



School of Health and Exercise Sciences ~ HES 200: Human Nutrition (3 credits) Fall 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.

Land Acknowledgment:

Let us take a moment to acknowledge the land that we 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. I acknowledge and respect the privilege I have to be able to work and live in this territory. To learn more about the land or territory you are living and working from, please see: <https://native-land.ca>



“ . . . let us do so with intent, acknowledgement and gratitude ”

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)

Qualifications:



CSEP Clinical Exercise Physiologist
Academic Member Dietitians of Canada
IOC Sport Nutritionist
Educator Designate; International Association of Eating Disorder Professionals
Calibre Certification in Obesity Management (Obesity Canada)
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

Student drop-in time: Tuesdays 2:00 – 3:15 pm at my office ARTS 158

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. Before and after class is also an excellent time to connect.

email: sally.willis-stewart@ubc.ca

Teaching Assistants: Maryam Maghayan
Abigail Amendt

Office Hours: TBA

Academic Calendar Entry

This introduction to nutrition course focuses on the functions, sources, metabolism and dietary requirements of nutrients. Nutrition in the context of promoting health (disease prevention), nutrition security and literacy, and supporting physical activity will be the focus, incorporating tools and knowledge to enable students to make decisions about dietary practices 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 and nutrition messaging and knowledge translation. 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 11:00 am – 2:00 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 review guide/summary checklist which will serve as “need to know” material for exam preparation.

Lecture attendance:

Attending class is not mandatory but all classes, especially those with activities, **are** highly encouraged since part of your learning is based on 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 significant part of these roles, 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, especially in nutrition messaging, knowledge translation, and education.

Evaluation Criteria and Grading



Midterm exam (Oct. 28) <i>(assesses learning outcomes 1, 2, 3)</i>	28%
Final exam (during exam period Dec. 9 - 20) <i>(assesses learning outcomes 1, 2, 3)</i>	32%
Diet analysis and media critique (due Oct. 7) <i>(assesses learning outcomes 2, 3, 4)</i>	10%
Experiential Learning Tasks (assigned throughout, due Dec. 2) <i>(assesses learning outcomes 1 – 4)</i>	8%
Research and Application Project (part 1 due Nov. 18; Part 2 due Dec. 2) <i>(assesses learning outcomes 2, 3, 4)</i>	22%

Please note that you need to attempt/complete ALL assignments and exams as outlined above and receive a passing grade in EACH of the combined exams mark, and the combined assignments mark to pass this course. Each assignment is explained in detail in documents posted on Canvas assignments.

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 and posted in the canvas modules 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

PEN Practice and Evidence Based Information in Nutrition (available through our library)

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.

COURSE SCHEDULE:

Week Date	Topic	Readings (R) Assignments Due (A) Preparation (P) Experiential Learning Task (ELT)
1. Sept. 9	Introduction to Nutrition; course outline, assignments, schedule, nutrition professionals, definitions, nutrition research, food and diet approach	R chapt. 1 P complete 3-day food record (see assignment details on canvas) ELT #1
2. Sept. 16	Healthy Eating and Nutrition Guidelines and Tools Lab; Nutrition and health, diet analysis, healthy eating practices, label reading, food safety, food literacy etc.	R chapt. 2 P bring 3-day food log and a food label
3. Sept. 23	Nutrition and Mental Health; Gut Biome	R posted in module A. diet analysis due next week
4. Sept. 31	Truth and Reconciliation Day – no class	P work on A due next week & complete Indigenous unit ELT #2
5. Oct. 7	Carbohydrates	R chapt. 4 A diet analysis due; research project groups
6. Oct. 14	Thanksgiving Day – no class	P research topic R Chapt. 5 Start ELT #3
7. Oct. 21	Carbohydrates and start Lipids Lipids, Chocolate/Carob, Alcohol	P study for midterm; organize group meeting



		work for after MT
8. Oct. 28	Midterm Group research project work	A midterm P research group meeting A research topic choice due
9. Nov. 4	Protein and Vegetarian Eating	R chapt. 6 R chapt. 10 – 14 just enough to complete V & M chart
10. Nov. 11	Reading Break P Work on your research assignment, complete ELT #3 vitamins and minerals chart, and other past module readings	
11. Nov. 18	Weight, weight stigma, diets, intuitive eating, eating disorders, obesity	R chapt. 9, other posted on canvas ELT #4 A Part 1 research project due
12. Nov. 25	Asynchronous self-study; group work Vitamins and Minerals; Obesity	A work on research assignment due next week
13. Dec. 2	The Best Diet, Scope of Practice, Course Summary and Research Project Presentations; Exam Prep	A Part 2 research project due P check review guides and start preparing for final exam

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 exams.*

*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:

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 \(opens in a new window\)](#).

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 1 of Winter 2024-2025 session is Dec. 9th – 20th 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>

UBC VALUES:

UBC creates an exceptional learning environment that fosters global citizenship, advances a civil and sustainable society, and supports outstanding research to serve the people of British Columbia, Canada, and the world. UBC's core values are excellence, integrity, respect, academic freedom, and accountability.

Policies and Regulations

Visit [UBC Okanagan's Academic Calendar](#) for a list of campus-wide regulations and policies, as well as [term dates and deadlines](#).

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 usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the [Academic Calendar](#).

ACADEMIC MISCONDUCT:

The academic enterprise is founded on honesty, civility, and integrity. Violations of academic integrity (i.e., [academic 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 for consideration for academic discipline. Careful records are kept to monitor and prevent recurrences. Any instance of cheating or taking credit for someone else's work, whether intentionally or unintentionally, can and often will result in at minimum a grade of zero for the assignment, and these cases will be reported to the Head of the Department and Associate Dean Academic of the Faculty.

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. All nursing students must also abide by the School of Nursing policies.

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:

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.



Walk-In Well-Being Clinic

The Walk-In Well-Being clinic offers no-fee, brief, single-session psychological services. Sessions are led by a doctoral student in clinical psychology and supervised by a registered psychologist (UBCO Faculty member). Clinicians can provide support with stress management, sleep, self-care, depression, anxiety, interpersonal issues, substance misuse, coping with academic demands/stressors, and provide options for connecting to additional resources. Virtual or in-person sessions are available at the UBCO Psychology Clinic, located in ASC 167 with or without an appointment, on Tuesdays and Thursdays between 10 am and 3 pm from September to June, excluding campus closures.

UNC 337 250.807.8421 (ext. 1)

Email: ipc.ok@ubc.ca

Web: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

Student Supports, Resources & Campus Services

Visit the [Student Support and Resources page](#) to find one-on-one help or explore resources to support your experience at UBC Okanagan, as well as many other campus services available to all students.

Advising Options

Visit the [Advising Options page](#) to find out about the variety of advising options available to students including but not limited to academic, career and accessibility.

Safewalk

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**.

Web: www.security.ok.ubc.ca

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. The School of Nursing DRC accessibility advisor is Bree Sproule email: bree.sproule@ubc.ca

[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.

UBC's Equity & Inclusion Office

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.

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.

[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.

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 honour evaluation expectations and present dates. However, there may be a need to make reasonable changes and to make change to class outlines as necessary throughout the semester.

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