

# COURSE SYLLABUS



COURSE TITLE: MASS 288 - Nutrition

CLASS SECTION: Year 2, All

TERM: Summer 2022

COURSE CREDITS: 2

DELIVERY METHOD(S): Asynchronous, Online

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafe BC, and the B.C. Government to ensure the health and wellbeing of students and employees, Camosun College is providing you with every possible protection to keep you safe. Our measures include COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. For details on these precautions please follow this link: <http://camosun.ca/covid19/faq/covid-faqs-students.html>. However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor. If needed, alternatives will be discussed.

---

*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

---

NAME: Melissa Joy Roumanis  
EMAIL: [roumanisM@camosun.bc.ca](mailto:roumanisM@camosun.bc.ca)  
OFFICE: N/A – online via Collaborate Tuesdays,  
HOURS: 10:30am-11:30am (by request)

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

---

Students will study the basics of nutrition and how it relates to overall health and wellness. Students will study basic biochemistry of carbohydrates, fats, proteins, vitamins, and minerals with a focus on the practical application of nutrition in massage therapy. Open to Massage Therapy students only.

PREREQUISITE(S): Nil  
CO-REQUISITE(S): Nil  
EXCLUSION(S): Open to Massage Therapy students only.

COURSE LEARNING OUTCOMES / OBJECTIVES REQUIRED MATERIALS & RECOMMENDED PREPARATION /

Upon successful completion of this course students will be able to:

- Define nutrition and develop critical thinking in the field of nutrition.
- Define and describe the nutritive values of carbohydrates, lipids, proteins, vitamins, and minerals.
- Explain the role and importance of water in nutrition.

Section	Objectives/Links within the Section
Intro and Scope of Practice	<ul style="list-style-type: none"> <li>• CMTBC-Scope of Practice</li> <li>• MTDC (MT Development Centre) Article</li> <li>• Why Nutrition is Important</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• NutritionFacts.org</li> <li>• Coffee Research,</li> <li>• Example of Assignment #2 (My Food Odyssey)</li> <li>• The Benefits of Eating with Others</li> <li>• CBC Gem-Foot for Thought Documentary</li> <li>• Nutrition for the MT</li> </ul>
Digestion	<ul style="list-style-type: none"> <li>• How Digestion was First Studied</li> <li>• Digestive System Anatomy</li> <li>• Absorption and Accessory Organs</li> <li>• Phases of Digestion</li> </ul>
Macros, Micros, & Food Guides	<ul style="list-style-type: none"> <li>• Macros and Micronutrients, Deconstruction</li> <li>• Macros &amp; Micros at the Mayo Clinic</li> <li>• Micronutrient Table</li> <li>• Canadian Food Guides</li> <li>• Brazil's Food Guide</li> </ul>
Hydration, Alcohol Intake, and Satiety	<ul style="list-style-type: none"> <li>• Eat, Drink and Be Merry? -PowerPoint</li> <li>• Fiber Chart</li> <li>• CMTBC: Cannabis &amp; Alcohol use in patients and MT</li> </ul>
Gut Health and Elimination	<ul style="list-style-type: none"> <li>• Gut Health &amp; Elimination- PowerPoint</li> <li>• BM Study</li> <li>• Constipation Explained</li> <li>• Squatty Potty Science</li> <li>• Exercise Routine for Constipation</li> </ul>
Wound Healing, Pathologies, and Superfoods	<ul style="list-style-type: none"> <li>• PowerPoint with Assignment # 4 instructions within</li> </ul>
Forks Over Knives	<ul style="list-style-type: none"> <li>• Forks Over Knives (Movie) &amp; Assignment #5</li> </ul>
Nutrition Referrals	<ul style="list-style-type: none"> <li>• PowerPoint</li> </ul>
BMI & Sports Nutrition	<ul style="list-style-type: none"> <li>• PowerPoint</li> </ul>
MT288 Recipe	<ul style="list-style-type: none"> <li>• Recipes submitted</li> </ul>

Book	
------	--

- Define and describe medical dietary considerations across a variety of conditions and stages of life.

## Final Exams Scheduled in Exam Period – August 8-16, 2022

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

### EVALUATION OF LEARNING

---

Assignment #1	10%	Record & submit Food Diary <b>Due May 13<sup>th</sup> @ 11:59PM</b>
Assignment #2	10%	3-4 page Personal Food Journey Reflection <b>Due May 27<sup>th</sup> @ 11:59PM</b>
Assignment #3	20%	Group Research Projects: Common Diets <b>Due June 10<sup>th</sup> @ 11:59PM</b>
Assignment #4	5%	Submit favorite healthy recipe <b>Due June 24<sup>th</sup> @ 11:59PM</b>
Quiz	5%	T/F & MC questions <b>Available on July, 8<sup>th</sup> and Due @ 11:59PM (30min)</b>
Assignment #5	15%	Watch Food Related Documentary & write 3-4-page reflection <b>Due July, 22<sup>nd</sup> @ 11:59PM</b>
Assignment #6	15%	Submit new Healthy Diet Plan <b>Due August 5<sup>th</sup> @ 11:59PM</b>
Final Exam	20%	T/F & MC & short answer Questions <b>TBD</b>
TOTAL	100%	

### SCHOOL OR DEPARTMENTAL INFORMATION

---

#### FINAL EXAMINATIONS

Camosun College's Registrar Office may schedule final examinations at any time during the examination period. All students are expected to write the final exam at the time, date, and location set by the Office of the Registrar. Students should therefore avoid making prior travel, employment, or other commitments for this period.

If a student is unable to write an exam through no fault of his or her own for medical or other reason(s), valid documentation must be provided and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

#### MEDICAL ABSENTEE:

A student absent on the day an assignment or exam occurs, a written medical letter from a doctor stating that the student was unable to write the exam / assignment / quiz on "DATE OF EXAM / ASSIGNMENT / QUIZ" is required within 72 hours to avoid a zero grade. GENERIC FORM LETTERS STATING THAT A STUDENT WAS "SEEN" by a doctor will not be accepted.

"Make up" assignments and / or exams will be different than the original. All other reasons are unexcused and will not be accommodated for. Students will not receive the associated marks. Students are to be present for the scheduled exam and assignment due dates.

## STUDENT RESPONSIBILITY

---

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

---

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Support Service	Website
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the change.

