:

Feb. 28 **Midterm exam**

March health focus: National Nutrition Month; health knowledge translation

WEEK 9/10

Mar. 4 **Cooking class!!!** Food insecurity, food literacy and skills, food safety, food/cooking/baking substitutions, cooking skills. *** **(potentially online)**

MICRONUTRIENTS UNIT

Mar. 6, 11 vitamins and minerals ~ overview, highlights, supplements; **Vitamins and Minerals Chart; *** research notes due Mar.11**

Readings: first 3 pages of text book just inside cover; chapt. 8 – 12 just enough to complete Vitamins and Minerals chart task

OTHER SPECIAL TOPICS UNIT:

Mar. 13 **Guest Lecture; Nutrition and Climate Change**

Readings:

WEEK 11

Mar. 18/20 Nutrition and Mental Health; Gut Biome; Ketogenic diet



WEEK 12

Mar. 25 weight control, fasting and post eating metabolism, weight loss and intermittent fasting, fad diets

Readings: Chapt. 7, Cdn. Obesity Guidelines

Mar. 27 Nutrition Research and Application Bake Sale/Health Fair

April health focus: Cancer and Environmental Awareness Month

WEEK 13

Apr. 1 weight control continued; **Research application assignment documents due**

Apr. 3 Food and the environment; what can we do?? other special topics (eg. organic foods, GMO, health foods/herbs, biotechnology, future of food, food and drug interactions)

Readings: Highlight 21

WEEK 14

Apr. 8 introduction and modifications for sport nutrition

Apr. 10 “best” diet practices discussion; scope of practice and course summary; final exam prep

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*
- *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.*

I'm looking forward to working with all of you during this term! ☺

Nourish your body and soul.

The remainder of this document contains information on policies and other student resources that may be helpful to you.

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:
 - Phone: 250-807-9000 (local) or 1-855-807-9001 (toll free)
 - [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 2 of Winter 2023-2024 session is April 15th – 26th inclusive. Except in the case of examination clashes and hardships or unforeseen events, students will be permitted to apply for our-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.

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

Student Attendance

You are expected to regularly attend all of your classes. 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, counselling, 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 due dates. However, there may be a need to make reasonable changes to due dates and class outlines as necessary throughout the semester.



a place of mind

School of Health and Exercise Sciences
HES 200 – Winter 2024