

**NUTR 100: Nutrition and Wellbeing**

*3 credits, 6 hours lecture per week, 6 weeks*

*Course description:* The course examines the fundamental principles of nutrition. It includes an analysis of practical and theoretical concepts of nutrition and the effects that dietary intake and physical activity have on human health.

*Prerequisites and/or co-requisites:* None

**Instructor**

Dr Blaine Legaree

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**Office Hours**

Tues/Thursdays: 12:00–1:00 pm

**Hours of Instruction**

Tues/Thursdays: 9:00-11:50 am Rm CC224

**Required Resources**

1. **Nutrition: Concepts and Controversies, 5<sup>th</sup> Canadian edition**. 2020.Sizer, F., Whitney, E. and Piché, L.A. ISBN-13: 978-0176892869.

*Available at the bookstore and digitally at the [Keyano Bookstore](#), [Cengage.ca](#), [Vitalsource.com](#), and other sources.*

2. **Moodle** (<http://ilearn.keyano.ca>). The course outline, lecture notes and other electronic resources will be available on Moodle.

**Course Outcomes**

Upon successful completion of this course, the student shall be able to:

- Demonstrate knowledge of the functions of major nutrients.
- Interpret and apply the Dietary Reference Intakes (DRI), Eating Well with Canada's Food Guide, and nutrition labeling guidelines, and what these mean for healthy eating.
- Explain the interactions between dietary intake, exercise, and body composition.
- Critically evaluate claims about nutrition and food.
- Examine current issues in nutrition.

**Evaluation**

Quizzes	15%	Online – due 1 week after completion of each unit
Assignments	35%	Dates TBA – the spring semester assignment details will be handed out in the first class
Midterm Examination	20%	Tues, May 30, 2023
Final Examination	30%	Thurs, Jun 15, 2023

*A grade of C- is required for progression or transfer.*

**Quizzes**

Quizzes will be given for each topic covered in the course. Quizzes will be multiple choice and administered online through Moodle. Students will be responsible for completing the quiz approximately one week after the topic has been covered in lectures.

**Examinations**

The midterm exam and final exam must be written to complete the course. Exams may contain both multiple choice and written short answer questions.

**Assignments & Presentations**

Assignment details will be given out in class.

Any acts of plagiarism and academic misconduct are subject to penalties detailed in the [Keyano Academic Integrity Policy](#). **All students are required to complete the [Understanding Plagiarism Tutorial](#) prior to handing in any assignments in this course.**

**Late assignments are subject to a penalty of 10% per day late and will not be accepted if more than one week late.**

**Grading System**

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 92.9	Work shows in-depth and critical analysis, well developed ideas, creativity, excellent writing, clarity and proper format.
	A	4.0	85 – 92.9	
	A-	3.7	80 – 84.9	
Good	B+	3.3	77 – 79.9	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	74 – 76.9	
	B-	2.7	70 – 73.9	
Satisfactory <b>Progression</b>	C+	2.3	67 – 69.9	Work has some developed ideas but needs more attention to clarity, style and formatting.
	C	2.0	64 – 66.9	
	C-	1.7	60 – 63.9	
Poor	D+	1.3	55 – 59.9	Work is completed in a general way with minimal support or is poorly written or did not use proper format.
<b>Minimum Pass</b>	D	1.0	50 – 54.9	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

**Schedule of Topics**

Textbook Chapter:

1. Food Choices and Human Health	1
2. Nutrition Tools, Standards and Guidelines	2
3. The Remarkable Body	3
4. Carbohydrates: Sugar, Starch, Glycogen, and Fibre	4
5. Lipids: Fats, Oils and Sterols	5
6. Proteins and Amino Acids	6
7. Vitamins	7
8. Water and Minerals	8
9. Energy Balance and Healthy Body Weight	9
10. Physical Activity and Nutrition	10
11. Diet and Chronic Disease	11
12. Food Safety and Technology	12
13. Nutrition of Mother and Infant	13
14. Nutrition of Child, Teen, and Older Adult	14
15. Hunger and the Global Environment	15

**Please Note** – To facilitate unforeseen time constraints, time allotted to each topic is subject to change.

## Performance Requirements and Student Services

### Student Responsibilities

As a student, it is your responsibility to contact the Office of the Registrar to complete the required forms, including the [Withdrawal/Drop Form](#). All forms are available on the [College website](#). Please refer to the important dates listed in the Academic Schedule in the [Keyano College credit calendar](#) and/or on the [College website](#). It is the responsibility of each student to be aware of the guidelines outlined in the [Student and Academic Policies](#).

### Student Attendance

Class attendance is helpful for two reasons: First, class attendance maximizes a student's learning experience. Second, attending class is an excellent way to keep informed of matters relating to the course administration (e.g., the timing of assignments and exams).

Ultimately, you are responsible for your learning and performance in this course. It is the responsibility of each student to be prepared for all classes. Absent students are responsible for the material covered in those classes, and students must ensure they are ready for their next class, including completing any missed assignments and notes.

### Course Evaluation

Midterm exams and term work is to be completed at the time/date indicated in your course syllabus. It is the expectation of the College that students make every reasonable effort to complete all course evaluation, including, quizzes, midterms, and exams, as scheduled. In the event of an emergency, rescheduling of exams and/or extensions are only provided at the discretion of the course instructor. Students should contact the instructor as soon as they are able, to notify them of missing an evaluative component. Instructors will use discretion in deciding whether circumstances justify granting a reschedule and/or extension.

Regular term quizzes, midterms, and exams are not eligible for deferral and/or date extension accommodations. Students with accommodations, please refer to Accessibility Services.

Final Exams are subject to deferral processes, please refer to the current [Keyano College Credit Calendar](#).

### Academic Misconduct

Academic integrity requires commitment to the values of honesty, trust, fairness, respect, and responsibility. It is expected that students at Keyano College will adhere to these ethical values in all activities related to learning, teaching, research, and service. Any action that contravenes this standard, including misrepresentation, falsification, or deception, undermines the intention and worth of scholarly work and violates the fundamental academic rights of members of our community.

Academic dishonesty may take many forms:

- Plagiarism or the submission of another person's work as their own,
- The use of unauthorized aids in assignments or examinations (cheating),
- Using Artificial Intelligence (AI) to complete coursework (without instructor approval),
- Collusion or the unauthorized collaboration with others in preparing work,
- The deliberate misrepresentation of qualifications,
- The willful distortion of results or data,
- Substitution in an examination by another person,
- Submitting unchanged for another assignment, and
- Breach of confidentiality.

In all academic work, the ideas and contributions of others must be appropriately acknowledged and work that is presented as original must be, in fact, original. Using an AI-content generator (such as ChatGPT) to complete coursework without proper attribution or authorization is a form of academic dishonesty. If you are unsure about whether something may be plagiarism or academic dishonesty, please contact your instructor to discuss the issue.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the *Student & Academic Policies* section of the [Keyano](#)

[College credit calendar](#). It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights, Academic Integrity, and Non-Academic Misconduct Policies.

To ensure your understanding of plagiarism, you may be required to complete the online [Understanding Plagiarism tutorial](#) and submit the certificate of completion.

### Online Learning

Technology and internet connectivity will impact your online learning experience. You may be required to watch online videos, take online quizzes, or participate in live online classes. Live/virtual courses will be hosted in Microsoft Teams or Zoom. For all course delivery types, you will access your course resources on Keyano's learning management system: Moodle (iLearn). Login in using your [Keyano username and password](#). Keyano College operates in a Windows-based environment, and having access to the correct tools for online learning is essential.

### Internet Speed

Minimum download and upload speeds of 10 Mbps. Recommended download speeds of 25 Mbps and upload speeds of 10 Mbps (if you are sharing your internet at home). You can check your internet speed with [Speedtest by Ookla](#).

### Computer System Requirements:

Keyano College software are Windows based.

#### **Minimum Requirements and Recommended Upgrades for Windows (preferred system) and Apple devices**

These minimum standards are required for a Windows computer/laptop (OS 10 or 11) and a Macintosh (OS 10.14 or above).

- Windows 10 Operating System or above
- 4GB of RAM. Recommended upgrade to 8GB of RAM.
- 10GB+ available hard drive storage space. Note installing Microsoft Office 365 requires 3GB of available hard drive space.
  - Install the [Microsoft Office 365 Suite](#) (~3GB) - free to Keyano students.
- Microphone, webcam and speakers. (All modern laptops have these three accessories built-in. However, a headset or earbuds with a microphone is also recommended.)
- Windows has built-in anti-virus/malware software. It is essential to install system updates to keep your device secured regularly.

Tablets, iPads and Chromebooks are not recommended: they may not be compatible with the testing lockdown browsers and Microsoft Office 365.

### Computer Software

Students have access to Microsoft Office 365 and Read&Write for free using Keyano credentials.

See [Recommended Technology](#) for more information.

### Recording of Lectures and Intellectual Property

Students may only record a lecture if explicit permission is provided by the instructor or Accessibility Services. Even if students have permission to record a lecture or lecture materials, students may not share, distribute, or publish any of the lectures or course materials; this includes any recordings, slides, instructor notes, etc., on any platform. Thus, no student is allowed to share, distribute, publish or sell course-related content without permission. It is important to recognize that the Canadian Copyright Act contains provisions for intellectual property. The [Academic Integrity Policy](#) provides additional information on Keyano College's expectations from students as members of the intellectual community.

### ITS Helpdesk

If you have issues with your student account, you can contact the ITS Helpdesk by emailing [its.helpdesk@keyano.ca](mailto:its.helpdesk@keyano.ca) or calling 780-791-4965.

### Specialized Supports

The Student Services Department is committed to Keyano students and their academic success. There is a variety of student support available at Keyano. All student services are available during Keyano business hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. The College is closed on statutory holidays. If you require support outside of regular business hours, please inform the support service team, and they will do their best to accommodate your needs.

**Accessibility Services** provides accommodations for students living with disabilities. Students with documented disabilities or who suspect a disability can meet with an Access Strategist to discuss their current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact the department to request accommodations for the following semester. Please note that requesting accommodations is a process and requires time to arrange. Contact the department as soon as you know you may require accommodations. For accessibility supports and disability-based funding, please book an appointment by emailing us at: [accessibility.services@keyano.ca](mailto:accessibility.services@keyano.ca).

Accessibility Services also provides individual and group learning strategy instruction for all students and technology training and support to enhance learning. You can meet with an Access Strategist to learn studying and test-taking strategies. In addition, you can schedule an appointment with the Assistive Technology Specialist to explore technology tools for learning. Book an appointment today by emailing: [accessibility.services@keyano.ca](mailto:accessibility.services@keyano.ca)

**Wellness Services** offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators provide a safe and confidential environment for you to seek help with personal concerns. Our Wellness Navigator offers support with basic needs such as housing, financial and nutritional support, and outside referrals when needed. Wellness Services welcomes students to participate in group sessions that address topics including mindfulness and test anxiety throughout the academic year. Individual appointments can be made by emailing [wellness.services@keyano.ca](mailto:wellness.services@keyano.ca).

**Library Services:** provides students with research, information, and education technology supports as they engage in their studies. Library staff are available to help you online and in person throughout the semester. Librarians offer individual and small group appointments booked using the online [Book A Librarian calendar](#). The Library also provides research and subject guides to help you with your studies. To view a subject or course-specific guide, check out the complete list of online [Subject Guides](#). To start your research and access citation guides (APA, MLA, Chicago, or IEEE), visit the [Research Help page](#). The Library's collections (including print and online materials) are searchable using [OneSearch](#). The Library offers a Loanable Technology collection to support students accessing and using technology. For an up-to-date list of technology available for borrowing, visit the Library's [Loanable Technology webpage](#). For a detailed list of library resources and services, go to [www.keyano.ca/library](http://www.keyano.ca/library). For all inquiries, please email [askthelibrary@keyano.ca](mailto:askthelibrary@keyano.ca) or [chat with us online](#).

The **Academic Success Centre** at Keyano College (CC-119) provides free academic support services to registered students, such as tutoring, writing support, facilitated study groups, workshops, and study space. Academic Content Specialists are available in Mathematics, Science, Trades, Power Engineering, Upgrading/College Prep, Human Services, English, Humanities, and more. Students are encouraged to visit the Academic Success Centre to discuss study strategies and academic concerns.

Specialists in the Academic Success Centre also work with students to develop academic success plans, time management skills, study strategies, and homework plans. For additional information, please email [Academic.Success@keyano.ca](mailto:Academic.Success@keyano.ca).

**Authorization**

This course outline has been reviewed and approved by the Program Chair.

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Blaine Legaree, Instructor

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Marie-France Jones, Chair

Date Authorized

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Coert Erasmus, Dean

Date Authorized

**Signed copies to be delivered to:**

Instructor