

FAMILY RELATIONS AND APPLIED NUTRITION

The Department of Family Relations and Applied Nutrition offers MSc and PhD level graduate study in three fields:

1. Applied Human Nutrition
 2. Family Relations and Human Development
 3. Critical Family and Kinship Studies
- **Applied Human Nutrition (MSc, PhD)** This field incorporates both physiological and behavioural aspects of human nutrition and spans all age groups in its focus on the role of nutrition in human health and well-being. Faculty have specific interests in clinical and community nutrition, physical activity, nutrition assessment, education, health services research, inter-professional practice and epidemiology. This field of study provides a strong foundation in research and nutrition methodology through required courses and thesis work.
 - **Family Relations and Human Development (MSc, PhD)** This field of study emphasizes a balance between theory, empirical research and practice in graduate training. Students have many options for building an individualized program of study combining coursework and thesis research. Building on core theory and methodology courses, students choose from professional and applied courses as well as courses on specialized topics. The area of study has particular strengths in the following areas: child and adolescent development, parent-child and family relations, human sexuality, culture, adult development and gerontology, well-being, evidence-based practice, and social policy.
 - **Critical Family and Kinship Studies (MSc)** This field of study emphasizes critical approaches to understanding family and kinship across the lifespan. Students have the opportunity to focus their research interests and build an individualized program of study through interdisciplinary coursework and thesis research that aims to challenge dominant discourses of family through critical, poststructural, and decolonized approaches. This area of specialization has particular strengths in the following areas: critical race and disability studies, queer theories, Indigenous family well-being, social constructionism and human-animal relationships.

An accredited Master of Applied Nutrition (MAN) professional degree program is also offered. Current and prospective graduate students are also directed to the department website (<https://family.uoguelph.ca>). The inter-disciplinary faculty in the department have expertise in psychology, sociology, sexuality, adult development, education, social work, culture, family therapy, nutrition and physical activity. The overarching theme of the work in the department is enhancing lives through science and practice. The faculty share a common interest in expanding and applying knowledge about family relations and human development, especially in relation to the social, emotional, psychological, nutritional, and economic well-being of families across the life cycle. Graduate programs with an emphasis on nutrition and metabolism are available in the Department of Human Health and Nutritional Sciences; those with an emphasis on animal nutrition are available in the Department of Animal Biosciences.

Administrative Staff

Chair

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Graduate Faculty

This list may include Regular Graduate Faculty, Associated Graduate Faculty and/or Graduate Faculty from other universities.

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Graduate Faculty

MAN Program

The Master of Applied Nutrition program comprises one year (3 semesters) of graduate course work and competency-based practica. The program is designed to meet the professional practice requirements for becoming a registered dietitian and to foster practice-based research skills development.

Students take graduate courses in three broad areas of competency required for practice: dietetic management and leadership, clinical and community nutrition. These courses focus on the latest research in these fields and provide strong theoretical underpinnings for professional practice. Students increase their knowledge of the field while enhancing their skills in three areas: the research process, critical appraisal and

communication. Assignments in the courses apply theories to practice in real-life situations.

This dietetic education program is recognized by Equal/Accreditation Canada (<https://accreditation.ca/assessment-programs/health-education-accreditation/programs/>) and prepares students for eligibility for registration with a provincial dietetics regulatory body. Completion of the Integrated Competencies for Dietetic Education and Practice (ICDEP) qualifies a graduate to write the Canadian Dietetic Registration Examination (CDRE).

The course work and practicum options permit the pursuit of interests within the various areas of dietetic practice, while meeting the required entry-level dietetic competencies. Students are charged a practicum fee for each semester of the program, in addition to the University academic and non-academic fees.

Admission Requirements

Students applying to the Master of Applied Nutrition program must have an honours degree within the previous three years from a dietetic program accredited by Equal/Accreditation Canada (<https://accreditation.ca/assessment-programs/health-education-accreditation/programs/>), or an equivalent accrediting body. Applicants should have a minimum average of at least 75% in the last two years of their undergraduate program. Credit in the following courses is required prior to beginning the program:

1. a one-semester course in applied statistics (minimum grade of 75%) and
2. a one-semester course in research methods (minimum grade of 75%).

These requirements may be in progress at the time of application but must be completed by April 30.

All applications will be reviewed by a selection committee of Applied Human Nutrition (AHN) graduate faculty and staff and affiliated placement staff. An interview committee will meet with the most qualified applicants, rank the candidates and forward recommendations for admission to the Office of Graduate & Postdoctoral Studies. The program office should be consulted for admission deadlines or information about international accrediting equivalencies.

Program Requirements

For all students in the MAN program, a minimum of 6.5 graduate credits are required, including the following required courses:

| Code | Title | Credits |
|-----------|--|---------|
| FRAN*6510 | Nutrition in the Community | 0.50 |
| FRAN*6610 | Advances in Clinical Nutrition | 0.50 |
| FRAN*6710 | Practicum in Applied Human Nutrition I | 1.50 |
| FRAN*6720 | Practicum in Applied Human Nutrition II | 1.50 |
| FRAN*6730 | Practicum in Applied Human Nutrition III | 1.50 |
| FRAN*6740 | Management and Leadership in Dietetics | 0.50 |
| FRAN*6750 | Fundamentals of Dietetic Practice-Based Research | 0.50 |

Graduates who have completed all required competencies successfully can apply to write the Canadian Dietetic Registration Examination (CDRE) and apply for membership in the College of Dietitians of Ontario (CDO).

MSc Program

Admission Requirements

The Department of Family Relations and Applied Nutrition offers an MSc graduate program in three fields:

1. Applied Human Nutrition;
2. Family Relations and Human Development; and
3. Critical Family and Kinship Studies.

General admission requirements for these fields of study include an honours degree or equivalent with an average at least 75% in the last two years of study (or 20 credits).

Applied Human Nutrition

Admission requirements for the MSc program in the field of Applied Human Nutrition are most easily satisfied by applicants with honours degrees in human nutrition, and food and nutrition. Applicants with degrees in related fields (e.g., nutritional sciences, psychology, kinesiology, food science) may be considered with suitable make-up work in core areas. Credit in the following undergraduate courses is required by all entering students:

1. a one-semester course in applied statistics (minimum grade of 75%) and
2. a one-semester course in research methods (minimum grade of 75%).

MSc AHN students must also have taken prior to beginning the MSc program **or** will take during the MSc program, undergraduate and/or graduate courses needed to meet foundational knowledge in applied human nutrition. These courses may include, but are not limited to: introductory to human nutrition, human physiology, psychology, communications/counselling, and human development/sociology. These requirements may be in progress at the time of application but must be completed by April 30. Program offices should be consulted for admission deadlines.

Family Relations and Human Development

Admission requirements for the MSc program in the field of Family Relations and Human Development can be satisfied by applicants with an honours degree or equivalent, in a related field. Credit in the following undergraduate courses is required of all entering students:

1. a one-semester course in applied statistics (minimum grade of 75%) and
2. a one-semester course in social-science research methods (minimum grade of 75%).

These requirements may be in progress at the time of application but must be completed by April 30. Program offices should be consulted for admission deadlines.

Critical Family and Kinship Studies

Admission requirements for the MSc program in the field of Critical Family and Kinship Studies can be satisfied by applicants with an honours degree or equivalent, in a related field. Credit in the following undergraduate courses is required of all entering students:

1. a one-semester course in social-science research methods (minimum grade of 75%).

These requirements may be in progress at the time of application but must be completed by April 30. Program offices should be consulted for admission deadlines.

Learning Outcomes

By the end of their program, MSc in Family Relations and Applied Nutrition students will:

1. **Advanced Critical Thinking and Research Skills:** demonstrate advanced critical thinking and problem-solving skills by conceptualizing and executing a research project.
2. **Advanced Research Literacy:** demonstrate advanced research literacy and skills through training in research methods, researching and writing a comprehensive literature review as part of their research proposal, and conceptualizing and executing a research project.
3. **Communication Skills:** apply principles of knowledge translation and transfer to communicate information accurately and appropriately to various audiences. Audiences may include, but are not limited to: peers, researchers, the public, and community and/or industry partners and stakeholders. Students will demonstrate oral communication skills by creating logically structured oral presentations of appropriate breadth and depth; creating effective audiovisual materials, facilitating audience understanding of content; and doing so in an engaging manner. Students will demonstrate written communication skills by creating logically structured and comprehensive documents of appropriate breadth and depth, in which thoughts and arguments flow, are supported by evidence, and are appropriate for the target audience. Students will demonstrate visual communication skills by analyzing and presenting data in graphs, figures, or charts; and creating and utilizing audiovisual materials appropriate for the topic and audiences.
4. **Professional and Ethical Behaviour:** reliably engage in behaviour and skills consistent with academic integrity and professional and social responsibility. Students are expected to achieve this through the practice of, and critical reflection on, personal and professional skills and behaviours related to autonomy, leadership, organization, team work, and time management.
5. **Interdisciplinarity Respect:** be able to identify, integrate, and use knowledge from different disciplines and research orientations to engage in the active process of knowledge construction and be able to analyze their own emerging position as researchers.
6. **Specialized Knowledge:** demonstrate depth of knowledge in an area of concentration within Applied Human Nutrition or Family Relationships and Human Development.

Program Requirements

Applied Human Nutrition

For all students in the MSc program in the field of Applied Human Nutrition, a minimum of 2.25 graduate credits will be chosen in consultation with the student's advisor and advisory committee.

Core courses include:

| Code | Title | Credits |
|-----------|-------------------------------|---------|
| FRAN*6000 | Quantitative Research Methods | 0.50 |
| FRAN*6010 | Applied Statistics | 0.50 |
| FRAN*6020 | Qualitative Research Methods | 0.50 |
| FRAN*6330 | MSc Research Seminar | 0.25 |

Students must complete one additional [0.50] nutrition-related, graduate elective course such as FRAN*6610 Advances in Clinical

Nutrition, FRAN*6510 Nutrition in the Community, FRAN*6560 Topics in Applied Human Nutrition or another nutrition-related graduate level elective course related to their program of study. It can be taken with Family Relations and Applied Nutrition or in other academic units of the university. Students who enter the MSc-AHN program from a non-nutrition undergraduate program will also be required to take those undergraduate and/or graduate courses necessary to meet foundational knowledge in applied human nutrition. These program requirements are minimum expectations. In consultation with the student's advisor and advisory committee, additional course(s) may be included in the student's plan of study to meet specific learning needs.

In addition, students must complete a research thesis.

Family Relations and Human Development

For all students in the MSc program in the field of Family Relations and Human Development, a total of 2.25 credits will be chosen in consultation with the student's advisor and advisory committee.

Core courses include:

| Code | Title | Credits |
|-----------|--|---------|
| FRAN*6000 | Quantitative Research Methods | 0.50 |
| FRAN*6010 | Applied Statistics | 0.50 |
| FRAN*6020 | Qualitative Research Methods | 0.50 |
| FRAN*6340 | Interdisciplinary Perspectives in Family Relations and Human Development | 0.50 |
| FRAN*6330 | MSc Research Seminar | 0.25 |

These program requirements are minimum expectations. In consultation with the student's advisor and advisory committee, additional course(s) may be included in the student's plan of study to meet specific learning needs. In addition, students must complete a research thesis.

Critical Family and Kinship Studies

For all students in the MSc program in the field of Critical Family and Kinship Studies, a total of 2.25 credits will be chosen in consultation with the student's advisor and advisory committee.

Core courses include:

| Code | Title | Credits |
|-----------|--|---------|
| FRAN*6000 | Quantitative Research Methods | 0.50 |
| FRAN*6020 | Qualitative Research Methods | 0.50 |
| FRAN*6460 | Introduction to Critical Family and Kinship Studies | 0.50 |
| FRAN*6340 | Interdisciplinary Perspectives in Family Relations and Human Development | 0.50 |
| FRAN*6330 | MSc Research Seminar | 0.25 |

These program requirements are minimum expectations. In consultation with the student's advisor and advisory committee, additional course(s) may be included in the student's plan of study to meet specific learning needs. In addition, students must complete a research thesis.

PhD Program

The Department of Family Relations and Applied Nutrition offers a PhD graduate program in two fields:

1. Applied Human Nutrition; and
2. Family Relations and Human Development.

The PhD program in the field of Applied Human Nutrition is a course of study with a strong research focus involving biological, epidemiological and/or social-science perspectives, typically completed within four years (12 semesters). Each student works closely with an advisory committee in developing an individualized program of study that provides depth and addresses the student's specific research and professional goals.

The PhD program in the field of Family Relations and Human Development is a course of study with a strong research focus, typically completed within four years (12 semesters). Each student works closely with an advisory committee to develop an individualized course of study that provides depth and addresses the student's specific research and professional goals. Building on core theory and methodology courses, students choose from professional and applied courses as well as courses on specialized topics. The PhD in FRHD has particular strengths in the following areas: child and adolescent development, parent-child and family relations, human sexuality, culture and acculturation, adult development and gerontology, evidence-based practice, well-being, and social policy.

Note: Students enrolled in the MSc program in the fields of Applied Human Nutrition or Family Relations and Human Development are not automatically considered for the respective PhD program; a formal application is required for those wishing admission. All applications are evaluated with reference to academic, research, and professional experience with particular emphasis on research background and potential.

Admission Requirements

Applied Human Nutrition

Students applying to the PhD program in the field of Applied Human Nutrition should have an MSc degree (or in progress) in human nutrition or a related field. Credit in the following courses is required prior to beginning the program:

1. a one-semester course in applied statistics (minimum grade of 75%) and
2. a one-semester course in research methods (minimum grade of 75%)

PhD-AHN students must also have taken prior to beginning the PhD program **or** will take during the PhD program, undergraduate and/or graduate courses needed to meet foundational knowledge in applied human nutrition. These courses may include, but are not limited to: introductory human nutrition, human physiology, psychology, communications/counselling, and human development/ sociology. A master's thesis is normally required for admission. These requirements may be in progress at the time of application but must be completed by April 30.

Family Relations and Human Development

Students applying to the PhD program in the field of Family Relations and Human Development should have an MSc degree (or in progress) in Family Relations and Human Development or a closely related degree program (e.g., human development, gerontology, psychology, sociology, couple and family therapy, social work). Credit in the following courses is required prior to beginning the program:

1. a one-semester course in applied statistics (minimum grade of 75%) and,
2. a one-semester course in research methods (minimum grade of 75%).

A master's thesis is normally required for admission. These requirements may be in progress at the time of application but must be completed by April 30.

Learning Outcomes

By the end of their program, PhD in Family Relations and Applied Nutrition students will:

1. **Advanced Critical Thinking and Research Skills:** demonstrate advanced critical thinking and problem-solving skills by conceptualizing and executing a research project.
2. **Advanced Research Literacy:** demonstrate advanced research literacy and skills through training in research methods, researching and writing a comprehensive literature review as part of their research proposal, and conceptualizing and executing a research project.
3. **Communication Skills:** apply principles of knowledge translation and transfer to communicate information accurately and appropriately to various audiences. Audiences may include, but are not limited to: peers, researchers, the public, and community and/or industry partners and stakeholders. Students will demonstrate oral communication skills by creating logically structured oral presentations of appropriate breadth and depth; creating effective audiovisual materials, facilitating audience understanding of content; and doing so in an engaging manner. Students will demonstrate written communication skills by creating logically structured and comprehensive documents of appropriate breadth and depth, in which thoughts and arguments flow, are supported by evidence, and are appropriate for the target audience. Students will demonstrate visual communication skills by analyzing and presenting data in graphs, figures, or charts; and creating and utilizing audiovisual materials appropriate for the topic and audiences.
4. **Professional and Ethical Behaviour:** reliably engage in behaviour and skills consistent with academic integrity and professional and social responsibility. Students are expected to achieve this through the practice of, and critical reflection on, personal and professional skills and behaviours related to autonomy, leadership, organization, team work, and time management.
5. **Interdisciplinarity Respect:** be able to identify, integrate, and use knowledge from different disciplines and research orientations to engage in the active process of knowledge construction and be able to analyze their own emerging position as researchers.
6. **Specialized Knowledge:** demonstrate depth of knowledge in an area of concentration within Applied Human Nutrition or Family Relationships and Human Development.

Program Requirements

Applied Human Nutrition

PhD students in Applied Human Nutrition are required to take a minimum of 1.75 graduate credits including FRAN*6550 PhD Research Seminar and three additional graduate courses [0.5 credits each] chosen in consultation with the student's advisory committee such as but not limited to:

| Code | Title | Credits |
|-----------|---|---------|
| FRAN*6440 | Applied Factor Analysis & Structural Equation Modelling | 0.50 |
| FRAN*6610 | Advances in Clinical Nutrition | 0.50 |
| FRAN*6510 | Nutrition in the Community | 0.50 |

and/or other graduate elective courses, which may be taken within Family Relations and Applied Nutrition or in other academic units of the

university, or in other universities through the Ontario Visiting Graduate Student program.

Note: Students who do not have a Master's degree awarded by the Department of Family Relations and Applied Nutrition or from another comparable program, may be required to take additional relevant statistics and/or methods courses (FRAN*6000 Quantitative Research Methods, FRAN*6010 Applied Statistics, and/or FRAN*6020 Qualitative Research Methods) offered by the department as part of their graduate program. Students who enter the AHN field from a non-nutrition undergraduate or MSc program will also be required to take additional undergraduate and/or graduate courses necessary to meet foundational knowledge in applied human nutrition.

Students must also complete a research thesis.

Family Relations and Human Development

PhD students in Family Relations and Human Development are required to take a minimum of 1.75 graduate credits chosen in consultation with the student's advisory committee. Core courses include:

| Code | Title | Credits |
|-----------|---|---------|
| FRAN*6440 | Applied Factor Analysis & Structural Equation Modelling | 0.50 |
| FRAN*6280 | Theorizing in Family Relations and Human Development | 0.50 |
| FRAN*6550 | PhD Research Seminar | 0.25 |

Students must complete one additional 0.50 graduate course, which may be taken within Family Relations and Applied Nutrition, in another academic unit of the university, or in other universities through the Ontario Visiting Graduate Student Program.

NOTE: Students who do not have a Master's degree awarded by the Department of Family Relations and Applied Nutrition or from another comparable program, may be required to take additional relevant theory, statistics, and/or methods courses (FRAN*6000 Quantitative Research Methods, FRAN*6010 Applied Statistics, FRAN*6020 Qualitative Research Methods, and/or FRAN*6340 Interdisciplinary Perspectives in Family Relations and Human Development) offered by the department as part of their graduate program.

Most students take additional elective graduate courses related to their program of study to build a foundation for their research and/or practice. The student's selection of elective courses is primarily determined by research specialization. Each student works closely with an advisory committee in developing an individualized program of study by selecting courses that not only provide for interdisciplinary breadth but also address the student's specific research and professional goals. Each of the emphases also indicates areas of research that reflect current faculty interests and is intended to help students define an area of research and study.

Students must also complete a research thesis.

Collaborative Specializations

International Development Studies

The Department of Family Relations and Applied Nutrition participates in the MSc and PhD collaborative specialization in International Development Studies (IDS). Please consult the International Development Studies (<https://calendar.uoguelph.ca/graduate-calendar/collaborative-specializations/international-development-studies/>) listing for a detailed

description of the collaborative specialization including the special additional requirements for each of the participating departments. Applications are part of the general MSc or PhD application and applicants apply directly to the Department of Family Relations and Applied Nutrition. In addition to the FRAN MSc or PhD requirements, IDS applicants are expected to have a strong background in the social sciences, a demonstrable track record of experience in the course-based study of development issues, development research and/or development practice and a stated research interest relating to international or national development. The IDS designation also requires two core courses in international development theory and research methods. IDS graduates hold positions in government in Canada and abroad with NGOs, international organizations and private consultancies.

One Health

The Department of Family Relations and Applied Nutrition participates in the MSc (AHN/FRHD only) and PhD collaborative specialization in One Health. MSc and Doctoral students wishing to undertake thesis research or their major research paper/project with an emphasis on one health are eligible to apply to register concurrently in Family Relations and Applied Nutrition and the collaborative specialization. Students should consult the One Health (<https://calendar.uoguelph.ca/graduate-calendar/collaborative-specializations/one-health/>) listing for more information.

Sexualities, Genders and Bodies

The Family Relations and Applied Nutrition program participates in the collaborative specialization in Sexualities, Genders and Bodies. MSc and Doctoral students wishing to undertake thesis research or their major research paper/project with an emphasis on sexualities, genders and bodies are eligible to apply to register concurrently in Family Relations and Applied Nutrition and the collaborative specialization. Students should consult the Sexualities, Genders and Bodies (<https://calendar.uoguelph.ca/graduate-calendar/collaborative-specializations/sexualities-genders-and-bodies/>) listing for more information.

Courses

FRAN*6000 Quantitative Research Methods Winter Only [0.50]

This course includes critical appraisal of the research literature. Research ethics, subject selection, measurement issues, survey design, experimental and quasi-experimental designs, cross-sectional and longitudinal designs, scale development, questionnaire development and sampling strategies are discussed.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6010 Applied Statistics Fall Only [0.50]

Students learn conceptual and practical applications of statistical analyses with emphasis on hypothesis formation, data screening, test selection, inferential statistics, univariate and multivariate analysis of variance/covariance (including repeated measures designs), simple and multiple regression, logistic regression, regression diagnostics, model building and path analytic techniques.

Restriction(s): Restricted to Family Relations & Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6020 Qualitative Research Methods Winter Only [0.50]

This course teaches students how to use qualitative methods as a mode of inquiry for understanding issues in human development, nutrition and family relationships. The emphasis is on project design, data collection techniques, analysis strategies and procedures for final write-up.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6090 Practicum in Couple and Family Therapy Unspecified [1.00]

This course features supervised clinical practice in couple and family therapy. It involves regular clinical work with couples, families, and individuals. Students meet with faculty each week for up to six hours of supervision. Supervision over the semester will involve both group and individual/dyadic meetings.

Restriction(s): Restricted to Family Relations and Applied Nutrition students in the Couple and Family Therapy field.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6180 Research Issues in Couple and Family Therapy Fall Only [0.50]

The focus of this course is on research in Couple & Family Therapy, including issues related to evidence-based practice, therapeutic outcome, and therapeutic process. A selected review of quantitative and qualitative research methods and exemplary research is included.

Offering(s): Odd-numbered years

Restriction(s): Restricted to Family Relations and Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6200 Special Topics in Family Relations and Human Development Unspecified [0.50]

Contemporary research in family relations and human development. Research topics vary.

Restriction(s): Instructor consent required.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6210 Program Evaluation Fall Only [0.50]

An examination of the theoretical principles and practical applications of evaluation issues and strategies. Special attention is given to services for children and families across the life span.

Offering(s): Even-numbered years

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6221 Evidence-Based Practice and Knowledge Translation Unspecified [0.50]

The principles of evidence-based practice are examined using various examples of psychosocial, behavioural and health interventions. The levels of evidence, criteria for efficacy and effectiveness, and the importance and limitations of evidence-based practice will be evaluated. The process of moving knowledge derived from high quality evidence into practice will be appraised throughout the course. Students will have the opportunity to build knowledge in their own areas of interest.

Offering(s): Odd-numbered years

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6260 Practicum in Family Relations and Human Development Unspecified [0.50]

Supervised practicum experience in a variety of agencies or services. Interested students are encouraged to discuss this option with their faculty advisor. Placements are arranged on an individual basis subject to the requirements of students' programs of study and must be negotiated with faculty in advance of registration.

Offering(s): Occasional years

Restriction(s): Instructor consent required.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6270 Issues in Family-Related Social Policy Unspecified [0.50]

This course investigates definitions of social policy, comparative family-related social policy, selected issues in Canadian family policy and frameworks for analysis of social policy. Issues in policy-related research are also explored.

Offering(s): Even-numbered years

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6280 Theorizing in Family Relations and Human Development Unspecified [0.50]

An examination of the meaning of science and theory in relation to the study of families and human development. Included is a discussion of the major social science paradigms including positivism, critical theory, social constructionism and post-modernity. This course is designed for doctoral students.

Offering(s): Odd-numbered years

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6320 Human Sexuality Across the Life Span Unspecified [0.50]

This course covers research, theoretical and substantive issues relevant to studying human sexuality across the life span. Topics include: child and adolescent sexuality, sexual identity, sexuality in adulthood and old age, sexual assault, international research and sex education.

Offering(s): Odd-numbered years

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6330 MSc Research Seminar Fall and Winter [0.25]

This course exposes MSc students to major theories, issues, and methodologies driving research in Family Relations and Applied Nutrition. Students learn to critically evaluate presentations by researchers and how to effectively communicate their own research. The course also provides students opportunities to develop professional skills and facilitate community building within the department through mentoring and peer support. Students in this course attend weekly seminars in each Fall and Winter semester of their program of study.

Restriction(s): Restricted to Family Relations and Applied Nutrition MSc students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6340 Interdisciplinary Perspectives in Family Relations and Human Development Unspecified [0.50]

This course serves as an introduction to graduate studies in Family Relations and Human Development. It examines the epistemological, ontological and axiological foundations of various approaches to the study of family relations and human development, including developmental theories, critical approaches, and Indigenous Ways of Knowing. It explores questions of what constitutes a discipline and the challenges and possibilities of interdisciplinary approaches in research. Emphasis will be placed on student exploration of their own relationships with knowledge and emerging identities as researchers.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6350 Major Research Paper Unspecified [1.00]

The major research paper is an option open only to MSc students within the Couple and Family Therapy area. Students must demonstrate their ability to accurately synthesize and critically evaluate the literature in a specific area of interest. Detailed guidelines are provided.

Restriction(s): Restricted to Family Relations and Applied Nutrition students in the Couple and Family Therapy field.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6440 Applied Factor Analysis & Structural Equation Modelling Unspecified [0.50]

This course introduces students to exploratory factor analysis, confirmatory factor analysis, and structural equation modeling. Topics include: model selection and validation, multiple group models, measurement equivalence/invariance and latent mean analyses. This course is data-driven and students will learn through hands-on analytic experiences accompanied by in-class lectures and readings.

Offering(s): Even-numbered years

Prerequisite(s): FRAN*6000, FRAN*6010

Restriction(s): Restricted to Family Relations and Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6460 Introduction to Critical Family and Kinship Studies Unspecified [0.50]

This course serves as a foundational introduction to Critical Family and Kinship Studies. It examines the boundaries of human being and relationships, emphasizing critical and posthuman perspectives on family and kinship relationships.

Restriction(s): Restricted to Family Relations and Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6510 Nutrition in the Community Winter Only [0.50]

Concepts and knowledge of nutrition as applied in community and public health nutrition. Examination of current programs in applied nutrition.

Restriction(s): Restricted to Family Relations and Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6550 PhD Research Seminar Fall and Winter [0.25]

This course exposes PhD students to major theories, issues, and methodologies driving research in Family Relations and Applied Nutrition. Students learn to critically evaluate presentations by researchers and how to effectively communicate their own research. The course also provides students opportunities to develop professional skills and facilitate community building within the department through mentoring and peer support. Students in this course attend weekly seminars in each Fall and Winter semesters of their program of study.

Restriction(s): Restricted to Family Relations and Applied Nutrition PhD students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6560 Topics in Applied Human Nutrition Unspecified [0.50]

Contemporary research and topics in applied human nutrition. Course content is unique to each offering.

Restriction(s): Instructor consent required.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6610 Advances in Clinical Nutrition Fall Only [0.50]

An advanced overview of clinical nutrition with emphasis on using the nutrition care process to integrate theory and practice for a variety of health care settings.

Restriction(s): Restricted to Master of Applied Nutrition and Family Relations and Applied Nutrition students in the Applied Human Nutrition field.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6710 Practicum in Applied Human Nutrition I Fall Only [1.50]

This course provides a practicum of 3 days per week with a dietetic-related agency or organization to develop and perform dietetic competencies (internship experience). In weekly seminars, students discuss and reflect on theory and dietetic practice issues.

Restriction(s): Restricted to Master of Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6720 Practicum in Applied Human Nutrition II Winter Only [1.50]

This course provides a practicum of 3 days per week with a dietetic-related agency or organization to develop and perform dietetic competencies (internship experience). In weekly seminars, students discuss and reflect on theory and dietetic practice issues.

Prerequisite(s): FRAN*6710 - Minimum grade 065.

Restriction(s): Restricted to Master of Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6730 Practicum in Applied Human Nutrition III Summer Only [1.50]

This course provides a practicum of 3 days per week with a dietetic-related agency or organization to develop and perform dietetic competencies (internship experience). In weekly seminars, students discuss and reflect on theory and dietetic practice issues.

Prerequisite(s): FRAN*6720

Restriction(s): Restricted to Master of Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6740 Management and Leadership in Dietetics Winter Only [0.50]

Students will apply knowledge of Food Service Management to complex case study scenarios to continue to develop their skills in dietetics-related management. Students will explore and develop skills for leadership in dietetics and healthcare.

Restriction(s): Restricted to Master of Applied Nutrition and Family Relations and Applied Nutrition students in the Applied Human Nutrition field.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6750 Fundamentals of Dietetic Practice-Based Research Fall Only [0.50]

In this course, students learn the fundamentals of dietetic practice-based research, including critical appraisal, quantitative methods, qualitative methods and quality improvement.

Restriction(s): Restricted to Master of Applied Nutrition students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6800 Orientation to Clinical Practice Summer and Fall Reg Required [0.00]

This course prepares students in the MRFT and MP programs to engage with clients through the Maplewoods Centre and as part of their respective practicum series of courses.

Restriction(s): Restricted to Master of Relational and Family Therapy and Master of Psychotherapy students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6810 Practicum 1 - Relational Systemic Practice Summer Only [1.00]

This is the first in a series of six practica in the MRFT program and features the integration of theory into practice and supervised clinical practice. This practicum provides an advanced understanding of a variety of systemic-relational and collaborative-post-modern theories in family therapy. It involves conceptualizing clinical work with individuals and a wide diversity of relational systems. In addition to class time, students start to meet with clinical supervisors each week for a minimum of two hours of supervision. Supervision over the semester will involve individual/dyadic, group, and live clinical teams.

Co-requisite(s): FRAN*6800

Restriction(s): Restricted to Master of Relational and Family Therapy students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6820 Practicum 2 - Dialogic and Collaborative Practices Fall Only [1.00]

This is the second in a series of six practica in the MRFT program and features the integration of theory into practice and supervised clinical practice. This practicum focuses on developing the beliefs and skills that undergird the therapeutic relationship, support therapeutic conversations, and engage critical analysis of power relations in human relationships. It involves regular clinical work with individuals and a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of two hours of supervision. Supervision over the semester will involve individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6810

Restriction(s): Restricted to Master of Relational and Family Therapy students.

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6830 Practicum 3 - Solution Focused Therapy Winter Only [1.00]

This is the third in a series of six practica in the MRFT program and features the integration of theory into practice and supervised clinical practice. This practicum provides an advanced understanding of and training in the Solution Focused Therapy Model. It involves regular clinical work with individuals and a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of two hours of supervision. Supervision over the semester involves individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6820

Restriction(s): Restricted to Master of Relational and Family Therapy students.

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6840 Practicum 4 - Narrative Therapy Summer Only [1.00]

This is the fourth in a series of six practica in the MRFT program and features the integration of theory into practice and supervised clinical practice. This practicum provides an advanced understanding of and training in Narrative Therapy. It involves regular clinical work with individuals and a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of two hours of supervision. Supervision over the semester will involve individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6830

Restriction(s): Restricted to Master of Relational and Family Therapy students.

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6850 Practicum 5 - Integrative Practice Fall Only [1.00]

This is the fifth in a series of six practica in the MRFT program and features the integration of theory into practice and supervised clinical practice. This practicum helps integrate the various theories learned in program to date with the student's personal style and approach to therapeutic practice. It involves regular clinical work with individuals and a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of two hours of supervision. Supervision over the semester involves individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6840

Restriction(s): Restricted to Master of Relational and Family Therapy students.

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6860 Practicum 6 - Transitions and Reflections Winter Only [1.00]

This is the sixth and final practicum in the MRFT program and features the integration of theory into practice and supervised clinical practice. This practicum is designed to facilitate student transition to being a regulated health professional within the field of psychotherapy and prepare themselves for work post-graduation. It involves regular clinical work with individuals and a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of two hours of supervision. Supervision over the semester will involve individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6850

Restriction(s): Restricted to Master of Relational and Family Therapy students.

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6870 Resiliency and Trauma Informed Practice Summer and Fall [0.50]

This course in the Relational and Psychotherapy Training Program is designed to provide students with a foundational review of current perspectives on resilience and trauma informed practice within the fields of Relational and Family Therapy and Psychotherapy. This course is offered as a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Prerequisite(s): 1 of (FRAN*6830, FRAN*6960, FRAN*6980, FRAN*6990)

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6880 Sociocultural Attunement and Humility Fall and Winter [0.50]

This course provides a foundational review of current perspectives within and outside of the relational and family therapy and psychotherapy literature that relate to the intersection of culture (race, ethnicity, class, gender, sexuality, ability, etc.) and oppression. Attention is given to the translation of knowledge about power relations and about diversity discourses into practice when working in a variety of professional settings. This course is offered as a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Department(s): Department of Family Relations and Applied Nutrition
Location(s): Guelph

FRAN*6890 Foundations of Relational and Family Therapy Summer and Fall [0.50]

This course explores the historical development of relational/systemic perspectives and theoretical foundations for current approaches to Relational Family Therapy. As a survey course, it provides an overview, comparison, and critical analysis of key foundational family therapy theories and associated practice models. Bowenian, Structural, Strategic, Experiential, and Contextual models will be included and applied in aid of understanding relationships across the lifespan. This course is offered in a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6900 Transitions in Mental Health Capstone Winter and Summer Reg Required [1.00]

This two-semester course features an integration of theoretical understandings with practical preparation for the next steps in working in the mental health field. The course requires students to complete a capstone project to demonstrate a consolidation of their learning throughout the program as well as assist them in planning for next steps within their mental health related careers.

Prerequisite(s): FRAN*6980, FRAN*6990

Restriction(s): Restricted to Master of Arts in Mental Health students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6910 Professional Ethics and Issues in Relational and Family Therapy Winter and Summer [0.50]

This course focuses on professional issues and ethical decision making relevant to the Relational and Psychotherapy Training Program. Particular focus is given to regulation and the professional practice standards for the College of Registered Psychotherapists of Ontario (CRPO), as well as the Code of Ethics for the Canadian Association for Marriage and Family Therapy and relevant legal issues for the practice of Psychotherapy in Ontario. This course is offered in a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6920 Research in Relational Family Therapy Summer and Fall [0.50]

The focus of this course is on the breadth of mental health research relevant to the Relational and Psychotherapy Training Program. The course addresses issues related to evidence-based practice, therapeutic outcome, and therapeutic process. A selected review and critique of quantitative and qualitative research methods and exemplary research is included. This course is offered in a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6930 Perspectives on Health and Well-Being Winter and Summer [0.50]

This course focuses on health and well-being among individuals and families, with the aim of fostering basic skills in understanding language of mental health, use of psychoeducation, collaborating with other health professionals, and advocacy and social justice. Frameworks and theoretical perspectives that have been applied to understanding and addressing mental health difficulties are explored, including considerations of power and privilege, social determinants of health, and colonialism. Self-care, compassion fatigue, and burnout are also addressed. This course is offered in a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6940 Gender, Sexuality and Clinical Interventions Fall and Winter [0.50]

This course examines gender, sexuality and clinical interventions from a life span perspective. Focusing upon theory, research and clinical interventions it explores the relationship between issues in sexual development and sexual functioning. This course is offered in a clinical section for MRFT and MP students and a non-clinical section for MA.MH students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6950 Practicum I - Psychotherapy and Advanced Interviewing Skills Fall Only [1.00]

This is the first in a series of three clinical practica in the Master of Psychotherapy program and is designed to provide focused and advanced understanding of interviewing skills drawn from a wide range of psychotherapeutic approaches and influenced by systemic-relational and collaborative-post-modern theories. This course features an integration of theory into practice and supervised clinical practice in relational and systemic family therapy. It involves conceptualizing clinical work with client from a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of 1.5 hours of supervision. Supervision over the semester involves individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6800, FRAN*6890, FRAN*6920

Restriction(s): Restricted to Master of Psychotherapy students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6960 Practicum II - Collaborative and Post-Modern Therapies in Psychotherapy Winter Only [1.00]

This is the second in a series of three clinical practica in the Master of Psychotherapy program and focuses on the study of, and training in, collaborative and post-modern therapies, including dialogic, solution-focused and narrative therapy. This course features an integration of theory into practice and supervised clinical practice in relational and systemic family therapy. It involves regular clinical work with individuals and a wide diversity of relational systems. In addition to class time, students meet with clinical supervisors each week for a minimum of 1.5 hours of supervision. Supervision over the semester will involve individual/dyadic, group, and live clinical teams.

Prerequisite(s): FRAN*6950

Restriction(s): Restricted to Master of Psychotherapy students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6970 Practicum III - Psychotherapy Externship and Transition Summer, Fall & Winter Reg Req [1.50]

This is the third in a series of three clinical practica in the Master of Psychotherapy program. This capstone course features a three-semester externship placement with a community-based psychotherapy service provider. It also includes regular class meetings to advance clinical skills training and development, monitor progress and experience within the externship placement, and prepare students to transition from being a student to becoming a regulated health professional.

Prerequisite(s): FRAN*6960

Restriction(s): Restricted to Master of Psychotherapy students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6980 Theoretical Understanding of Collaborative and Post-Modern Therapy Models Summer Only [0.50]

This non-clinical course explores the perspectives, assumptions and theoretical foundations for current collaborative and post-modern psychotherapy models. The course provides an overview, comparison, and critical analysis of key foundational collaborative and postmodern models, including dialogic, solution-focused, and narrative.

Prerequisite(s): FRAN*6890, FRAN*6920, FRAN*6880

Restriction(s): Restricted to Master of Arts in Mental Health students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

FRAN*6990 Theoretical Understanding of Cognitive and Behavioural Therapy Models Fall Only [0.50]

This non-clinical course explores the perspectives, assumptions and theoretical foundations for current cognitive and behavioural psychotherapy models. The course provides an overview, comparison, and critical analysis of key foundational cognitive and behavioural models, including cognitive behavioural therapy, acceptance and commitment therapy, and dialectical behavioural therapy.

Prerequisite(s): FRAN*6890, FRAN*6920, FRAN*6880

Restriction(s): Restricted to Master of Arts in Mental Health students.

Department(s): Department of Family Relations and Applied Nutrition

Location(s): Guelph

Each of FRAN*6090 and FRAN*6100 are taken four consecutive semesters.