

FDNS 3000
Human Nutrition and Health
2:00– 3:15 PM, Tu/Th; Room 116 Dawson
Fall Semester 2008

Instructor: Dr. Silvia Girauda T.A: Lindsey Proctor
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Office Hours: T/Th 11:00-12:00AM M/W 9:30-11:00AM
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Course objectives: *Following the completion of this course the student will:*

Have a basic understanding of organic chemistry and physiology as applied to nutrients including the roles, metabolism, requirements and source of nutrients.

Be able to answer questions concerning basic needs for water and nutrients.

Have an understanding of how nutritional needs change throughout the lifespan and during stress and exercise.

Have knowledge of scientific method and basic techniques used for nutrition research.

Understand the biochemical and physiological bases of human requirements and related diseases.

Have knowledge of the factors affecting risk of chronic disease including family history, health behaviors, and food intake.

Be knowledgeable about current health promotion strategies and dietary guidelines used in the US.

Book: Nutritional Sciences: from Fundamentals to Food. McGuire and Beerman. Thomson-Wadsworth Publishing Co.

Assignments and Exams

<u>Total Points</u>	<u>Points</u>	<u>Assignment of Letter Grade</u>
Medical Family Tree	025	A..... 930 - 1000
Exchange Diet	100	A ⁻ 900 – 929.9
Case Study	175	B ⁺ 870 – 899.9
Exams (NO MAKE-UP EXAMS!) ^a	450	B..... 830 – 869.9
Final Exam ^b	<u>250</u>	B ⁻ 800 – 829.9
TOTAL	1000	C ⁺ 770 – 799.9
Attendance (extra credit) ^c	20	C..... 730 – 769.9
		C ⁻ 699 – 729.9
		D..... 600 – 699.9
		F..... below 600

^a NO MAKE-UP EXAMS WILL BE GIVEN. There will be 3 exams and the lowest exam will be dropped; the remaining 2 will be worth 450 points each. If you take all 3 exams, the lowest score will be dropped. If you miss an exam by circumstance (sickness, athletic excuse, family situation etc) or by choice, you will get a zero for that exam and it will be dropped. If you have some unusual circumstances and feel you need to be excused from an exam, class etc, please contact the VP Office for Student Affairs and obtain a letter of excuse to be given to me.

^bThe final exam will be made up of questions from Exams 1-3 (questions from exams 1-3 will be reworded) and new material presented after last exam. **PLEASE SAVE EXAMS 1-3 TO STUDY FROM!!**

Attendance will be taken periodically throughout the semester. Students with complete attendance will receive an extra 20 points toward their final grade in the course as extra credit. Those with partial attendance will receive partial extra credit as reflected by their attendance.

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

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. You are advised to read and abide by policies and procedures of the UGA Honor System. As a student, you have two obligations: 1) to refrain from dishonesty and 2) to report suspected dishonesty. You are expected to meet both obligations in this course. If there is any doubt as to whether particular behavior would be regarded as dishonest, you should request an interpretation before engaging in the behavior. Stealing an exam or using a stolen exam for study constitutes an honor violation.

Cell Phones and Pagers

During class or exams, cell phones and/or pagers should be turned off, put away before coming to class. If your cell phone or pager rings during class and you feel you need to answer it, then please leave the classroom. Also not be used for talking, taking pictures, playing games, using the calculator, or text messaging. If your phone or pager is found on during an exam, your phone or pager may be confiscated and you may be charged with academic dishonesty.

Attendance Policy

Students are required to attend all class periods. Students are expected to come to class prepared to share ideas and discuss assigned readings. Lively discussion, diversity of opinions and critical thinking are encouraged and welcomed. It is expected that you will complete all readings by the assigned date, come to class prepared to discuss the readings and attend class regularly.

This is an application-oriented and discussion-oriented course. Students who struggle in this class are those who have difficulty discussing and applying information in real-life situations. Regular class attendance facilitates the development of these skills, which are critical to professional success.

Further, regular class attendance allows the instructor to get to know individual students, facilitating the writing of effective positive letters of recommendation for internships, practicums, scholarships, graduate school, jobs, etc. In addition to academic performance, other factors typically addressed in letters of recommendation are: dependability, maturity and commitment, the ability to work independently following the specific guidelines provided, and completion of assigned tasks in a timely manner. Regular class attendance directly and indirectly provides evidence of the existence of these desirable traits.

In some cases, absences can be excused. Excuses for anticipated absences must be cleared with the instructor before the absence (send an email to the instructor explaining the situation). **Excused** absences include, but are not limited to, absence for court appearances, university business, verifiable illness, and certain family emergencies. Written, dated documentation must be presented for each excused absence from an officer of the court, college official, or physician.

Your scores for exams, projects and participation points will be posted on WebCT.
It is your responsibility to check that scores posted for you are accurate.

Late adds to the class will not be approved unless there is an exceptional circumstances.

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- 8/19 Review Syllabus, Overview of Nutrition Food Choices & Human Health, (Chap. 1)
8/21 Dietary Guidelines for Americans, Recommended Dietary Allowances (Chap. 2)
- 8/26 Food Guide Pyramid, Nutrition Labels (*Bring nutrition label and calculator*) (Chap. 2)
8/28 Chemical and Biological Aspects of Nutrition (Chap 3)
- 9/02 Digestion, Absorption, Transport (Chap. 4)
9/04 When the digestive processes go awry
- 9/09 Carbohydrates and Diabetes (Chap. 5) (**Medical Family Tree due, 2:00 PM**)
9/11 Carbohydrates and health (Chap. 5)
- 9/16 Protein and protein-energy malnutrition (Chap. 6)
9/18 Food safety/Food Poisoning
- 9/23 **EXAM 1**
9/25 Lipids and cardiovascular diseases (Chap. 7)
- 9/30 Lipids and cardiovascular diseases (Chap. 7)
10/02 Energy Metabolism (Chap. 8) -*Mid term evaluation*
- 10/07 Nutrition and Physical Activity (Chap. 8) (*Ruth Gildea Taylor*)
10/09 Energy Balance. Obesity (Chap. 9) (**Exchange Diet due 2:00PM**)
- (Midpoint of semester - drop the course by this day to avoid a “WF”)*
- 10/14 Eating Disorders (Chap. 9) (*Alice Bender*)
10/16 **EXAM 2**
- 10/21 Water Soluble Vitamins: Deficiencies (Chap. 10)
10/23 Alcohol and Health (Chap. 10)
- 10/28 Fat Soluble Vitamins (Chap. 11)
10/30 Nutrition and Cancers (Chap. 11)

Fall Break October 31

- 11/04 Life cycle nutrition (Chap. 14)
11/06 Life cycle nutrition (Chap. 14) Childhood obesity

11/13 Success Story Body Composition. (*Dr. Flatt*)

11/15 Phytochemicals and Herbal medicine

11/18 **EXAM 3**

11/21 Trace Minerals: Anemia and other disorders (Chap. 12) **Case study due 2:00PM**

Thanksgiving Holiday November 24-28

12/02 Water and Major Minerals: Osteoporosis (Chap. 13)

12/04 Food insecurity, Hunger and Malnutrition (Chap. 14)

12/11 **FINAL EXAM**, 3:30 – 6:30 PM, Room 116 Dawson (no exemptions)

Comprehensive: Includes:

- 1) Questions from exams 1-3 (questions will be reworded),
- 2) New material since 3rd exam .

PLEASE SAVE EXAMS 1 – 3 TO STUDY FROM