

Syllabus for FDNS2400, Introduction to Nutrition Science

Period 74, Tuesdays only, 12:30-1:45 pm, 1 Credit (S/U)

Room 112 Dawson Hall

Enrollment maximum 20

Instructor: Dr. James L. Hargrove

Telephone: 542-4678

E-mail: jhargrov@fcs.uga.edu (best way to get in touch)

Office: 269 Dawson Hall

Office hours: M & W 3-5 pm or by appointment

Course Objectives

This course is intended to introduce students to current topics and issues in nutritional research. In addition, students will meet research faculty and visit laboratories engaged in nutritional research. The course objective is to provide an opportunity to develop strategies for career goals, answer questions about the Nutrition Science major and the capstone research project, and allow time for students to develop resumes.

Course Requirements

The course will combine readings and in-class discussion with presentation by research faculty and visits to their laboratories. Several options are open for a class research project. For example, students could be grouped into teams to study issues and collect data related to different kinds of nutritional research. Later in the semester, each team could present its findings prior to the end of the semester. The instructor will ensure that the weekly work can be completed in about 2 h outside of class. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Readings:

Readings will be provided as Adobe Acrobat pdf files on the FDNS2400 WebCT site. The free Adobe Acrobat reader to open *.pdf files is needed.

Attendance Policy

Attendance will be taken. It is imperative that students attend class and participate each week in class activities. One absence will be permitted, after that students will be dropped. As with any serious research endeavor, participants must take an active roll in the projects. It is unfair to the rest of the class if certain members do not carry their full share of the work.

Grading Policy

Each student is expected to take an active role in the research project and to contribute to the team's ultimate goal of producing a meaningful study that was chosen by each team. Grading will be based on attendance, participation, and timely completion of any assignments.

Academic Honesty Policy

All academic work must meet the standards contained in “A Culture of Honesty.” Students are responsible for informing themselves about those standards before performing any academic work. The full policy can be found here: <http://www.uga.edu/ovpi/honesty/acadhon.htm>

Dishonesty in FDNS2400 would include plagiarism (using other people’s work without attribution) and misleading the instructor about causes of unexcused absences.

Principal course assignments

Students are expected to read each assigned paper and discuss them in class. A discussion leader will be selected each week. Students are expected to participate in the class research project and complete any written assignment on time.

Specific course requirements for grading purposes

Course requirements for grading include regular attendance, participation in class discussions, participation in the research project, and completion of each assignment.

Grading Policy.

Grades for this course are not exam based. To earn an A, students must meet the course requirements stated above. Failure to do so will result in a reduction in grade or a grade of incomplete as the case merits.

Attendance Policy.

Class attendance is required. Two excused absences are permitted without penalty.

FDNS 2400 Schedule

Aug. 23. (1). Introduction and orientation to course and to scientific research. Readings will be made available on WebCT. Discuss thermometry project and possibility of using pedometer for research on preventing metabolic syndrome. Functions of the Vice President for Research and requirements for doing research at UGA.

Aug. 30 (2). Personal health monitoring. Is knowing your cholesterol numbers enough? Presentation on Metabolic Syndrome and importance of your own clinical tests. Assign article by C. Ron Kahn, NEJM 330:1530-3 (1994).

Assignment: Work on resumé and personal statement. Discuss resumé and class project. Discuss options for different kinds of research credit in this College. Due: Sept. 27th.

Sept.6 (3). Picking a research topic. Finish Metabolic syndrome lecture. Discuss article by Dr. Kahn. Identifying problems that make a difference. Discovery of Leptin as a paradigm shift in obesity research. Note methodologies, statistical analysis, data presentation, and conclusions.

Sept. 13 (4). The elements of the scientific research process as a creative activity: Variables, hypotheses, theory, and fun. Nature of biological research: what it is?, who does it?, why it is done? Examine journal articles as samples of peer-reviewed publications in nutraceutical research in preparation for lab visit.

Sept. 20 (5). Visit Nutraceutical Research laboratory of Dr. Diane Hartle, 701 Boyd Graduate studies

Sept. 27th. (6) Brainstorming session; identify an area to gather background information. Also Human Subject Assurances and other tasks that must be completed before any research can be conducted. Resources at the Office of the VP for Research and Sponsored Programs. (Also an element of proposal writing).

Oct. 4 (7) Hypothesis testing, theories, modeling, data collection and analysis; complete initial collection of basal body temperatures. An introduction to Excel will be given with a handout.

Oct. 11 (8). Steps in project development. Sources of background information. Read an important scientific article as a sample of top research. Will post an article on leptin and/or metabolic syndrome on the WebCT site.

Oct. 18 (9). Clinical assessments and standard international scientific units vs. household measures.

Oct. 25 (10). Class will meet at Stegeman Field to conduct a personal assessment and gather information for health log.

Fall break is Thurs-Fri., Oct. 27-8

Nov. 1 (11). Finding an undergraduate mentor or research home at UGA. What kind of nutritional research can a person do, and what kind of credit is available? Investigate CURO, BHSI, and faculty laboratories.

Nov. 8 (12). Grantsmanship: Funding and resources for support of nutrition research. Grants in College of Family and Consumer Sciences.

Nov 15 (13). One free session is planned so students may attend a seminar at any time during the semester. Let instructor know which seminar you attended and turn in a one paragraph summary of the information you gathered.

Nov 22 (14) Writing project for publication and/or a thesis. Research is not complete until it is communicated. Peer review and scientific organizations. Possibilities: J. Nutr. Ed. GEMS, on-line journals. Let's look for targets.

Thanksgiving Holiday, Nov. 23-5 (W-F)

Nov 29 (15). Student presentations or elective activities. May schedule visits to some research labs, which will take priority over other topics.

Dec. 6 (17). Finish student presentations and recapitulate principles.

Reading Day: Friday, Dec. 9th

Final is scheduled for Thursday, December 15, 12-3 pm