COURSE OUTLINE

LIFESCI 4W03- Advanced Topics in Nutrition

Fall 2016

INSTRUCTOR: Dr. Janet Pritchard Office IWC 216 Email: pritcjm@mcmaster.ca

Course Description:
This course will extend the study of nutrition beyond the examination of macro-, and micro-nutrients to investigating topics such as dietary analysis/planning, supplementation usage, and human health/disease management.

Prerequisite(s): LIFE SCI 2N03; and registration in Level IV of an Honours Life Sciences program

Required Texts & Materials:

There is no required textbook for this course, however it is recommended that students retain an introductory nutrition textbook for referencing. For example: Whitney, E. N., Rolfes, S. R., Hammond, G., & Piche, L. A. (2016) Understanding Nutrition (2nd Ed.). Toronto, Canada: Nelson Education Ltd.

Additional readings will be posted on Avenue and students will be expected to complete the readings before coming to Lecture each week.

Course Objectives:
By the end of this course students will be able to:

1) Describe the role of health literacy as it relates to nutrition and overall health for various populations.
2) Differentiate sources of health information to encourage evidence-based healthy eating.
3) Discuss the guidelines for healthy eating during pregnancy.
4) Compare and contrast nutrition strategies for children and young athletes for optimal growth and development.
5) Describe the role that nutrition plays in preventing and managing type 2 diabetes and cardiovascular disease.
6) Examine nutrition-related guidelines for the prevention and management of age-related diseases, including osteoporosis, dementia and frailty.
7) Synthesize scientific literature on a nutrition-related topic affecting a population in the community.
8) Develop an evidence-based workshop (presentation and guide) intended for a population in the community.

Course Format:

<table>
<thead>
<tr>
<th>Day and time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>Mondays 11:30am-1:20pm BSB 115</td>
</tr>
<tr>
<td>Tutorial</td>
<td>Mondays 1:30pm-2:20pm BSB 115</td>
</tr>
</tbody>
</table>

Schedule of Topics:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Readings and Helpful Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>No class</td>
<td>As our class is on Mondays, we don’t have class during week 1.</td>
<td></td>
</tr>
</tbody>
</table>
Week 3  Sept 19  • Eating to age well: focus on bone and joint health

Readings:


Resources:


Week 4  Sept 26  • Eating to age well: focus on sarcopenia and frailty

Readings:


Resources:

Week 5  Oct 3  • Nutrition strategies for the

Readings:
Canadian Diabetes Association Clinical Practice Guidelines Expert Committee.
<table>
<thead>
<tr>
<th>Week 6</th>
<th>Oct 17</th>
<th><strong>EXAM- 11:30-1:20pm</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Oct 24</td>
<td>• Workshop presentations (groups 1,2,3)</td>
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<tr>
<td>Week 8</td>
<td>Oct 31</td>
<td>• Workshop presentations (groups 4,5,6)</td>
</tr>
<tr>
<td>Week 9</td>
<td>Nov 7</td>
<td>• Workshop presentations (groups 7,8,9,10) <strong>Note: this class may overlap with tutorial</strong></td>
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<tr>
<td>Week 10</td>
<td>Nov 14</td>
<td>• Nutrition strategies for the prevention and management of cardiovascular disease</td>
</tr>
</tbody>
</table>

**Readings:**


**Resources:**


- Heart and Stroke Foundation. (2014). *The DASH diet to lower high blood pressure.* Retrieved from [http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3862329/k.4F4/Healthy_living__The_DASH_Diet_to_lower_blood_pressure.htm](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3862329/k.4F4/Healthy_living__The_DASH_Diet_to_lower_blood_pressure.htm)
### Week 11
- **Nov 21**

**Eating to age well: focus on cognition**

**Readings:**


**Resources:**

### Week 12
- **Nov 28**

**Healthy eating during pregnancy**

**Readings:**


**Resources:**


### Week 13
- **Dec 5**

**Nutrition considerations for children and young athletes**

**Readings:**


**Resources:**
Evaluation:

1) Applied Assignment (presentation, community workshop, written component) 45%
2) Midterm Exam, in class 25%
3) Final Exam, as scheduled by registrar 30%

Notes on Assessment:

1) Assignment: Please download the detailed assignment guideline on Avenue to Learn.
2) Exams: The midterm exam will take place during class time, according to the course schedule (below). The final exam will be scheduled during the final exam period. The exams may include multiple choice, short answer, labeling figures, definitions, and can include compare and contrast short answer questions.

MSAF, Absences & Missed Work:
Given that all assessments are greater than or equal to 25%, an MSAF cannot be submitted for this course. Other absences must be reported to your Faculty office, with documentation, and relief from term work may not necessarily be granted.

Checking Your Grades:
Office hours with the Teaching Assistant will be arranged following the exam. Only then can you review your midterm.

Re-mark Policy:
Requests for re-evaluation of exams must be made to the Teaching Assistant within 1 week of the posting of grades. Only exams that are fully written in non-erasable pens or are typewritten will be considered for remarking. All requests must be made in writing to the Teaching Assistant who will then consider a possibility of a re-mark in collaboration with Dr. Pritchard. Please be aware that an approval for a remark can result in an increase, decrease or no change to the original mark. Please review McMaster University’s policy and procedure for re-read/re-assessment of work at https://www.science.mcmaster.ca/associatedean/forms-resources.

Communication between Students and Faculty:
The University’s official method of correspondence with students is through a valid McMaster University e-mail account. It is the student’s responsibility to keep his/her @mcmaster.ca account active and check it on a regular basis. All emails from students must include your full name and course code (LIFESCI 4W03). An effort will be made to respond to all emails within 24-48 hours (excluding weekends).

Student Responsibilities:
To get the most out of the course, you must be prepared to:
• attend all sessions, make up all missed work, and provide documentation for authorized absences;
• interact frequently with faculty, students, TAs, and other support staff;
• plan and manage your own time;
• complete preparatory tasks (such as reading, writing assignments, and initial research) in advance of sessions;
• develop and use reflective learning skills (for example identifying learning objectives, planning and carrying out research tasks, acting on academic feedback);
• work as an effective, efficient, and responsive team member on group assignments;
• check the course Avenue site, and your McMaster and Avenue e-mail daily for updates; and,
• follow all university policies and guidelines, and in all ways be a responsible university member

Senate Student Policies
Students can view full policies here (http://www.mcmaster.ca/policy/Students-AcademicStudies/).
Senate Policy Statements are also available from the Senate Secretariat Office, Room 104, and Gilmour Hall.
• Academic Integrity - http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicIntegrity.pdf
  Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university. It is your responsibility to understand what constitutes academic dishonesty.
  The following illustrate only four of many forms of academic dishonesty:
  ➢ plagiarism, e.g. the submission of work that is not one's own or for which other credit has been obtained;
  ➢ copying or using unauthorized aids in laboratory exercises
  ➢ improper collaboration in group work; and
  ➢ copying or using unauthorized aids in quizzes, tests and examinations

All students are reminded of the importance of academic integrity, and the serious consequences of academic dishonesty.

  You acknowledge that your behavior in all aspects of this course should meet the standards of the McMaster University Student Code of Conduct. You understand that any inappropriate behavior directed against any of your colleagues, teaching assistants, or the instructional team will not be tolerated. Disruptive behavior during any session (e.g. lecture, seminar, lab, tutorial) such as talking, sleeping or non-class computing while an individual presents information, or constantly being late, will also not be tolerated. Abuse, ridicule, slander, inappropriate language, and discrimination towards instructors teaching staff, teaching assistants and other students will not be tolerated in any capacity. Shared spaces including e-spaces such as the Avenue to Learn course discussion board are to be considered inclusive and safe.

Section on Use of Turnitin.com
In this course, we will be using a web-based service (Turnitin.com) to reveal plagiarism. Students will be expected to submit their work electronically to Turnitin.com so that it can be checked for academic dishonesty. To see the Turnitin.com Policy, please go to www.mcmaster.ca/academicintegrity).

Copyright Policy
In this course you will have access to material that is subject to copyright laws. This includes (but is not limited to) textbooks and all resources developed by the instructors such as lab manuals, demonstration videos, quizzes, assignments, tests, class notes and class slides. Under no circumstance are you allowed to share or redistribute this material in any printed or electronic form without the explicit written consent of the copyright holder. This includes posting any course material on Internet bulletin boards, course repositories, social networks, etc.

Academic Accommodation of Students with Disabilities
Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail sas@mcmaster.ca. For further information, consult McMaster University's Policy for Academic Accommodation of Students with Disabilities.

Academic Accommodation for Religious, Indigenous and Spiritual Observances
McMaster University (the University) strives to be welcoming and inclusive of all its members and respectful of their differences. Students, staff, and instructors come from a range of backgrounds, traditions and beliefs. The University recognizes that, on occasion, the timing of a student’s religious, Indigenous, or spiritual observances and that of their academic obligations may conflict. In such cases, the University will provide reasonable academic accommodation for students that is consistent with the Ontario Human Rights Code, through respectful, accessible, and fair processes. http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-Observances.pdf

The instructors and the university reserve the right to alter this outline if necessary.
The instructors and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.