FDNS 4050/6050 OPTIMAL NUTRITION FOR THE LIFE SPAN FALL 2007

Class Time:	Tu, Th (11:00 am- 12:15 pm), Room 110 Dawson Hall
Instructor:	**Dr. Alex Kojo Anderson**, Rm. 261 Dawson Hall, 706-542-7614, **anderson@fcs.uga.edu,**
	Sign-up sheet for appointments is on my office door
	Office hours: Mondays 10:00-12:00 noon; Wednesdays and Fridays 10:00 – 11:00 am
Teaching Assistant:	Dawn McDougald (Rm. 261 Dawson Hall, email: dmmcdoug@uga.edu)
	Office hours: Tuesdays and Thursdays 1:30 – 2:30 pm

Course Goal

At the end of the course students would be able to critique and discuss concepts and controversies in Nutrition through the life cycle. They will be expected to appreciate the importance of nutrition in health and development, sources of nutrients, and the way the body utilizes nutrients for the nourishment.

Course Objectives:

The course will equip students with the knowledge and skills to:

1) Increase their understanding and knowledge of the stages in the human lifecycle;
2) Increase their understanding and knowledge of the nutritional needs associated with each stage of the lifecycle and what makes each stage unique;
3) Understand the biologic processes in various stages of the life cycle and how these influence nutrient needs in human growth and development;
4) Review the association between the effect of lifestyle and diet on the incidence of chronic/non-communicable diseases;

Course Overview

This course presents an overview of nutrition through the life-cycle. This course provides basic nutritional information and is designed to enable students develop the insight in Nutrition Issues, on the acquisition and efficient utilization of food resources that ensure optimal growth, development and health through the life cycle. The course will provide the student with an understanding of the nutritional needs and requirements at various life stages. Further, this course will illustrate the relationship between nutrition and health and wellbeing at the different life stages.

Course Activities

Lectures, case studies, assigned readings, class exercises and presentations, and written term project (for graduate students).

Prerequisite: FDNS 2100

Text: Judith E. Brown, et al. **Nutrition Through The Life cycle**, Publisher: Brooks/Cole, 3rd Edition, 2008. **ISBN**: 978-0-495-11637-0

Evaluation:

Student performance will be measured on the basis of multiple choice exams and assignments listed below. There will be a total of 4 written examinations for credit, 3 class tests and one final exam. The 3 written class tests will be completed during scheduled class times. The lowest class test will be dropped; the remaining 2 will be worth 100 points and 125 points each for undergraduate and graduate students, respectively. If you take all 3 class tests, 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. The class tests will not be cumulative. The final exam will be cumulative. The exam questions will consist of multiple choice and true/false type questions. There will also be 3 case studies worth 150 points (50 points each) to be assigned students during the course of the semester. The percentage of the final grade for each assignment will differ based on the status of the student (4050 vs 6050).

Assignments	Number of Points		Grading	
	4050	6050	4050	6050
Three Tests [a]	200	250	A = 418.5-450 points	558-600 points
Case Studies	150	150	A^- = 400.5-418.4 points	534-557 points
Final Exam (comprehensive)[b]	100	125	B^+ = 382.5-400.4 points	510-533 points
Summary Paper & Presentation (Grad students only)	-	75	B = 369-382.4 points	492-509 points
			B^- = 355.5-368 points	474-491 points
	450	600	C^+ = 337.5-355.4 points	450-473 points
			C = 315-337.4 points	420-449 points
Attendance (extra credit) [c]	10	10	C^- = 292.5-314 points	390-419 points
			D = 270-292.4 points	360-389 points
			F = below 270 points	below 360 points

[a] NO MAKE-UP EXAMS WILL BE GIVEN. The lowest class test will be dropped. If you take all 3 class tests, 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 (542-3564) in the VP Office for Student Affairs and obtain a letter of excuse to be given to me. **Late adds for this course will not be approved except on exceptional circumstances.**

[b]Undergraduate students' (FDNS 4050) grades are based on the tests and final exam only; **though questions from the graduate presentations will be on the exams for both FDNS 4050 and FDNS 6050**. The final exam will be made up of questions from (1) Exams 1-3 (questions from exams 1-3 will be reworded) and (2) new material not covered on Exam 3.
PLEASE SAVE EXAMS 1-3 TO STUDY FROM!!

[c]Attendance will be taken periodically throughout the semester. Students with complete attendance will receive an extra 10 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 (e.g. 50% attendance will result in 5 of the 10 extra credit points).

Exams: Cover class presentations, lectures, discussions, readings. Exams are multiple choices for undergraduate students and multiple choices, short answers, and essays for graduate students.

Keys to success in FDNS 4050/6050: 1) Come to class every day, take notes, ask questions, 2) Read ahead, take notes from the readings, 3) Apply what you learn in class to your family, friends, and clients and 4) Start studying hard at least one week before each exam.

Note: Grades will be posted on WEBCT

Graduate Student Project – Students should succinctly review the literature for a primary article on the assigned/chosen topic or question related to diet and the human lifecycle and support the selected primary article with data from at least 5 scientific publications from refereed (peer reviewed) journals, dated no earlier than 2005, and write a summary paper (5 – 10 pages, double spaced not including references). You will then be responsible for presenting this information in an oral presentation to the class on a scheduled date.

a) Summary Paper
   Papers should cover the following:
   - Introduction to topic
   - Background information identifying why the topic is controversial or important
   - Summary and synthesis of pertinent literature
   - Conclusions
   - References (not included in page limit)

Hand in two copies of your term paper; one of which I will keep for my files and the other I will return to you graded.

b) Oral Presentation: Prepare a 10 minute PowerPoint presentation related to the selected topic of the term paper to be given in class on the schedule date. The class will then have the opportunity to ask questions. Two or three short answer questions related to the presentation should be submitted to the instructor.

Case Studies: Each student will be responsible for completing the assigned case studies which are real-life situations addressing each stage of the lifecycle. This exercise is to be completed **independently** by each student. The case studies will require you to assess the nutritional status of the individual or group and make the appropriate nutrition recommendation.

<u>TENTATIVE</u> LECTURE SCHEDULE FALL 2007

8/16	Introduction to Course; Introduction to Nutrition and the Life Span (Chap. 1)
8/21	Nutrition basics (Chap. 1) (Video on Why Food Matters)
8/23	Preconception Nutrition (Chap. 2)
8/28	Preconception Nutrition: Conditions and Interventions (Chap. 3)
8/30	Nutrition During Pregnancy (Chap. 4)
9/4	Nutrition During Pregnancy (Chap. 4)
9/6	Nutrition During Pregnancy: Conditions and Interventions (Chap. 5), *Review for Exam 1*
9/11	**EXAM 1** (covers material from all lectures 8/18 - 9/8 and **Chap. 1- Chap. 5**)
9/13	Nutrition and Lactation (Chap. 6)
9/18	Nutrition and Lactation (Chap. 6), (***Case Study 1 to be given out***) <u>Graduate Student Presentations</u> (Related to current topics and Chap. 2 – Chap. 11)
9/20	Nutrition and Lactation (Chap. 6)
9/25	Nutrition and Lactation (Chap. 6), Nutrition and Lactation: Conditions and Interventions (Chap. 7)
9/27	Nutrition and Lactation: Conditions and Interventions (Chap. 7),
10/2	Infant Nutrition (Chap. 8) (***Case Study 1 due:***)
10/4	Infant Nutrition: Conditions and Interventions (Chap. 9), *Review for Exam 2*
10/9	**EXAM 2** (covers material from all lectures 9/13 - 10/6 and **Chap. 6 - Chap. 9**)
10/11	Toddler and Preschooler Nutrition (Chap. 10)
10/16	Toddler and Preschooler Nutrition: Conditions and Interventions (Chap. 11) <u>Graduate Student Presentations</u> (Related to current topics and Chap. 12 - Chap. 16)
10/18	Child and Preadolescent Nutrition (Chap. 12) (***Case Study 2 due:***)
10/23	Child and Preadolescent Nutrition: Conditions and Interventions (Chap. 13)
10/25	*Fall Break - no class*
10/30	Adolescent Nutrition (Chap. 14)
11/1	<u>Graduate Student Presentations</u> (Related to current topics and Chap. 12 - Chap. 16)
11/6	Adolescent Nutrition: Conditions and Interventions (Chap. 15), *Review for Exam 3*
11/8	**EXAM 3** (covers material from all lectures 10/11 - 11/8 and **Chap. 10 - Chap. 15**)
11/13	<u>Graduate Student Presentations</u> (Related to current topics and Chap. 17 - Chap. 19)
11/15	Adult Nutrition (Chap. 16)
11/20	Adult Nutrition: Conditions and Interventions (Chap. 17) (***Case Study 3 Due:***)
11/22	*Thanksgiving holiday*
11/27	Nutrition and the Elderly (Chap. 18), *Guest lecturer:*
11/29	Nutrition and the Elderly (Chap. 18), *Guest lecturer:*
12/4	***Friday Class Schedule in Effect***
12/6	Class Evaluation and Review for Final Exam
Tuesday, Dec. 11	**FINAL EXAM 12:00 - 3:00 pm, Room 110 Dawson** ***Final is comprehensive and includes:*** 1) Questions from exams 1 - 3 (questions will be reworded), 2) New material not covered on exam 3 (**all lectures** and **Chap. 16 - Chap. 19**)

UGA Honor System

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 a 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.
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.

Attendance Policy

Students are highly encouraged to attend all class periods. A student who incurs an excessive number of absences (usually 3 or more) may be withdrawn from the class at the discretion of the instructor. Benefits of attending class include in-depth explanation of required readings by the instructor; opportunity for students to ask questions over assigned topics, readings, exams, and other areas of student interest; opportunity to discuss information not in the required readings; explanation of the answers on exams; and opportunity for the instructor to get to know students better so that the instructor can write letters of recommendation for internships, practicums, scholarships, graduate school, jobs, and other reasons.

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.

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