

FDN 4050/6050
OPTIMAL NUTRITION FOR THE LIFE SPAN

Instructor: Dr. Barbara Grossman
 Office: 271 Dawson Hall
 Office Hours: By Appointment (*e-mail: bgrossma@uga.edu*)
 Phone: 542-4908
 Class Location: Room 110 Dawson Hall
 Class Time: Tu, Th (11:00 - 12:15)
 Teaching Assistant: Kari Bolt; *email: kbolt@uga.edu*
 Office Hours: Room 109 Dawson Hall; Monday 10:00-11:00, Tuesday 2:00-3:00

Course Objectives:

- 1) To increase your understanding and knowledge of the stages in the human lifecycle.
- 2) To increase your understanding and knowledge of the nutritional needs associated with each stage of the lifecycle and what makes each stage unique.

Prerequisite: FDNS 2100

Text: Worthington-Roberts, B.S. and Williams, S.R. **Nutrition Throughout The Lifecycle**, Times Mirror/Mosby College Publishing, Fourth Edition, 2000. (*Text is on reserved at Science Library (Call #SPC G8782nt)*)

Exams from a previous class are on reserve in the Science Library (Call # SPC G8782co). The exams are also available online at: www.libs.uga.edu, click on GIL catalog, click on Course Reserves...follow the instructions. The password for my course will be bgrossman.

Evaluation:

Student performance will be measured on the basis of multiple choice exams and assignments listed below and the percentage of the final grade for each assignment will differ based on the status of the student (4050 vs 6050).

<u>Assignments</u>	<u>Number of Points</u>		<u>Grading</u>
	<u>4050</u>	<u>6050</u>	
Three of Four Tests (the lowest score will be dropped) ^a	750	750	A = 900 - 1000 points
Final Exam (comprehensive) ^b	250	150	B = 800 - 899 points
Summary Paper & Presentation (Grad students only)	-	100	C = 700 - 799 points
	1000	1000	D = 600 - 699 points
			F = below 600 points
Attendance (extra credit) ^c	10	10	

^a NO MAKE-UP EXAMS WILL BE GIVEN. The lowest exam will be dropped. If you take all 4 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 Dr. Richard Rose (542-3564) in the VP Office for Student Affairs and obtain a letter of excuse to be given to me.

^bUndergraduate students' (FDN 4050) grades are based on the tests and final exam only; **though questions from the graduate presentations will be on the exams for both FDN 4050 and FDN 6050.** The final exam will be made up of questions from 1) Exams 1-4 (questions from exams 1-4 will be reworded) and 2) new material not covered on Exam 4.
PLEASE SAVE EXAMS 1-4 TO STUDY FROM!!

^cAttendance 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).

Note: Grades will be posted on WEBCT

TENTATIVE LECTURE SCHEDULE

8/ 19	Introduction to Course; Review of Nutrition (Chap. 1-2)
8/ 21	Nutrition Assessment (Chap. 2)
8/26	Review of Carbohydrates; Proteins (Chap. 1)
8/28	Review of Lipids; Vitamins/Minerals/Water(Chap. 1)
9/2	Review of Vitamins/Minerals/Water, cont'd (Chap. 1)
9/4	Pregnancy (Chap. 3-5) (<u>Grad Students – deadline for telling Dr. G your topic and date for paper</u>)
9/9	Exam 1 (covers material from lectures 8/19 - 9/2)
9/11	Pregnancy
9/16	Lactation (Chap. 6-7)
9/18	Lactation
9/23	Infancy (Chap. 8-9)
9/25	Childhood (Chap. 10)
9/30	Graduate Student Presentations
10/2	Exam 2 (covers material from lectures 9/4 - 9/25)
10/7	Graduate Student Presentations
10/9	Childhood
10/14	Graduate Student Presentations (<i>Midpoint of semester; last day to Withdraw with "W"</i>)
10/16	Adolescence (Chap. 11-12)
10/21	Adolescence
10/23	Exam 3 (covers material from lectures 9/30 - 10/16)
10/28	Adolescence
10/30	<i>Fall Break - no class</i>
11/4	Sports Nutrition
11/6	Adulthood (Chap. 13)
11/11	Graduate Student Presentations
11/13	Aging (Chap 14)
11/18	Exam 4 (covers material from lectures 10/21 - 11/11)
11/20	Aging
11/25	<i>No class - Study day</i>
11/27	<i>Thanksgiving holiday</i>
12/2	<i>Review for Final Exam (Graduate Student Presentations, if necessary)</i>
12/4	Optional Early Final (<i>if you don't take this final you must take it during finals week</i>)

Thursday, Dec. 11 FINAL EXAM 12:00 - 3:00 pm, Room 110 Dawson

Final is comprehensive and includes:

- 1) questions from exams 1 - 4 (questions will be reworded),
- 2) new material not covered on exam 4

PLEASE SAVE EXAMS 1 - 4 TO STUDY FROM