



Nutrition (NUTR) 406

Modern Concepts in Nutrition (Revision 5)

Status:

Replaced with new revision, see the [course listing](#) for the current revision

Delivery mode:

Individualized study online

Credits:

3

Area of study:

Science

Prerequisites:

NUTR 405. Students who have taken **NUTR 331** need to seek professor approval.

Precluded:

None

Challenge:

NUTR 406 has a challenge for credit option.

Faculty:

[Faculty of Science and Technology](#)

Overview

The course provides an in-depth understanding of topics valuable to a well-rounded understanding of nutrition and presents recent developments in the field. In addition, students will enhance their ability to write a critical evaluation of topics in nutrition.

Outline


The major part of this reading course will be from *Nutritional health: Strategies for disease prevention*, edited by Norman J. Temple, Ted Wilson, and David Jacobs. Topics covered include:

- health promotion
- the effect on health of the dietary intake of n-3 fatty acids, fish oil, phytochemicals, and alcohol
- the role of diet in cancer, obesity, diabetes, heart disease, and hypertension
- the role of maternal and fetal nutrition in disease in later life
- nutritional epidemiology
- genetic engineering
- the marketing of dietary supplements
- the food industry and political influence


Students will also read a number of research articles, complete three assignments, and write a final examination. In order to complete the assignments, students require access to either the Internet or a research library, preferably both.


Evaluation

To **receive credit**  for NUTR 406, you must:

- Submit all three assignments and obtain a mark of at least 60 percent on each;
- Obtain at least 55 percent on the examination;
- Obtain an overall course mark of at least **C- (60 percent)** .

Activity	Weight
Assignment 1	20%
Assignment 2	20%
Assignment 3	15%
Final Exam	45%
Total	100%

The **final examination** for this course must be requested in advance and written under the supervision of an AU-approved exam invigilator. Invigilators include either ProctorU or an approved in-person invigilation centre that can accommodate online exams. Students are responsible for payment of any invigilation fees. Information on exam request deadlines, invigilators, and other exam-related questions, can be found at the [Exams and grades](#)  section of the Calendar.

To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#) .

Materials

Temple, N. J., Wilson, T., & Jacobs, D. (Eds.). (2012). *Nutritional Health:*

Strategies for Disease Prevention (3rd ed.). Humana.  (eBook)

Other Materials

All other materials will be available to students online; including a student manual and study guide.

Challenge for credit

Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about [challenge for credit](#) can be found in the Undergraduate Calendar.

Evaluation

To **receive credit** for the NUTR 406 challenge registration, you must achieve a minimum grade of **C– (60 percent)** on each Challenge Essay and on the Challenge Examination.

Activity	Weight
Two Essays	40%
Exam	60%
Total	100%

 [Challenge for credit course registration form](#)

Important links

- > [Academic advising](#)
- > [Program planning](#)
- > [Request assistance](#)
- > [Support services](#)

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their

individualized study counterparts.

Opened in Revision 5, November 9, 2018

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View **previous revision** [↗](#)
