



NUTR*3210 Fundamentals of Nutrition

Fall 2019

Section(s): C01

Department of Human Health and Nutritional Sciences

Credit Weight: 0.50

Version 2.00 - September 11, 2019

1 Course Details

1.1 Calendar Description

This is the foundation course for the study of nutrition. The occurrence, uptake and metabolic role of nutrients will be discussed in relation to growth, reproduction and longevity in human subjects, domestic animals and other species.

Pre-Requisites: BIOC*2580

1.2 Timetable

Lectures: Tuesdays and Thursdays, 11:30am-12:50pm, MACN, Room 105

1.3 Final Exam

Exam time and location is subject to change. Please see WebAdvisor for the latest information.

2 Instructional Support

2.1 Instructional Support Team

Instructor: Danyelle Liddle
Email: dliddle@uoguelph.ca
Telephone: +1-519-824-4120 x56967
Office: ANNU 371B

Office Hours:

- Tuesdays between 2:00-4:00pm
- or Immediately after class
- or Email for appointment

2.2 Teaching Assistants

Teaching Assistant: Valerie Hruska
Email: vhruska@uoguelph.ca

Office Hours: • Email for appointment

3 Learning Resources

3.1 Required Resources

CourseLink (Website)

Basic course material will be available on the CourseLink website. I will add information during lectures to supplement the basic course material. Both the basic course material and additional information will be tested on both the midterm and final exams.

3.2 Additional Resources

Advanced Nutrition and Human Metabolism (Textbook)

- Title: Advanced Nutrition and Human Metabolism (5th and 6th Editions)
 - Authors: Sareen S. Gropper and Jack L. Smith
 - Copies of these texts are on reserve (both editions are suitable to use). It is not essential to buy this textbook since it goes beyond the level of detail that I teach in lecture and require you to know for examinations. However, if you want to purchase a copy of this textbook, then the 6th edition would be suitable and may be found used or ordered on Amazon. All material required for the course will be presented in lecture and in the lecture notes, but the text may prove helpful to further understand the lecture material. It will also be useful for students continuing on to more advanced nutrition courses. The lectures follow the sequence of chapters in this text book, with chapters 1-3 covering material from prerequisite biochemistry (which you will need to remember!), chapters 4-8 covering macronutrients and energy metabolism, and chapters 9-13 covering micronutrients. If you find areas of disagreement between the text and lecture (which can happen), please email me for clarification.
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4 Learning Outcomes

4.1 Course Learning Outcomes

By the end of this course, you should be able to:

1. Define the compounds and elements of nutritional importance to humans and animals, and show how they are digested and absorbed
 2. Describe the metabolic fate of absorbed nutrients and the metabolic basis of their essentiality
 3. Illustrate the role of nutrients in integrated physiological and metabolic processes of intact humans and animals
 4. Describe the abnormalities exhibited by humans or animals ingesting diets containing either deficient or excessive quantities of specific nutrients or energy
 5. Communicate a nutritional concept of your choosing in a manner that is suitable for the general public
 6. Develop professional behaviours, including the reconciliation of different perspectives, social skills to work effectively in teams, and the ability to provide feedback and accept peer critique
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5 Teaching and Learning Activities

5.1 Lecture

Topics: Welcome and Introduction to Nutrition

- Discussion of course objectives, organization and method of assessment
- Classes of nutrients and concept of dietary essentiality
- The importance of water

Topics: Food/Feeds Composition Analysis

- Proximate analysis: Modern techniques applied to a longstanding scheme

Topics: Major Types of Digestive Tracts in Animals

- Overview of digestive systems
- Digestibility

Topics: Energy

- Partitioning of feed energy for maintenance and production: gross energy (heat of combustion), digestible energy, metabolizable energy
- Physiological fuel values and the chemical basis for the differences among macronutrients in terms of energy density
- Calorimetry: energy expenditure

Topics: Carbohydrates, including Fibre

- Classification and structure
- Digestion and absorption in monogastric and ruminant animals
- Metabolism and function, importance of carbohydrates in metabolism

Topics: Lipids

- Chemical structure of dietary lipids
- Essential fatty acids
- Digestion and intestinal absorption
- Metabolism, including the problem of transporting lipids in an aqueous medium

Topics: Proteins

- Classification and properties
- Dietary essential amino acids
- Protein quality
 - evaluation methods
 - examples of some common feedstuffs
- Nitrogen metabolism in ruminants
- Digestion and absorption
- Metabolism and function
 - transamination and nitrogen excretion; utilization of carbon skeletons for energy

Topics: Vitamins and Minerals

- Characteristics of compounds classified as vitamins

- Classification of essential mineral elements:
 - 7 macrominerals, 10 trace minerals
- Dietary sources, known biochemical and physiological functions, deficiency and toxicity signs/symptoms:
 - Vitamin A and provitamin A
 - Vitamin K
 - Vitamin D and the macrominerals calcium and phosphorus
 - Vitamin E and the trace mineral selenium
 - Water-soluble vitamins:
 - Vitamin C, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, niacin, riboflavin, thiamin.
 - Other trace minerals:
 - Iron, copper, cobalt, zinc, iodine, fluoride, magnesium, manganese.
- Metabolic Integration

5.2 Important Dates

- SEPTEMBER 5 (Thurs): First Lecture in MACN, Room 105; 11:30am - 12:50pm
- SEPTEMBER 24 (Tues): Group Registration due on CourseLink before midnight
- OCTOBER 9 (Wed): Group Work Contract due to Dropbox on CourseLink before midnight
- OCTOBER 15 (Tues): Fall Break (no class or office hours)
- OCTOBER 22 (Tues): Midterm Exam (in class)
- NOVEMBER 21 (Thurs): Group Assignment due to Dropbox on CourseLink before midnight
- NOVEMBER 27 (Weds): Peer Evaluation due before midnight (online)
- DECEMBER 3 (Tues): Final Exam (location to be announced); 2:30pm - 4:30pm

6 Assessments

6.1 Assessment Details

Midterm Exam (35%)

Date: Tue, Oct 22, 11:30 AM - , 12:50 PM, In class

- The Midterm Exam will include multiple choice and short answer questions. The questions will be designed to probe understanding of concepts and mechanisms, and will present some scenarios for interpretation.
- If you are ill for the Midterm Exam or have a conflict, please contact me before the start of the Midterm Exam to make alternative arrangements (the sooner you contact me, the better). I will do my best to accommodate you. If you contact me after the start of the Midterm Exam (i.e., after 11:30am on Tuesday, October 22, 2019), then no alternate Midterm Exam will be offered to you.
- If you do not write the Midterm Exam, the Final Exam will be worth 85%.
- An alternate weighting of 25% Midterm Exam / 60% Final Exam will be automatically applied and each student will receive the higher of the two final grades.
- Learning Outcomes associated with this assessment: 1, 2, 3, 4

Group Infographic Assignment (10%)

Due: Thu, Nov 21, 11:59 PM, CourseLink Dropbox

- Students will form groups of four and claim a group number on CourseLink before midnight on Tuesday, September 24. If you do not join a group by this deadline, I will randomly assign you to a group.
- Prior to starting the assignment, groups will be required to submit a Group Work Contract to a Dropbox on CourseLink before midnight on Wednesday, October 9. The contract is intended to establish expectations and accountability for each group member. A template for the Group Work Contract will be posted on CourseLink.
- For the assignment, groups will be required to develop a 1-page Infographic about a nutrient and a related health outcome. Infographics may be designed for a human health endpoint or an animal health endpoint. Resources about the “do’s and don’ts” of Infographic design and a general grading scheme will be posted on CourseLink. Infographics will be submitted to a Dropbox on CourseLink before midnight on Thursday, November 21. A penalty of 10% will be applied every 24 hours after the due date and time.
- The Group Infographic Assignment grade will be given per group, not per student.

- Learning Outcomes associated with this assessment: 1, 2, 3, 4, 5, 6

Peer Evaluation (5%)

Due: Wed, Nov 27, 11:59 PM, Online

- Students in a group will evaluate each other with regards to their ability to work effectively within a team. Groups will generally consist of 4 students; therefore, each student will be required to complete 3 online Peer Evaluations. Peer Evaluations will remain confidential and will not be handed back to students. One Peer Evaluation will take ~5 minutes to complete.
- Your Peer Evaluation grade will correspond to the average grade given to you by your group members. Grades will be given per student, not per group.
- If you do not complete your Peer Evaluations by the deadline, you will automatically receive a grade of 0, irrespective of what your group members give you as a grade.
- Learning Outcomes associated with this assessment: 5, 6

Final Exam (50%)

Date: Tue, Dec 3, 2:30 PM - , 4:30 PM, TBA

- The Final Exam will be cumulative, but weighted so that approximately 70% of the exam is on material covered after the Midterm Exam.
- The Final Exam will include multiple choice and short answer questions. The questions will be designed to probe understanding of concepts and mechanisms, and will present some scenarios for interpretation.
- If you do not write the Midterm Exam, the Final Exam will be worth 85%.
- An alternate weighting of 25% Midterm Exam / 60% Final Exam will be automatically applied and each student will receive the higher of the two final grades.
- Learning Outcomes associated with this assessment: 1, 2, 3, 4

7 Department of Human Health and Nutritional Sciences Statements

7.1 Academic Advisors

If you are concerned about any aspect of your academic program:

- Make an appointment with a program counsellor in your degree program. [B.Sc. Academic Advising](#) or [Program Counsellors](#)

7.2 Academic Support

If you are struggling to succeed academically:

- Learning Commons: There are numerous academic resources offered by the Learning Commons including, Supported Learning Groups for a variety of courses, workshops related to time management, taking multiple choice exams, and general study skills. You can also set up individualized appointments with a learning specialist. <http://www.learningcommons.uoguelph.ca/>
- Science Commons: Located in the library, the Science Commons provides support for physics, mathematic/statistics, and chemistry. Details on their hours of operations can be found at: <http://www.lib.uoguelph.ca/get-assistance/studying/chemistry-physics-help> and <http://www.lib.uoguelph.ca/get-assistance/studying/math-stats-help>

7.3 Wellness

If you are struggling with personal or health issues:

- Counselling services offers individualized appointments to help students work through personal struggles that may be impacting their academic performance. <https://www.uoguelph.ca/counselling/>
- Student Health Services is located on campus and is available to provide medical attention. <https://www.uoguelph.ca/studenthealthservices/clinic>
- For support related to stress and anxiety, besides Health Services and Counselling Services, Kathy Somers runs training workshops and one-on-one sessions related to stress management and high performance situations. <http://www.selfregulationskills.ca/>

8 University Statements

8.1 Email Communication

As per university regulations, all students are required to check their e-mail account regularly: e-mail is the official route of communication between the University and its students.

8.2 When You Cannot Meet a Course Requirement

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons please advise the course instructor (or designated person, such as a teaching assistant) in writing, with your name, id#, and e-mail contact. The grounds for Academic Consideration are detailed in the Undergraduate and Graduate Calendars.

Undergraduate Calendar - Academic Consideration and Appeals

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

Graduate Calendar - Grounds for Academic Consideration

<https://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/index.shtml>

8.3 Drop Date

Students will have until the last day of classes to drop courses without academic penalty. The deadline to drop two-semester courses will be the last day of classes in the second semester. This applies to all students (undergraduate, graduate and diploma) except for Doctor of Veterinary Medicine and Associate Diploma in Veterinary Technology (conventional and alternative delivery) students. The regulations and procedures for course registration are available in their respective Academic Calendars.

Undergraduate Calendar - Dropping Courses

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml>

Graduate Calendar - Registration Changes

<https://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/genreg-reg-regchg.shtml>

Associate Diploma Calendar - Dropping Courses

<https://www.uoguelph.ca/registrar/calendars/diploma/current/c08/c08-drop.shtml>

8.4 Copies of Out-of-class Assignments

Keep paper and/or other reliable back-up copies of all out-of-class assignments: you may be asked to resubmit work at any time.

8.5 Accessibility

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required; however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be

noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance and not later than the 40th Class Day.

More information can be found on the SAS website
<https://www.uoguelph.ca/sas>

8.6 Academic Integrity

The University of Guelph is committed to upholding the highest standards of academic integrity, and it is the responsibility of all members of the University community-faculty, staff, and students-to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff, and students have the responsibility of supporting an environment that encourages academic integrity. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

Undergraduate Calendar - Academic Misconduct
<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

Graduate Calendar - Academic Misconduct
<https://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/index.shtml>

8.7 Recording of Materials

Presentations that are made in relation to course work - including lectures - cannot be recorded or copied without the permission of the presenter, whether the instructor, a student, or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

8.8 Resources

The Academic Calendars are the source of information about the University of Guelph's procedures, policies, and regulations that apply to undergraduate, graduate, and diploma programs.

Academic Calendars
<https://www.uoguelph.ca/academics/calendars>