

COURSE SYLLABUS



COURSE TITLE: MASS 288 - Nutrition

CLASS SECTION: YEAR 2 - All

TERM: SUMMER 2024

COURSE CREDITS: 1.5

DELIVERY METHOD(S): Asynchronous, Online

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

INSTRUCTOR DETAILS

NAME: Leslee Watt

EMAIL: wattl@camosun.ca

OFFICE: Interurban Campus or Virtually

HOURS: Tuesday – Friday, 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

EQUIVALENCIES: Nil

COURSE LEARNING OUTCOMES / OBJECTIVES

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

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

All required course materials and links will be provided in the D2L section for this course.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

SECTION	OBJECTIVES/ITEMS WITHIN THE SECTION
Intro and Scope of Practice	<ul style="list-style-type: none"> • CMTBC-Scope of Practice • MTDC (MT Development Centre) Article • Nutrition for the MT • Why Nutrition is Important • Assignment #1 – Intro/Scope of Practice Questions Due May 12th
Final Test Prep	<ul style="list-style-type: none"> • Power Point with Final Test Prep Info and Questions (July 28-Aug 10)
Digestion	<ul style="list-style-type: none"> • How Digestion was First Studied • Digestive System Anatomy • Absorption and Accessory Organs • Phases of Digestion
Macros, Micros, and Food Guides	<ul style="list-style-type: none"> • Macronutrients and Micronutrients, Deconstructed (Video) • Macros & Micros at the Mayo Clinic (Video) • What is the difference between vitamins and minerals? (Video) • Minerals and Muscle Cramps #ScienceSaturday (Video) • Micronutrient Table • Canadian Food Guides • Brazil's Food Guide
Hydration, Alcohol Intake, and Satiety	<ul style="list-style-type: none"> • Power Point: Eat, Drink and Be Merry? • Body Hydration: The Key to Improved Performance, Health, and Life Chris Gintz TEDxHiltonHead • CMTBC: Cannabis & Alcohol use in patients • Fiber Chart
Gut Health and Elimination	<ul style="list-style-type: none"> • Gut Health & Elimination- PowerPoint • BM Study • Constipation Explained • Squatty Potty Science & Fun • Exercise Routine for Constipation
Food Allergies, Intolerances, Organics, and Whole Foods	<ul style="list-style-type: none"> • Food Allergies, Intolerances, Organics, and Whole Foods Power Point • Dirty Dozen and Clean Fifteen (Organics/Pesticides)
Wound healing, Pathologies, and Superfoods	<ul style="list-style-type: none"> • Wound Healing, Nutrition-related diseases, and Superfoods Power Point
Nutrition Referrals	<ul style="list-style-type: none"> • Nutrition Professionals and When to Refer – Power Point
BMI and Sports Nutrition	<ul style="list-style-type: none"> • BMI, Obesity, and Sports Nutrition – Power Point
Resources	<ul style="list-style-type: none"> • NutritionFacts.org • Coffee Research • The Benefits of Eating with Others • CBC Gem-Foot for Thought Documentary • ZOE Nutrition – Sound Nutritional Science • Savor: Mindful Eating, Mindful Life • Intuitive Eating

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 notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION		WEIGHTING
Assignment #1 – Record and submit 7-day food diary	Due May 19 th 2024	10%
Assignment #2 – Intro/Scope of Practice Questions	Due May 12 th 2024	5%
Assignment #3 – Common Diets (Partner/Groups OK)	Due June 9 th 2024	20%
Online Quiz Re: Common Diets	Available June 17– 19 th 2024	10%
Assignment #4 – “Healthy” Recipe Submission	Due July 1 st 2024	5%
Assignment #5 – Food: A Creative Visual Project	Due July 21 st 2024	15%
Assignment #6 – New Personal Diet Plan + 250 words	Due August 5 th 2024	15%
Final Test (Online, Open-book)	Available July 28-Aug 10 2024	20%
	TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information. <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

This is an asynchronous, self-paced course with the added responsibility of meeting specific deadlines for assignment, project, and quiz submissions. It is the student’s responsibility to stay up to date and check in often to the course platform for news and discussion. Please Note: There is no midterm or final examination for this course. All course work, quizzes, and tests shall be completed before the final exam period.

SCHOOL OR DEPARTMENTAL INFORMATION

MEDICAL ABSENTEE: If a student is unable to submit all required items before the final exam period due to medical reasons, a written medical letter from a doctor stating that the student was unable to write the exam / assignment / quiz / test on “DATE OF EXAM / ASSIGNMENT / QUIZ” is required within 72 hours to avoid loss of marks. GENERIC FORM LETTERS STATING THAT A STUDENT WAS “SEEN” by a doctor will not be accepted.

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 camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

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.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

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 (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

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 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 Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

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 <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

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 changes.