

**School of Kinesiology and Health Science
Faculty of Health York University**

KINE 4150 - Nutrition in the Lifecycle

This course provides an understanding of the impact of nutrition and food-related behaviors on health from conception through the end of life, including pregnancy and lactation, infancy, adolescence and aging.

COURSE: KINE 4150 3.0

TERM: WINTER 2022

PREREQUISITE: HH/KINE 4020 3.0 Human Nutrition

COURSE INSTRUCTOR/PROFESSOR:

Name: Dr. Andrea Josse

Office: 344 Bethune College

Email: ajosse@yorku.ca

Office hours: by appointment only (over Zoom or in-person as permitted)

TIME AND LOCATION:

First class: Tuesday January 11, 2022

Last class: Thursday April 7, 2022

Location*: Zoom (check eClass for links) **AND** in class; Accolade East (ACE) 011

Days of the week: Tuesdays and Thursdays

Time: 1:00 - 2:20 pm (~1.5 hrs)

*Some classes will also be delivered asynchronously. Please see 'Lecture Schedule' below and check eClass frequently.

Teaching Assistant (TA): Joel Prowting (jprowt@yorku.ca)

This course uses eClass; <https://eclass.yorku.ca/course/view.php?id=50932>

All information pertaining to the course, lecture notes, announcements, grades, etc. will be posted to the course's online Learning Management System: eClass.

COURSE DESCRIPTION:

This course involves the study of nutrition principles, including nutrient functions, needs, sources and alterations, throughout the lifecycle: infant, childhood, adolescence, adulthood, and old age, and addresses the special nutritional requirements and considerations for the periconceptual period, pregnancy, and lactation. The course highlights key nutrition concepts and practices in the context of health and prevention of disease from an individual as well as a public health standpoint. This course uses a variety of different teaching and learning methods/techniques to convey the course information including instructor lecturing, small in-class group tasks, group presentations, writing assignments, videos, reflections, and exams. These activities are intended to help develop students' critical thinking,

writing and presentation skills and engage the students with the course director and each other in reviewing various course-related topics.

COURSE LEARNING OBJECTIVES:

The course will allow students to:

- Understand and describe the role of nutrition in promoting health for each stage of the lifecycle.
- Understand the nutrient requirements of individuals at different stages of the lifecycle.
- Define major nutritional concerns and indications for each stage of the lifecycle.
- Develop critical thinking skills through research about the relationship of nutrition and wellness with human growth and development as well as lifestyle-related degenerative diseases.
- Explore current controversies in nutrition at different stages in the lifecycle.

ADDITIONAL RECOMMENDED RESOURCES:

Students will require computers/tablets with internet access. There is NO required course textbook and/or workbook for KINE 4150. Required readings in the form of handouts, government documents, and original research articles or review articles from scientific journals will be posted to eClass for your review.

COURSE EVALUATION:

Midterm Exam	25%
Group Presentation + Fact sheet	25%
Individual Video Blog + Reflection	20%
Final Exam	30%

IMPORTANT DATES: <https://registrar.yorku.ca/enrol/dates/2021-2022/fall-winter>

Winter reading week: February 19-25

Last day to drop a course without receiving a grade: March 18

Course withdrawal period: March 19 - April 10 (will receive a grade of “W” on transcript)

Final Exam period: April 12-29

COURSE STRUCTURE/ORGANIZATION and DESCRIPTION OF EVALUATIONS:

There will be a ***MIX*** of course delivery modalities for this class. Lectures may be delivered *in-person* in the designated classroom at the designated time, OR *remotely* using a mixed delivery format of both *synchronous* and *asynchronous* classes. ***Please consult the lecture schedule below as well as eClass for more details.*** On occasion, asynchronous (pre-recorded) lectures and notes will be posted to eClass before the actual class time. Readings will be posted ahead of time and organized on eClass by topic.

Synchronous online and in-person lectures will be recorded but may not be posted to eClass (at the discretion of the professor). It is your responsibility to attend the live lectures. All lecture notes and readings will be posted to eClass. Recordings of live *Guest Lectures* will be posted to eClass. Students do not have permission to duplicate/copy and/or distribute the recordings or readings/lecture slides for any reason (these acts can violate not only copyright laws but also FIPPA <https://www.ontario.ca/laws/statute/90f31> and intellectual property rights).

The activities/assignments in the class are designed to give students the opportunity to gain a deeper understanding of nutrition research and several nutritional issues/controversies involved at each stage of

the lifecycle and develop a strong appreciation of critical thinking under the guidance of the instructor. *There will be **no** make-up assignments or additional course assignments.* If a student has an issue with an assignment, please speak to the professor as soon as possible.

Group Research Project: Presentation AND Fact Sheet (25%):

- Students will be randomly divided into groups of 3-4 people by the professor.
- Each group will choose their top 3 topic areas from a list provided by the professor. The topics are organized by lifecycle stage and presentation date/time. Group topic choices will be reviewed by the professor and final allocations will be communicated to the class as soon as possible on eClass.
- Examples of topics include consumption of peanuts during pregnancy and risk of peanut allergy; eating fish during pregnancy; soy protein and bone health in the elderly; dairy for bones in adolescence; protein supplementation for youth athletes; the challenges of childhood obesity; multivitamin use in children; vegan diets; Canada's food Guide and food regulations, etc.
- Groups will work together to come up with a research question (guided by the professor and the librarian). A **presentation outline (5%)** and Research Question framework will be submitted.
- Groups will construct a 10-12 min **PowerPoint Presentation (15%)** using relevant literature to answer their specific question (using original research and review paper published in the last 10 years). A *Reference List* at the end of the presentation must be provided.
- Accompanied by your presentation, you will submit a **fact sheet (5%)** that clearly summarizes *three* of the papers that you chose to discuss in your presentation. Further instructions on what to include here will be provided.
- To complete the assignment, students will be encouraged to designate and approve predetermined roles to each of the group members. Roles can include presenter, slide creator, fact sheet maker, researcher, etc. Roles can be assigned to individual members, shared equally amongst group members, or divided any other way, accordingly. Given the circumstances, I acknowledge that there will be different ways of handling 'group work' but hopefully you can agree on the best way for your group. All group members should *provide input, review, and endorse* all outputs from the group.
- Unless otherwise decided (by the professor), all group members will receive the same mark.

Individual Video Blog + Reflection (20%):

- This assignment will be done individually. Students will choose a specific topic of their own (different from the one they used in the previous assignment) that interests them and is related to nutrition and some stage of the lifecycle. They will create a 3-4-minute video of themselves talking about the topic in an engaging and *lay* way (lay referring to a way that is acceptable and understandable to the public). This video can be easily recorded using Zoom or the video feature on a device (i.e., iPhone).
- **Video blogs (15%)** are used to convince the listeners of a point of view (in this case, an evidence-based point of view) about a topic. They are like a *3-Minute Thesis* presentation (but you may not have heard of these). To improve the quality and believability of your video blog, you should practice well (to be relaxed) and consider preparing with a script so you stick to your time. While video blogs (or *Vlogs*) are, by nature, more casual (like written blogs), we will take a more 'professional lay approach' and convey a message in an understandable way to educate the listeners.
- Your video blog must refer to 3 different research articles on the topic.
- Props may be used in your video but post-production editing or the use of special effects is not required/necessary.

- Accompanied by your video blog, you will need to submit a short ~500 word (≤ 2 page) **reflection (5%)** that outlines why you chose this topic, why it is important for people to know this information, and relate/contextualize it to the course content in some way. Further instructions on what to include here will be provided.
- The video itself as well as the reflection will need to be uploaded separately to eClass for evaluation. A link to the video can also be uploaded *via* <https://wettransfer.com> if it is too large.

Midterm Exam (25%):

- This exam will take place on **February 17th**. It may contain a mixture of multiple choice, short answer, and long answer questions, and will include all course information up until just before the midterm (see lecture schedule, below).
- The exam may be online OR in-person. If online (through eClass), an online proctoring system for examinations may be used. If implemented, students will be made aware of this in advance of the exam.
- There will be no make up midterm exam. If you do not write (for any reason), the percentage will be transferred to your final exam.

Final Exam (30%):

- The exam will either be online (via eClass) or in-person and scheduled by the registrar during the exam period. It may contain* a mixture of multiple choice, short answer, and long answer/reflection questions, and will include all course information (with an emphasis on the information from AFTER the midterm). If online (through eClass), an online proctoring system for examinations may be used. If implemented, students will be made aware of this in advance of the exam.
- *The Final Exam *may* take on the format of a take-home exam during the exam period (to be submitted via eClass). This decision will be made by the professor and communicated to the class (well in advance of the exam).

OTHER IMPORTANT COURSE INFORMATION:

- **Referencing style:** For assignments requiring referencing (including PPT presentations and written works), please number the references in order of appearance and have a “References” section at the end of the document/slide show which lists all the references used in numerical order. You can use the reference style of *The American Journal of Clinical Nutrition* (Am J Clin Nutr). The use of referencing software (e.g., *Mendeley*, *Zotero*, *Endnote*) is encouraged (this is more applicable to written assignments and not presentations).
- **Presentation:** Please use *PowerPoint*.
- **Submitting assignments:** All assignments (written works, videos, presentations) will be submitted online through eClass. Some written work will also be required to be submitted through *Turnitin* (via eClass) to help uphold academic integrity. If video/presentation files are too large (please try eClass first), they can be sent *via* <https://wettransfer.com>. This is a free service that you do not need to sign up for, and you can send the file directly to the professor’s email (ajosse@yorku.ca). All presentations are to be submitted *via* eClass or wettransfer.com to the professor **BEFORE** your scheduled presentation (i.e., before the start of the class in which you present). The presentations must also be uploaded to eClass at that time.

LECTURE SCHEDULE†

Date	Topics and Activities	Synchronous (live – in-person or online) or Asynchronous (recorded)
Jan 11	Review course syllabus and course structure Review assignments and expectations Review topics for assignments Meet groups for <i>Presentation</i>	Synchronous - online
Jan 13	<i>Overview of Nutrition</i>	Asynchronous – recorded
Jan 18	<i>Overview of Nutrition (Cont'd...)</i> Finalize group topics and presentation schedule	Synchronous - online
Jan 20	Library presentation (<i>Guest Speaker</i>) Group work class	Synchronous - online
Jan 25	<i>Pre-Conception Nutrition</i>	Synchronous - online
Jan 27	<i>Pregnancy Nutrition</i>	Synchronous - online
Feb 1	Discussion on Pre-Conception and Pregnancy Nutrition	Synchronous – in-person
Feb 3	<i>Infant Nutrition and Lactation</i>	Synchronous – in-person
Feb 8	<i>Toddler/Preschool Nutrition</i> + Presentation outline due	Synchronous – in-person
Feb 10	Discussion on young Childhood Nutrition	Synchronous – in-person
Feb 15	Review and Introduce Video Blog assignment and Reflection	Synchronous - online
Feb 17	Midterm Exam	Synchronous
WINTER READING WEEK (February 22-25)		
Mar 1	<i>Child and Adolescent Nutrition</i>	Synchronous – in-person
Mar 3	Child/Adolescent Nutrition (<i>Guest Speaker</i>)	Synchronous – in-person
Mar 8	Time to work on Group Presentations	Asynchronous
Mar 10	Presentations (4 per day) and Fact Sheet due	Synchronous – in-person
Mar 15	Presentations (4 per day) and Fact Sheet due	Synchronous – in-person
Mar 17	Presentations (4 per day) and Fact Sheet due	Synchronous – in-person
Mar 22	Presentations (4 per day) and Fact Sheet due	Synchronous – in-person
Mar 24	<i>Adult Nutrition</i>	Synchronous – in-person
Mar 29	Discussion on Adult Nutrition	Synchronous – in-person
Mar 31	Adult Nutrition (<i>Guest Speaker</i>)	Synchronous - Online
Apr 5	<i>Older Adult Nutrition</i>	Synchronous – in-person
Apr 7	Discussion on Older Adult Nutrition Video Blog + Reflection due	Synchronous – in-person
FINAL EXAM PERIOD (April 12-29)		

†May be changed by professor at anytime without notice.

SUBMITTING ASSIGNMENTS USING TURNITIN in eClass*

You may be using *Turnitin* software when submitting some of your written assignments through eClass. Turnitin reviews your assignment against an online database. It is designed to detect textual similarity with other written works, and possible plagiarism. Once you submit your assignment to *Turnitin*, you are allowing your assignment to be included as a source document in the *Turnitin* database. Here, it will be used solely for the purpose of detecting future plagiarism. If you have a problem that prevents you from submitting to *Turnitin*, please contact the professor at least 2 weeks before the assignment is due.

GRADING, ASSIGNMENT SUBMISSION, LATENESS PENALTIES

GRADING: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.) <https://calendars.students.yorku.ca/2021-2022/policies-and-regulations>

ASSIGNMENT SUBMISSION: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, work for this course must be received **on (or before) the due dates specified.**

LATENESS PENALTY: All late graded works will be subject to a penalty/deduction of 30% per day until a grade of 0%. Exceptions may be granted on a case-by-case basis. Students who do not present with their group on their assigned presentation date will receive a mark of 0%. Exceptions may be granted on a case-by-case basis. Again, please reach out to the professor within 1 week of the missed evaluation to discuss the circumstances.

MISSED EXAM: There will be no make up midterm exam. If you do not complete the midterm, the % will be added to your final exam. For the final exam, an online or take-home final exam may be given as a make up in later April or May. This decision is up to the discretion of the professor. Please reach out to the professor within 1 week of the missed evaluation to discuss the circumstances. Extensions or accommodations in terms of writing a make up exam will require students to submit a formal deferral form to the professor. The deferral form can be found here:
https://registrar.yorku.ca/pdf/deferred_standing_agreement.pdf

ACADEMIC HONESTY:

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's Academic Integrity module at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities and can be punishable according to the Senate Policy on Academic Honesty. For more information, please access the following website: <https://calendars.students.yorku.ca/2021-2022/academic-honesty>

STUDENT RIGHTS AND RESPONSIBILITIES (STUDENT CODE OF CONDUCT):

Students are reminded that they should be polite, courteous, and civil during their interactions with the course instructor/professor, TA, and other students. No abuse, aggression, harassment, intimidation, threats, or assault will be tolerated, be it verbal or otherwise. This includes soliciting the instructor or TA for a higher grade. For further details, please access the following websites:

Student Conduct and Responsibilities: <https://calendars.students.yorku.ca/2020-2021/student-conduct-and-responsibilities>

Code of Student Rights and Responsibilities (CSRR): <https://calendars.students.yorku.ca/2021-2022/student-conduct-and-responsibilities>

POLICY REGARDING ACADEMIC ACCOMMODATION:

If a student requires an accommodation to complete the assigned work, please contact the professor as soon as possible.

For more information, please access the following websites:

<http://secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-with-disabilities-policy/>

<https://calendars.students.yorku.ca/2021-2022/academic-accommodation-for-students-with-disabilities>

TECHNICAL REQUIREMENTS FOR THE COURSE:

As described above, the course will be delivered using a mixed format which includes remote lectures. In addition to in-person lectures, the class will be using two platforms: *eClass* and *Zoom*. Students will interact with the course materials, the professor as well as with one another in these spaces.

To fully participate in this course, students will be required to contribute to eClass-based discussion/activities and Zoom-based video conferencing. In addition to stable, higher-speed internet, students will need access to a computer or smart device with internet, a camera and microphone to complete this course. If you prefer not to show yourself *via* your webcam, you can associate your Zoom and eClass accounts with your name only and an appropriate photo.

When necessary, please make every effort to arrange for an adequate internet connection, especially for presentations and exams. If you have any specific concerns about your internet connection, you should seek all available options for writing your exam in a location with a stable internet connection. If you are not confident that you can access a reliable internet connection, you should communicate your concerns to the professor well in advance of the presentation/exam.

Here are some useful links describing computing information, resources and help for students:

[Student Guide to Moodle](#)

[Student Resources for Moodle FAQs](#)

[Zoom@YorkU Best Practices](#)

[Zoom@YorkU User Reference Guide](#)

[Computing for Students Website](#)

[Student Guide to eLearning at York University](#)

Please note the following about Zoom:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.