

York University
School of Kinesiology and Health Science

KINE 4020 3.0 Human Nutrition

Winter Term 2010

Basic energy and regulatory nutrients are examined, followed by an applied nutrition section in weight control, eating disorders, sport nutrition, food as drugs and food safety. Physical activity and health relationships are applied throughout.

INSTRUCTORS

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TEACHING ASSISTANT

By alphabetical order. Please refer to Moodle.

PRE-REQUISITE

- HH/KINE 1020 6.0 Fitness Assessment and Training
- HH/KINE 2031 3.0 Human Anatomy
- HH/KINE 2011 3.0 Human Physiology I

PRE-REQUISITE OR CO-REQUISITE

- HH/ KINE 4010 3.0 Exercise Physiology

TIME AND LOCATION:

First class is on Monday, January 4, 2010

Last class is on Monday, April 5, 2010

Please note, there will be no classes during/on:

- Winter Reading Week between February 13-19, 2010
- Friday, April 2, 2010 (Good Friday)

Section M: M, W, F 10:30 am - 11:30 am ACE 102

Section N: M, W, F 11:30 am - 12:30 am ACE 102

EXPANDED COURSE DESCRIPTION

The basic energy and regulatory nutrients are examined in the first part of the course, including carbohydrates, lipids, protein, vitamins and macro- and micro- minerals. Sport nutrition components are integrated throughout. The second part of the course examines applied nutrition areas in weight control and eating disorders. Metabolic inter-relationships and health associations are applied throughout.

STUDENT CODE OF CONDUCT

Students are reminded that they should be polite, courteous and civil during their interactions with the course instructor, TA and other students. No abuse, aggression, harassment, intimidation, threats or assault will be tolerated, be it verbal or otherwise. This includes soliciting or “pushing” the instructor or TA for a higher grade.

The following is an excerpt from the Student Code of Conduct, specifically sections 4a and 4b:

“The following behaviours are prohibited. This list is not exhaustive but provides examples of breaches of the standard of conduct. This Code deliberately does not place violations in a hierarchy. The University views all complaints made under the provisions of this Code as serious.

- a. Breaking federal, provincial or municipal law, such as: breaking into University premises; vandalism; trespassing; unauthorized use of keys to space on campus; unauthorized possession or use of firearms, explosives, or incendiary devices; possession or consumption of, or dealing in, illegal drugs; smoking of legal substances outside designated areas; cruelty to animals; theft of University or private property including intellectual property; unauthorized copying of documents; possession of stolen property.
- b. Threats of harm, or actual harm, to a person’s physical or mental wellbeing, such as: assault; verbal and non-verbal aggression; physical abuse; verbal abuse; intimidation; sexual assault; harassment; stalking; hazing.”

For the complete Student Code of Conduct and for more details, please access the following website:
<http://www.yorku.ca/scdr/StudentConduct.html>

ACADEMIC HONESTY

The following is an excerpt from York University’s Senate Policy on Academic Honesty:

“Academic honesty requires that persons do not falsely claim credit for the ideas, writing or other intellectual property of others, either by presenting such works as their own or through impersonation. Similarly, academic honesty requires that persons do not cheat (attempt to gain an improper advantage in an academic evaluation), nor attempt or actually alter, suppress, falsify or fabricate any research data or results, official academic record, application or document.”

For more information, please access the following website:
<http://www.yorku.ca/secretariat/policies/document.php?document=69>

Also, please consult the Academic Integrity Web Site for York University:
<http://www.yorku.ca/academicintegrity/>

POLICY REGARDING ACADEMIC ACCOMMODATION FOR STUDENTS WITH DISABILITIES

The following is the Policy Statement as approved by the Senate on 1991/06 and revised 2005/02/24:

“York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses.

Provided that students have given sufficient notice about their accommodation needs, instructors shall take reasonable steps to accommodate these needs in a manner consistent with the guidelines established hereunder.

'Disabilities' shall be defined as those conditions so designated under the Ontario Human Rights Code in force from time to time, and will in any event include physical, medical, learning, and psychiatric disabilities."

For more information, please access the following website:

<http://www.yorku.ca/secretariat/policies/document.php?document=68>

REQUIRED COURSE MATERIAL

Course manual: Hamadeh MJ & Adegoke OAJ. **Enhancing the Understanding of Human Nutrition: A Student Aid to Understanding Nutrition.** Nelson Education Limited, Toronto, Canada, 2009.

Textbook: Whitney E & Rolfes SR. **Understanding Nutrition.** 11th Edition. Thomson Wadsworth Publishing. Toronto, Canada, 2008

COURSE CONTENT

Overview of Nutrition	Chapter 1
Planning a Healthy Diet	Chapter 2
Digestion, Absorption and Transport	Chapter 3
The Energy Nutrients	
Carbohydrates	Chapter 4
Lipids	Chapter 5
Protein	Chapter 6
Energy Balance and Body Composition	Chapter 8
Body Weight Management	Chapter 9
The Regulatory Nutrients	
Water-Soluble Vitamins	Chapter 10
Fat-Soluble Vitamins	Chapter 11
Water and the Major Minerals	Chapter 12
Trace Minerals	Chapter 13
Fitness: Nutrition and Physical Activity	Chapter 14

EVALUATION

Midterm 1	25%	Wednesday, February 3, 2010	During regular class hours
Midterm 2	25%	Friday, March 12, 2010	During regular class hours
Written Assignment	10%	Friday, March 19, 2010	Submit to TA
Final Exam (cumulative)	40%	TBD	During Final Exam Period

MIDTERMS AND FINAL EXAM

The Midterms will be held on the following days (during regular class hours for Midterms 1 & 2):

Midterm 1:

- Wednesday, February 3, 2010
- Includes material covered between Monday, January 4th, and Monday, February 1st (inclusive).
- If, for any reason (medical or other), students fail to write Midterm 1, the weight of the Midterm 1 will be added to that of the Final Exam. In this case, students are not required to provide supporting documentation or explain why they did not write Midterm 1.
- There will be no make-up exam for Midterm 1.

Midterm 2:

- Friday, March 12, 2010
- Includes material covered between Friday, February 5th, and Wednesday, March 10th (inclusive).
- If, for any reason (medical or other), students fail to write Midterm 2, the weight of the Midterm 2 will be added to that of the Final Exam. In this case, students are not required to provide supporting documentation or explain why they did not write Midterm 2.
- There will be no make-up exam for Midterm 2.

Written Assignment:

- Due Friday March 19, 2010.
- Students will be assigned scientific papers that are of relevance to nutrition. Each student will be required to read only one (1) paper. They will then submit written answers to some specific questions relating to the papers they read. Further details on the assignment will be provided on the first day of class.
- The deadline for submission is firm. Students submitting their assignments after this date will lose 10% of the assignment evaluation weight for every 1 day of delay. Thus, if a student is 10 days (week days and weekend days) late, he/she will receive 0% on the assignment. Submit hard copies to the assigned TA (as per your last name) and electronically to www.turnitin.com. Please consult the section on "SUBMITTING ASSIGNMENTS TO TURNITIN.COM" below.
- York University's Senate Policy on Academic Honesty applies to assignments as well.

Final Exam (cumulative):

- Will be held during York U's official final exam period, time & place TBD.
- Includes all material covered in this course between Monday, January 4th, and Monday, April 5th (inclusive).

Please note that there will be NO MAKE-UP exams for Midterms 1 & 2 or the Final Exam. If, for any reason (medical or other), students fail to write any of the Midterms, the weight of the missed midterm(s) will be added to that of the Final Exam. Example, if students do not write either Midterm 1

or 2, then their Final Exam will be worth 65%. If students do not write BOTH Midterm 1 AND 2, then their Final Exam will be worth 90%.

If, for any reason (medical or other), students fail to write the Final Exam, students will have to write a **Deferred Exam** *AFTER* York U's official 'final exam period' for the semester has been completed. To be eligible to sit the Deferred Exam, students are required:

- 1- to provide adequate documentation (doctor's note, other proper documentation, etc..) and
- 2- to complete the Deferred Exam Form (http://www.registrar.yorku.ca/pdf/deferred_standing_agreement.pdf)

The **Deferred Exam will be cumulative**, i.e. will cover ALL the subjects/topics covered in the course from the first class to the last class, and its weight will be equivalent to the cumulative weight of the Final Exam (and any missed Midterms) that was (were) not written by these specific students.

Deferred Exam:

- Proper documentation is required
- Will be held *AFTER* the final exam period for the semester
- Includes material covered throughout the course, from the first class until the last class (inclusive).
- Evaluation will be equivalent to the total evaluation of the Final Exam (and Midterms) the students failed to write.

Senate Policy on Grading Scheme and Feedback

The following two statements were approved by the Senate to include in the course outline:

“that, under normal circumstances, graded feedback worth at least 15% of the final grade for Fall, Winter or Summer Term, and 30% for ‘full year’ courses offered in the Fall/Winter Term be received by students in all courses prior to the final withdrawal date from a course without receiving a grade, with the following exceptions

- graduate or upper level undergraduate courses where course work typically, or at the instructor's discretion, consists of a single piece of work and/or is based predominantly (or solely) on student presentations (e.g. honours theses or graduate research papers not due by the drop date, etc.);
- practicum courses;
- ungraded courses;
- courses in Faculties where the drop date occurs within the first 3 weeks of classes;
- courses which run on a compressed schedule (a course which accomplishes its academic credits of work at a rate of more than one credit hour per two calendar weeks).

Note: Under unusual and/or unforeseeable circumstances which disrupt the academic norm, instructors are expected to provide grading schemes and academic feedback in the spirit of these regulations, as soon as possible.”

This date is not the "drop and add" date but March 8, 2010, for this Winter term courses (the last day for canceling courses without failure by default), students must be given back work equal to 15% of the grade.

<http://www.yorku.ca/secretariat/policies/document.php?document=86>

SUBMITTING ASSIGNMENTS TO TURNITIN.COM

Students are encouraged to submit their written assignments to www.turnitin.com to ensure academic honesty. When submitting to www.turnitin.com, submit the assignments without the references. Please refer to section on “**Academic Honesty**” above.

For specific details and procedural steps, please consult the document entitled “HOW TO ENROL IN TURNITIN.COM FOR KINE 4020”, which is already posted on Moodle.

MOODLE@YORK 2009-2010

This course is found on Moodle under HH/KINE 4020 Human Nutrition

To access the central installation of 'Moodle @ York 2009-2010' you will need your Passport York id and password. All students must login to 'Moodle @ York 2009-2010' first, then registered students will be automatically added to their registered courses.

Go to <https://moodle09.yorku.ca/moodle/>

- * Enter your Passport York id in the username field
- * Enter your Passport York password in the password field.

For a quick overview of Moodle, there is a block in the upper left hand corner called 'Quickstart Tutorials' that has “Moodle Student Tutorial - a student perspective of the LMS”

If you have any questions or need help to guide through the Moodle framework and philosophies, please consult with the computing center.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (CCAS) (see Reports, Initiatives, Documents) http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York’s Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation