

Syllabus

HNSC-7740: Advanced Applied Human Nutrition II
(Winter 2025)

TABLE OF CONTENTS

Faculty of Graduate
Studies/Agricultural and Food Sciences



**University
of Manitoba**

COURSE DETAILS	3
INSTRUCTOR CONTACT INFORMATION.....	3
COURSE DESCRIPTION	3
COURSE GOALS	3
COURSE LEARNING OBJECTIVES.....	3
TEXTBOOK, READINGS, AND COURSE MATERIALS.....	4
USING COPYRIGHTED MATERIALS	4
COURSE TECHNOLOGY	4
EXPECTATIONS: I EXPECT YOU TO.....	4
EXPECTATIONS: YOU CAN EXPECT ME TO	6
<hr/>	
DEFINED.	ERROR! BOOKMARK NOT
CLASS SCHEDULE AND COURSE EVALUATION	7
GRADING	9
VOLUNTARY WITHDRAWAL	ERROR! BOOKMARK NOT DEFINED.
<hr/>	
ASSIGNMENT DESCRIPTIONS.....	9
UNIVERSITY SUPPORT OFFICES & POLICIES	10
FOUNDATIONAL KNOWLEDGE CONTENT AREAS FOR DIETETICS EDUCATION	13

COURSE DETAILS

Course Title & Number:	HNSC 7740: Advanced Applied Human Nutrition 2
Number of Credit Hours:	3
Class Times & Days of Week:	Monday 1:00pm- 4:00pm
Location for classes/labs/tutorials:	107 Animal Science
Pre-Requisites:	Restricted to MAHN program students.

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Jessica Rutherford Please refer to me as Jessica
Office Location:	W577 Duff Robmin
Office Hours or Availability:	I will be available 15 minutes BEFORE class for short meetings. If you need to meet with me for longer I am available during work hours. Contact me to schedule a virtual or in-person appointment. Please note that scheduled meetings must not interfere with your practicum placement hours.
Email:	Jessica.rutherford@umanitoba.ca . To receive a response, your e-mails must identify the course number (7740) in the subject line and must adhere to the e-mail code of conduct outlined in the MAHN Handbook.

Course Description

General Course Description

Advanced Applied Human Nutrition II (HNSC 7740) is a blended delivery model course. Lectures and critical reviews in topics related to the dietetics profession, embedded in nutrition care, food provision and population health promotion. Emphasis will be placed on knowledge related to sustainable food systems. This course will develop from concepts positioned in HNSC 7730. Restricted to students in the MAHN program. Pre-requisite HNSC 7730; Co-requisite with HNSC 7710.

Course Goals

Many fields of employment require an understanding of sustainable food systems. Examining these systems through a wide array of perspectives provides a holistic view that is aligned with Indigenous perspectives. The creation of a final project allows you to apply the learning you have done to a specific context. Skills developed in the group discussion portion of the course have been transferable to both the workplace and to further research in the area.

Course Learning Objectives

Building upon knowledge gained in HNSC 7730, through the readings and assignments implemented in this course, students should be able to:

1. Critically evaluate current evidence in the areas of nutrition care, food provision and population

health, as it pertains to field of dietetics, towards new recommendations for practice guidelines.

2. Work within a collaborative framework to understand, analyze and critically evaluate the role of the dietitian within a sustainable food system framework.
3. Effectively communicate evidence-based messages related to human nutrition.
4. Create and deliver a food-skills cooking demonstration.

Textbook, Readings, and Course Materials

No course text book is required. Readings will be assigned from peer-reviewed journal articles and/or other materials. All readings will be available online or digitally through the University of Manitoba Library.

Using Copyrighted Materials

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website or social media, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Course Technology

Technical requirements for this course include: Computer with a working web browser, JavaScripted, Adobe Flash Player, internet access, speakers or headphones, and microphone.

All assignments and course materials can be accessed in UMLearn.

Use of technology (laptops, phones, and tablets) are permitted for learning purposes. Students must abide by the electronic communication device usage policies stipulated in the MAHN Handbook.

Expectations: I Expect You To

Class Communication:

- You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy: http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.
- Conduct all interactions with the instructor, with other students in the class respectfully.
- Review course announcements on the UM Learn course website at least weekly.
- Demonstrate initiative and problem solving. Before reaching out to me with questions, review the Course outline, course announcements and other sources of information to see if you can answer your question through these means. I will not respond to e-mails that are seeking information that is already clearly answered on UM Learn HNSC 7740 Course outline or announcements. I will be happy to expand on or clarify information provided but you must indicate in your e-mail where you have already sought information or the information that you need clarified.

- When receiving feedback on assignments or quizzes **you must wait 24 hours** before e-mailing me about the assignment. E-mails sent prior to 24 hours will not receive a response. This policy is to allow time to reflect on assignment feedback and to prevent reactionary e-mails. Please take this time to review the assignment feedback. If after 24 hours you would like to discuss your mark or feedback please e-mail me.
- Communicate with your instructor well in advance of assignment due dates, of any ongoing issues, OR immediately once an issue arises that *may* impact your ability to complete course work.

Professionalism, attendance and participation:

- Be respectful of your fellow classmates, foster a safe environment for discussion, and be open to other viewpoints.
- Come to class prepared to learn and to actively participate. All assigned pre-readings are to be completed.
- Comply with all University of Manitoba Policies and Procedures including the [Respectful Work and Learning Policy](#) which requires all to staff and students to be respectful of others in and outside of the classroom.
- Arrive and depart class at the scheduled time.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. All work should be completed independently unless otherwise specified.

Use of Generative Artificial Intelligence (genAI) technology

Students may choose to use generative artificial intelligence (AI) tools for understanding course materials and for assignments in this course carefully. Any submitted work is expected to be original work produced by the student(s) alone. Any content produced by an artificial intelligence tool must be cited appropriately. For citation, please check APA 7: <https://apastyle.apa.org/blog/how-to-cite-chatgpt>.

- Students must cite a genAI tool whenever you paraphrase, quote, or incorporate into your own work any content (whether text, image, data, or other) that was created by it.
- With every assignment, students must acknowledge all use of AI tools (such as searching for resources, creating outlines, editing or translating words) in a note, your text, or another suitable location. Each assignment must include a list of AI search terms used for the

assignment. If you did not use AI you must indicate this on the assignment instead of submitting a list of search terms.

Recording Class Lectures:

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission from the instructor. Course materials (both paper and digital) are for the participant's private study and research.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Expectations: You Can Expect Me To

- Be respectful and to foster a safe and respectful learning environment.
- Treat you fairly.
- To provide a variety of learning and assessment opportunities.
- Respond to e-mail messages within 48 hours during the week. E-mail messages received during the evening or on the weekend will be responded to during the work week.
- Respond only to correspondence sent to my UManitoba e-mail from your UManitoba e-mail.
- Respond to communication related to assignments that is sent after 24 hours of receiving assignment feedback.
- Meet with you to discuss your assignment, if you contact me after 24 hours of receiving assignment feedback. To meet with me, you must follow this process:
 1. Send me an e-mail detailing where and why you feel you deserve more marks (how it was answered partially or full correct). Ensure you have read the feedback within the rubric section of UMLearn prior to sending an e-mail.
 2. I will review your request and if not resolved in step one, we will schedule a mutually available time to meet to discuss.
- Not to respond to requests for information that is already provided in the MAHN handbook, course announcements or within other documents on the UM Learn HNSC 7700 course site. It is your responsibility to seek out this information independently before contacting me. If you need further clarification about the information, you must first identify the source of information, and the clarification required.
- When it is necessary to cancel a class or move to a virtual platform due to exceptional circumstances, I will make every effort to inform students via UManitoba email.
- I will only accept assignments as per the assignment submission process described on the assignment.
- I will provide assignment feedback and grades with 2 weeks of assignment due date.

CLASS SCHEDULE AND COURSE EVALUATION

This course outline should be considered a guideline only. Time constraints and other unforeseen factors may require that some of the topics be omitted or covered in less detail than indicated. It is the student's responsibility to keep themselves updated with new and emerging course information.

The details of topics to be covered and readings for each week are given below, however, the entire topic may not be covered in some cases. **The sequencing of topics and content may change.**

All classes (except the first class, January 6). Have assigned pre-preparation readings/viewing. It is expected that students will completed all assigned readings prior to class. The assigned readings for each week/unit are located on UM learn.

Dates	Unit	Content	Evaluation	
			Type of Assessment	Value of Final Grade
Monday January 6	Unit 1: Welcome and introduction to sustainable food systems	1. Overview of course outline, expectations and assessment. 2. Introduction to food system 3. Introduction to sustainable food systems 4. Rationale for need to sustainable food systems 5. FAO Course	FAO Course: sustainable food systems:Introduction (time will be provided in class to complete) <i>Due Sunday January 12</i>	3%
Monday January 13	Unit 2: Delving further into sustainable food systems	Independent study class: 1. FAO Course Sustainable food systems: concepts and framework (1.5 hour) 2. FAO Course Sustainable food systems:	Participation FAO Courses: sustainable food systems:Concepts and framework (time will be provided in class to complete) <i>Due Sunday January 19</i>	3% x 2
Monday January 20	Unit 3: Indigenous Food Sovereignty and Food systems	1. Guest speaker: Dr. Tara Maudrie. 2. Guest speaker: Anna Mehrabian - Can U demonstration and lesson planning	Participation	
Monday January 27	Unit 4: Sustainable food production and processing	1. Virtual farm tour and guest speaker: Kate Cummings, Farm and Food Discovery Centre 2. Group activity: lesson planning for Can U demo	Participation Food skills demo-lesson plan	

			Social media post # 1 <i>Due Sunday January 26</i>	
Monday February 3	Unit 5: Sustainable food production and food processing con'td	1. Guest speaker: Jillian Einerson Executive Director, Protein Manitoba 2 Journal club discussion# 1 (food marketing)	Participation	3%
Monday February 10	No class on Monday. Group presentations Tuesday and Wednesday evening- Canu	Food skills demo groups Group 1: Feb 11 (Tuesday 5-8pm) Group 2: Feb 12 (Wednesday 5- 8pm) Group 3: April 7 (1-4pm)	Food skills demo	20%
Monday February 17	Reading week No class			
Monday February 24	Unit 6: Food marketing and purchasing	1. Guest Speaker: UM Office of Sustianability. 2. Journal club discussion # 2	Contributes to participation and journal club assignment	(counts toward 10%)
Monday March 3	Unit 7: Food preparation and consumption	Independent study: 2. Reflective journal # 1	Participation Class time is provided to complete the reflective journal.	5%
Monday March 10	Unit 9: Food waste and food disposal	1. Guest Speaker: Dr. Robert Parsons 2. Journal club discussion # 3	Participation Contributes to participation and journal club assignment	
Monday March 17	Unit 10: Policy and food environment	Guest Speaker: TBC 2. Reflective journal # 2		5%
Monday March 24	Unit 11: Sustainability,			

	food systems and dietetics	VIRTUAL CLASS Guest speaker : Dietitians for Climate Action.	Social media post # <i>Due Sunday March 30midnight</i>	3%
Monday March 31	Unit 12: SSF knowledge translation for dietetic practice	VIRTUAL CLASS 1.Final lecture and large group discussion 2. Reflective journal # 3	Class time is provided to complete the reflective journal. Due at end of class Contributes to participation and journal club assignment	5%
Monday April 7	No class	Final food demo group will present at Barbara Burns Lab 1-4pm	Final paper due Friday April 11 midnight	30%

Grading

Letter Grade	Percentage out of 100	Final Grade Point
A+	90-100	Pass
A	80-89	Pass
B+	75-79	Pass
B	70-74	Pass
C+	65-69	Pass
C	60-64	Pass
D	50-59	Fail
F	Less than 50	Fail

ASSIGNMENTS

Assignment descriptions, submission processes and marking rubric are described in greater detail on UM learn (Content tab- assignments)

1. FAO Courses (3 courses x 3% each): 9%

You will be required to complete 3 Food and Agriculture Organization of the United Nations E-Learning Courses as an introduction to sustainable food systems. Time will be provided in class to complete these courses.

2. Reflective journals (3 journal submissions x 5% each): 15%

You will be responsible for submitting 3 500 word (maximum) journal reflections based on the assigned materials. You must follow the "What, so what and now what" framework to create your reflections".

3. Social media posts (2 posts x 3% each): 6%
4. Journal club facilitator x 1: 8%
5. Journal club recorder/presenter x 1: 2%
6. Can U cooking demonstration: 20%
7. Final paper: 30%
8. Participation: 10%

Late assignments: will be deducted 10% per day.

Submitting assignments: All assignments must be submitted to the appropriate assignment submission dropbox on UM learn. See UMLearn “content- assignments” for more details.

Voluntary Withdrawl

March 19, 2025 Voluntary withdrawal courses will be recorded on official transcripts. Courses cannot be withdrawn from after this deadline, and if a course is not dropped by this date, it will be assigned a final letter grade. Refer to the Registrar’s Office web page for more information. If you are concerned about your progress and are considering withdrawing, please contact me before the deadline to discuss your progress and any alternative strategies you may have.

UNIVERSITY SUPPORT OFFICES & POLICIES

Schedule “A”

Writing and Learning Support

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor’s feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: www.umanitoba.ca/libraries.

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:*

<http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services

(204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre

(204) 474-7423

University Health Service

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in [peer support from Healthy U](#) or information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <https://umanitoba.ca/student/health-wellness/welcome-about.html>
britt.harvey@umanitoba.ca

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

Respectful Work and Learning Environment

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline

http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,

Violent or Threatening Behaviour

http://umanitoba.ca/admin/governance/governing_documents/community/669.html

- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault**

policy may be found at:

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

More information and resources can be found by reviewing the Sexual Assault site

<http://umanitoba.ca/student/sexual-assault/>

- For information about rights and responsibilities regarding **Intellectual Property** view the policy [https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy - 2013_10_01 RF.pdf](https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy_-_2013_10_01_RF.pdf)

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site

<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

student_advocacy@umanitoba.ca

FOUNDATIONAL KNOWLEDGE CONTENT AREAS FOR DIETETICS EDUCATION

This course is designed to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP, 2020, Version 3.0). Following are the Practice Competencies and Performance Indicators that this course is designed to meet towards the ICDEP.

PRACTICE COMPETENCIES	PERFORMANCE INDICATORS
2. PROFESSIONALISM AND ETHICS: Dietitians use professional, ethical and client-centred approaches, to practice with integrity and accountability	
2.09 Employ an evidence informed approach to practice	c. Make evidence-informed decisions
2.10 Engage in reflective	b. Critically assess approaches to practice

practice	c. Develop goals and seek resources to improve practice
2.12 Maintain comprehensive and current knowledge relevant to practice	a. Use relevant terminology
	b. Identify relevant sources of information
	c. Critically appraise information relevant to practice
	d. Identify emerging information relevant to practice
2.13 Use information management technologies to support practice	b. Use information management systems
3. COMMUNICATION AND COLLABORATION: Dietitians communicate effectively and collaborate with others to achieve practice goals	
3.01 Use appropriate communication approaches	a. Identify opportunities for and barriers to communication relevant to context
	b. Use communication approaches appropriate to context
	c. Use language tailored to audience
3.02 Use effective written communication skills	a. Write in a manner responsive to audience
	b. Write clearly and in an organized fashion
3.03 Use effective oral communication skills	a. Speak in a manner responsive to audience
	b. Speak clearly and in an organized fashion
3.04 Use effective electronic communication skills	
	b. Use electronic communication relevant to context
3.06 Engage in teamwork	
	b. Contribute effectively to teamwork
4. MANAGEMENT AND LEADERSHIP: Dietitians use management skills and provide leadership to advance health, through food and nutrition	

4.04 Undertake knowledge translation	b. Reframe knowledge into a format accessible to others
4.06 Foster learning in others	b. Identify opportunities for learning
	c. Assess learning needs and assets
	d. Develop learning outcomes
	e. Implement educational strategies
	f. Evaluate achievement of learning outcomes
4.07 Foster development of food literacy in others	b. Identify strategies to assist the development of food literacy
	c. Engage in activities to build food literacy
4.08 Foster development of food skills in others	h. Demonstrate food preparation techniques