

**FDNS 4050/6050 OPTIMAL NUTRITION FOR THE LIFE SPAN**

**Class Time:** Tu, Th (11:00 am- 12:15 pm), Room 110 Dawson Hall  
**Instructor:** **Dr. Mary Ann Johnson**, Rm. 373 Dawson Hall, 542-2292, [mjohnson@fcs.uga.edu](mailto:mjohnson@fcs.uga.edu),  
 Sign-up sheet for appointments is on my office door  
**Teaching Assistant:** Sohyun Park (Rm. 381 Dawson Hall, email: [sohyun@uga.edu](mailto:sohyun@uga.edu))

**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:** Judith E. Brown, et al. **Nutrition Through The Life cycle**, Publisher: Brooks/Cole, 2<sup>nd</sup> Edition, 2005.**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>	<u>4050</u>	<u>6050</u>
Three Tests <sup>a</sup>	200	250	A = 270-300 points	405-450 points
Final Exam (comprehensive) <sup>b</sup>	100	125	B = 240-269 points	360-404 points
Summary Paper & Presentation (Grad students only)	-	75	C = 210-239 points	315-359 points
	<hr/>	<hr/>	D = 180-209 points	270-314 points
	300	450	F = below 179 points	below 269 points
Attendance (extra credit) <sup>c</sup>	10	10		

<sup>a</sup> NO MAKE-UP EXAMS WILL BE GIVEN. The lowest exam will be dropped. 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 (542-3564) in the VP Office for Student Affairs and obtain a letter of excuse to be given to me.

<sup>b</sup>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!!**

<sup>c</sup>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**

**TENTATIVE LECTURE SCHEDULE**

8/19	Introduction to Course; Nutrition basics (Chap. 1)
8/24	Nutrition basics (Chap. 1)
8/26	Preconception Nutrition (Chap. 2)
8/31	Preconception Nutrition: Conditions and Interventions (Chap. 3)
9/2	Nutrition During Pregnancy (Chap. 4)
9/7	Nutrition During Pregnancy: Conditions and Interventions (Chap. 5)
9/9	Nutrition and Lactation (Chap. 6), <i>Review for Exam 1</i>
9/14	<b>EXAM 1</b> (covers material from all lectures 8/19 - 9/7 and Chap. 1- Chap. 5)
9/16	Nutrition and Lactation: Conditions and Interventions (Chap. 7)
9/21	<u>Graduate Student Presentations</u> (Related to current topics and Chap. 6 - Chap. 11)
9/23	Infant Nutrition (Chap. 8)
9/28	Infant Nutrition: Conditions and Interventions (Chap. 9)
9/30	Toddler and Preschooler Nutrition (Chap. 10)
10/5	Toddler and Preschooler Nutrition: Conditions and Interventions (Chap. 11)
10/7	Child and Preadolescent Nutrition (Chap. 12), <i>Review for Exam 2</i>
10/12	<b>EXAM 2</b> (covers material from all lectures 9/9 - 10/5 and Chap. 6 - Chap. 11)
10/14	Child and Preadolescent Nutrition: Conditions and Interventions (Chap. 13)
10/19	<u>Graduate Student Presentations</u> (Related to current topics and Chap. 12 - Chap. 16)
10/21	Adolescent Nutrition (Chap. 14)
10/26	Adolescent Nutrition: Conditions and Interventions (Chap. 15)
10/28	<i>Fall Break - no class</i>
11/2	Adult Nutrition (Chap. 16)
11/4	<u>Graduate Student Presentations</u> (Related to current topics and Chap. 12 - Chap. 16)
11/9	Adult Nutrition: Conditions and Interventions (Chap. 17), <i>Review for Exam 3</i>
11/11	<b>EXAM 3</b> (covers material from all lectures 10/7 - 11/4 and Chap. 12 - Chap. 16)
11/16	<u>Graduate Student Presentations</u> (Related to current topics and Chap. 17 - Chap. 19)
11/18	Adult Nutrition: Conditions and Interventions (Chap. 17)
11/23	Nutrition and the Elderly (Chap. 18)
11/25	<i>Thanksgiving holiday</i>
11/30	Nutrition and the Elderly (Chap. 18)
12/2	Nutrition and the Elderly: Conditions and Interventions (Chap. 19)
12/7	<i>No class</i>
12/9	Nutrition and the Elderly: Conditions and Interventions (Chap. 19), <i>Review for Final Exam</i>
<b>Tuesday, Dec. 14</b>	<b>FINAL EXAM 12:00 - 3:00 pm, Room 110 Dawson</b> <b><i>Final is comprehensive and includes:</i></b> 1) Questions from exams 1 - 3 (questions will be reworded), 2) New material not covered on exam 3 (all lectures and Chap. 17 - Chap. 19)