

Course ID:	Course Title:	Fall 2020
BIO 269	Nutrition	Prerequisite: None
		Credits: 3

Class Information		Instructor Information		Important Dates	
Delivery:	Online	Instructor:	Dr. Megan Hallam, PhD	First day of classes:	Wed, Sept 9
Days:	Wed/Fri	Email:	mhallam@ambrose.edu	Last day to add/drop, or change to audit:	Sun, Sept 20
Time:	10:00 – 11:15 am	Phone:	403-410-2000 ext 6905	Last day to request revised final exam:	Mon, Nov 2
Room:	-	Office:	L2107	Last day to withdraw from course:	Fri, Nov 20
Lab/ Tutorial:	-	Office Hours:	By appointment: calendly.com/hallammc	Last day to apply for coursework extension:	Mon, Nov 23
Final Exam:	Yes (in-class, online final) Friday December 11, 10:00 – 11:15 am			Last day of classes:	Mon, Dec 14

Course Description

This course covers the basics of nutrition, the processing of carbohydrates, fats, and proteins, vitamins and minerals, as well as discussing energy balance, fasting, and weight control.

Expected Learning Outcomes

It is the aim of the course that students acquire the following skills:

1. Identify the role of diet in health.
2. Understand macronutrients and micronutrients.
3. Evaluate diets and dietary fads.
4. Explain the relationship between diet and chronic disease.
5. Identify dietary needs of special populations.

Textbooks

Required: Nutrition Now, Expanded 8th Edition by Judith E. Brown, with MindTap.

Course Schedule

Lines with a grey background indicate a **LIVE** class.

	Date	Topic (Unit #)	Nutrition Now Chapters	Activities Due
Module 1 – Nutrition Information	Sept 9	Introduction to Nutrition (1 & 2)	1 & 2	
	Sept 11	Evaluating Nutrition Information	3	
	Sept 16	Nutrition Attitudes & Food Labels	4-6	Unit 3 MindTap Activities
Module 2 - Nutrients	Sept 18	Nutrients; Micronutrients	8	
	Sept 23	Macronutrients	12, 7	Units 4-6 & 8 MindTap Activities; Food Label Infographic
	Sept 25	Macronutrients	15, 7	Diet Analysis Assignment
	Sept 30	Macronutrients	25	Units 12 & 15 MindTap Activities
	Oct 2	Macronutrients	18, 7	
	Oct 7	NO CLASSES – DEEPER LIFE CONFERENCE, Strongly encouraged to attend, reflection part of discussion mark		Units 7, 18, & 25 MindTap Activities
	Oct 9	Modules 1 & 2 Exam		Modules 1 & 2 Exam
Module 3 – Other Dietary Considerations	Oct 14	Eating Disorders	11	Reflections from Deeper Life Conference
	Oct 16	Allergies & Intolerances	17	Unit 11 MindTap Activities
Module 4 – Nutrition & Diseases	Oct 21	Nutrient-Gene Interactions; Underweight & Obesity	26, 9-10	Unit 17 MindTap Activities
	Oct 23	Diabetes	13	Unit 26 MindTap Activities
	Oct 28	Heart Disease; Alcohol	19, 14	Units 9-10, 13 MindTap Activities
	Oct 30	Cancer	22	Convenience Foods Presentation
	Nov 4	<i>Online Activities/Zoom open office hours from 10:00 – 11:00</i>		Units 14, 19 & 22 MindTap Activities
	Nov 6	Modules 3 & 4 Exam		Modules 3 & 4 Exam
	Nov 11 & 13	NO CLASSES – READING WEEK		
Module 5 – Nutrition & Life	Nov 18	Fitness & Physical Performance	27-28	
	Nov 20	Maternal & Infant Nutrition	29	Units 27 & 28 MindTap Activities

	Nov 25	Children's Nutrition	30	
	Nov 27	Aging	31	Diet Analysis Revisited Assignment
	Dec 2	Food Safety	32	Units 29-31 MindTap Activities
	Dec 4	Global Nutrition	33	
	Dec 9	<i>Online Activities</i>		Units 32-33 MindTap Activities
	Dec 11	Module 5 Exam		Module 5 Exam

Requirements:

Diet Analysis, September 25 - 15%

Modules 1 & 2 Exam, October 9 - 17%

Modules 3 & 4 Exam, November 6 - 18%

Group Work, throughout semester - 12%

Online Activities & Discussions, throughout semester – 8%

Diet Analysis Revisited, November 27 - 14%

Module 5 Exam, December 11 - 16%

Written portions of assignments should be completed in accordance with the following criteria:

- Typed using a word processor
- Double spaced
- Font style: Times New Roman, Arial or similar
- Font size: 12-point

All assignments are to be done using full sentences and proper spelling and grammar. Any spelling and/or grammatical errors will result in a 0.5 point deduction per unique error on the assignment.

All assignments must be handed in electronically using Moodle in .doc or .docx format, or .ppt or .pptx when appropriate. Moodle cannot accept Pages or other kinds of files from Mac computers.

Turnitin will be used for all assignments. This web-based tool will compare your work with numerous sources, including your fellow students, to check for plagiarism. Please ensure you are handing in your own original work, and properly citing appropriate sources both in-text and in a reference list.

Late assignments: Late assignments will be accepted for 5 days after the due date. For example, if an assignment is due on a Friday, late assignments would be accepted until the following Wednesday. Late assignments should be e-mailed to the instructor. Late marks will be deducted until the assignment is submitted via email. For each day an assignment is late, 10% will be deducted from the grade earned on the assignment. Online quizzes/activities on MindTap will not be accepted late.

Group Work

Groups will be formed using ITP Metrics. This is a research-based online tool that will create groups based on an initial assessment. Numerous asynchronous and synchronous tasks will be done with your group throughout the semester. Twice in the semester (middle and end) there will also be peer assessments, which will play a role in your grade for Group Work. Work that your group produces will be shared on Padlet and each individual will be expected to interact with work that other groups have produced.

Online Activities & Discussions

This includes, but is not limited to, responding to posts in Moodle and Padlet, as directed by the instructor, discussing a session from the Deeper Life Conference on October 7, and completing quizzes and other assignments on the course's MindTap platform which comes with the required textbook.

Attendance:

This online course will be conducted with both synchronous and asynchronous components. Live classes will occur every Friday and students are expected to join the class via Zoom. All exams will be given online during these live classes using Moodle. Live classes will include more discussion and activities, including group work with your classmates. This will often require that you have watched corresponding pre-recorded lecture material, or done readings assigned in the asynchronous components of the course. Other activities that may be assigned in the asynchronous component of the course include forum discussions and responding to classmates in those discussions.

Grade Summary:

The available letters for course grades are as follows:

Letter Grade	Percentage	Description
A+	95-100%	
A	91-95%	Excellent
A-	88-91%	
B+	83-88%	
B	78-83%	Good
B-	73-78%	
C+	68-73%	
C	64-68%	Satisfactory
C-	60-64%	
D+	55-60%	
D	51-55%	Minimal Pass
F	Below 50%	Failure

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

Other:

Plagiarism Policy:

It is your responsibility to ensure that all work you submit is original and that credit is given to ideas that are not your own. See below for Ambrose's statement defining plagiarism and outlining its consequences. While you will be working with at least one partner during labs it is expected that you each hand in your own, individual assignment that is your own original work.

Examples of plagiarism include, but are not limited, to:

1. Copying an assignment from someone else and submitting it as your own work.
2. Working with a friend and writing down identical answers, whether you understand the content or not, and submitting the assignments separately.
3. Quoting directly from a source without supplying quotation marks or a citation.
4. Quoting directly from a source without supplying quotation marks, even if it is referenced.
5. Submitting an assignment in which >30% of the content is properly quoted; that is, at least 70% of the words in an assignment need to be your own. A general rule of thumb: for every line quoted, there should be three lines of your own material explaining that quote.
6. Submitting the same or similar assignment for more than one class, or more than one iteration of the same class.

Penalties for plagiarism

For a first offense in any one of my classes, a zero on the assignment with no chance of rewriting it, and a note in your academic file.

For a second offense in any one of my classes, a zero in the class, and recommendation for a note on your transcript.

For a third offense in any one of my classes, a zero in the class and a recommendation for expulsion from the university.

Note that Ambrose has an appeals process in place if you feel that allegations of plagiarism are unfounded; these are for final marks only, and not for individual assignments.

Note that my record of a student's past plagiarism does not reset with each semester.

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Mental Health Support

All of us need a support system. We encourage students to build mental health supports and to reach out when help is needed.

On Campus:

- Counselling Services: ambrose.edu/counselling
- Peer Supportive Listening: One-to-one support in Student Life office. Hours posted at ambrose.edu/wellness.
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention and Mental Health First Aid. See ambrose.edu/crisissupport for a list of staff members.

Off Campus:

- Distress Centre - 403-266-4357
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

Sexual Violence Support

All staff, faculty, and Residence student leaders have received *Sexual Violence Response to Disclosure* training. We will support you and help you find the resources you need. There is a website with on and off campus supports – ambrose.edu/sexual-violence-response-and-awareness.

Off Campus:

- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888

Note: Students are strongly advised to retain this syllabus for their records.