School of Health and Exercise Sciences ~ HES 200: Introduction to Nutrition (3 credits)
Winter 2026 Course Outline

Course Professor:

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Office hours: ARTS 158 - Mondays 2:00-3:00pm
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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), 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 and knowledge translation initiatives will also be discussed. (3-0-0) 3 credits
Prerequisite: HMKN/HES 100, and HMKN/HES 190/191or HES 101/120

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.

Class times: Mondays and Wednesdays 9:30 – 11:00 am in FIP – Floor 2 - Room 204

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, demonstrations and other tools. Feel free to share and contribute! Powerpoints will be posted on canvas and any virtual lectures will be recorded.

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 a chance to interact, ask questions and connect with your peers, and myself!***

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 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

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, scientific evidence 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 (Feb 25)	28%
Final exam (during exam period April 13 - 24)	32%
Dietary analysis (due Jan 28) = 10 marks	10%
Experiential Learning Tasks (due March 2) = 8 marks	8%
Documentary assignment (due March 30) = 2 marks	2%
Nutrition Research and Knowledge Translation (due April 13) = 20 marks	20%
TOTAL	**100%**

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

1) ***Understanding Nutrition; 3rd Canadian Edition by Whitney, Rolfes, Hammond, O'Connor and Piche, Cengage Publishers, 2023***

If you wish to purchase **Whitney's Understanding Nutrition 3rd CDN edition** from Cengage directly:
https://www.cengage.ca/c/understanding-nutrition-3e-hammond-o-connor-pich%C3%A9-whitney-rolfes/9781778410383/
Standalone e-book - ISBN: 9781778412356
$77.95

Ordering is available at https://bookstore.ubc.ca/students/

2) ***Nutrition; Science and Applications, 3rd Canadian Edition by L. Smolin, M. Grosvenor and D. Gurfinkel (either hard copy or online version)***

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.

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 of both books are generally very similar; 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.stmhttp://healthyfamiliesbc.ca
www.dietitians.ca
Dietitians of Canada website
Health Canada website
PEN Practice and Evidence Based Information in Nutrition (available through our library)

Finding Scientific papers

As part of our research activity, you will be asked to find papers related to different themes. Here are some good websites for that:

PubMed – https://pubmed.ncbi.nlm.nih.gov
A leading database for biomedical and life sciences research, including nutrition and health studies.
Google Scholar – https://scholar.google.com
A broad academic search engine covering multiple disciplines, including nutrition science.
ScienceDirect – https://www.sciencedirect.com
Offers peer-reviewed articles in health, nutrition, and related fields from Elsevier journals.
ResearchGate – https://www.researchgate.net
A platform where researchers share publications and collaborate; many papers are available for free.
SpringerLink – https://link.springer.com
Provides access to journals and books in nutrition, health sciences, and more.

Date	**Topic**	**Readings (R)** **Assignments Due (A)** **Preparation (P)** **Experiential Learning Task (ELT)**
Week 1		
Jan 5 (self-study - no in-person class)	***Familiarize yourself with course outline, assignments, dates, and etc.***	
Jan 7	***Introduction to Nutrition;*** course outline, assignments, schedule. ***An Overview of Nutrition;*** food choices, nutrients, nutrition science, dietary reference intakes, nutrition assessment, diet and health, nutrition information and misinformation.	**R** chapt 1 **P Dietary Analysis** complete 3-day food record Part A (see assignment details on canvas)
Week 2		
Jan 12	***Planning a Healthy diet;*** Diet planning principles, guides, food labels.	**R** chapt 2 **P Dietary Analysis** complete a 3-day food record
Jan 14	***Healthy Eating and Nutrition Guidelines and Tools Lab;*** Nutrition and health, diet analysis, eating practices, label reading, food safety, food literacy etc.	**P Dietary Analysis** bring 3-day food record and a food label

Week 3		
Jan 19	***Carbohydrates*** Composition, digestion and absorption, glucose in the body, health effects and recommended intakes Carbohydrates and health	**R** chapt 4 **P** start planning **ELT #1** **A Dietary Analysis *due next week***
Jan 21	***Carbohydrates*** Composition, digestion and absorption, glucose in the body, health effects and recommended intakes Carbohydrates and health	**R** chapt 4 **P** work on **ELT #1**
Week 4		
Jan 26	***Guest lecture: Dr Natasha Haskey*** ***Gut Microbiome***	
Jan 28	***Carbohydrates*** Composition, digestion and absorption, glucose in the body, health effects and recommended intakes. Carbohydrates and health	**R** chapt 4 **P** work on **ELT #1** **A Dietary Analysis due**
Week 5		
Feb 2	***Nutrition for the Gut and Brain***	**P** CDHF video (on Canvas)
Feb 4	***Lipids*** Composition, digestion and absorption, lipids in the body, health effects and recommended intakes Lipids in chronic conditions, exercise and dietary approaches	**R** chapt 4 **P** work on **ELT #1**
Week 6		
Feb 9	***Lipids*** Composition, digestion and absorption, lipids in the body, health effects and recommended intakes Lipids in chronic conditions, exercise and dietary approaches	**R** chapt 5 **P** start planning **ELT #2** **A Diet Analysis due**
Feb 11	***Lipids*** Composition, digestion and absorption, lipids in the body, health effects and recommended intakes Lipids in chronic conditions, exercise and dietary approaches ***Alcohol***	**R** chapt 5 **P** work on **ELT #2**
Week 7		
Feb 16 and 18	**Reading break**	
Week 8		
Feb 23	**Midterm review**	

Feb 25	**Midterm exam**	
Week 9		
March 2	***Protein*** Composition, digestion and absorption, protein in the body, health effects and recommended intakes Protein in chronic conditions, exercise and dietary approaches	**R** chapt 6 **P** start planning **ELT #3** **A Diet Analysis due**
March 4	***Protein*** Composition, digestion and absorption, protein in the body, health effects and recommended intakes Protein in chronic conditions, exercise and dietary approaches	**R** chapt 6 **P** work on **ELT #3**
Week 10		
March 9	***Protein*** Composition, digestion and absorption, protein in the body, health effects and recommended intakes Protein in chronic conditions, exercise and dietary approaches	**R** chapt 6 **P** work on **ELT #3**
March 11	***Vitamins, Minerals, Water and Electrolytes***	**R** chapt 10-13 Smolin: chapt 8, 9, 10 **P** work on **ELT #4**
Week 11		
March 16	***Vitamins, Minerals, Water and Electrolytes*** ***Discuss Nutrition Research Assignment*** Determine groups and topics	**R** chapt 10-13 Smolin: chapt 8, 9, 10 **P** work on **ELT #4** **P** Nutrition Research Assignment
March 18	***Guest lecture: Dr Seth McCarthy*** ***Exercise and appetite***	**P** Nutrition Research Assignment **A ELTs due**
Week 12		
March 23	***Weight management, energy balance, intuitive eating, eating disorders***	**R** chapt 8 and 9 **P** Nutrition Research Assignment
March 25	***Remote class: Documentary Assignment*** ***Work on Nutrition Research Assignment***	**P** Documentary Assignment and Nutrition Research Assignment

Week 13		
March 30	***Guest lecture: Michael Wesley, RD*** ***Indigenous eating habits***	**A Documentary Assignment due** (2 marks)
April 1	***Different dietary approaches. Is there a best diet?*** Closing remarks for the course	**P** Nutrition Research Assignment
Week 14		
April 6	**Easter**	
April 8	**Final Exam Review**	
Week 15		
April 13 (date can change)	**Final Exam**	**A Nutrition Research Assignment due**

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 in the Student success module):

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 2025-2026 session is April 13th – 24th inclusive. 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 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 honestly, 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
    - *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, 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: