

Class Time: Mondays, Wednesdays and Fridays (2:30 pm - 3:20 am), Room 104 Conner Hall  
Instructor: **Dr. Alex Kojo Anderson**, Rm. 134 Barrow Hall, 706-542-7614, [anderson@fcs.uga.edu](mailto:anderson@fcs.uga.edu),  
Sign-up sheet for appointments is on my office door or schedule all appointments through  
[www.fcs.uga.edu/ss/](http://www.fcs.uga.edu/ss/) and then click on advising scheduler.

Teaching Assistant: Whitney Bignell, Rm. 126 Barrow Hall, 706-542-7611, [w.e.bignell@gmail.com](mailto:w.e.bignell@gmail.com)  
**Offices hours:** Mondays 12:30 – 2:00 and Fridays 12:30 – 2:00 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 essential nutrients, and the way the body utilizes nutrients at each life stage for nourishment. Students will learn to assess and critically analyze nutritional needs for individuals with special health conditions and needs, and to recommend appropriate nutritional therapy.

### 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, videos, class exercises and presentations, and written term project (for graduate students).

**Prerequisite:** FDNS 2100

### READINGS

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

**Recommended Textbook:** Sari Edelstein and Judith Sharlin. **Life Cycle Nutrition: An Evidence-Based Approach**, Publisher: Jones and Bartlett, 2009. ISBN-13: 978-0-7637-3810-5

### Evaluation:

Student performance will be measured on the basis of multiple choice exams and assignments listed below. There will be a total of 6 written examinations for credit, 5 class tests and one final exam. The 5 written class tests will be completed during scheduled class times. The lowest class test will be dropped; the remaining 4 will be worth 100 points and 125 points each for undergraduate and graduate students, respectively. If you take all 5 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 and an additional class presentation to be assigned graduate students. The

class presentation by graduate students will be done individually. 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>
Four Tests <sup>a</sup>	400	500	A = 604.5-650 points	790.5-850 points
Case Studies	150	150	A <sup>-</sup> = 578.5-604.4 points	765-790 points
Final Exam (comprehensive) <sup>b</sup>	100	125	B <sup>+</sup> = 552.5-578.4 points	722-764 points
Summary Paper & Presentation		75	B = 533-552.4 points	705-721 points
			B <sup>-</sup> = 513-532.9 points	680-704 points
	<hr/>	<hr/>	C <sup>+</sup> = 487-512.9 points	637-679 points
	650	850	C = 455-486.9 points	595-636 points
Attendance (extra credit) <sup>c</sup>	10	10	C <sup>-</sup> = 422-454.9 points	552-594 points
			D = 390-389.9 points	510-551 points
			F = below 390 points	below 510 points

<sup>a</sup> 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.**

<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). **Students who miss more than 5 class attendances will forfeit any extra credit for attendance accumulated in the course of the semester.**

**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. Students may consult the textbook, the internet or other resources for information to answer the questions posed in the case studies. It is very important to cite the source of your information in the text of your case study response and also correctly write the full citation of all the references used at the very end of your paper. Remember not to lift sentences or phrases from other sources and make it your own as such practice constitutes plagiarism which can result in your dismissal from the university. Any information taken from any source should be written in your words and the source properly cited. All referencing and citations should be in "APA Style". Feel free to contact the instructor or TA should you have any problem with how to cite or reference a source in your paper.

## **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. In all excused absence students should be aware that they **will not receive extra credit for attendance** since they will not be in class anyway but will be **exempted from voluntary withdrawal** by the instructor should the number of absences exceed 3.

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

**TENTATIVE LECTURE SCHEDULE**

**Fall 2009**

08/17	Introduction to Course	
08/19	Evidence-Based Nutrition in the Life Cycle	Chap. 1 (Edelstein & Sharin)
08/21	Nutrition Basics	Chap. 1 (Brown)
08/24	Nutrition during Preconception	Chap. 2 (Brown)
08/26	Conditions and Interventions during Preconception	Chap. 3 (Brown)
08/28	<b>Test 1</b>	
08/31	Nutrition during Pregnancy	Chap. 4 (Brown); Chap. 2 (Edelstein & Sharin)
09/02	Conditions and Interventions during Pregnancy	Chap. 5 (Brown)
09/04	Case Study on Pregnancy/Video	
09/07	<b>Labor Day (Holiday)</b>	
09/09	Nutrition during Lactation ( <i>Case Study 1 Due</i> )	Chap. 6 (Brown); Chap. 2 (Edelstein & Sharin)
09/11	Nutrition during Lactation	Chap. 6 (Brown); Chap. 2 (Edelstein & Sharin)
09/14	Conditions and Interventions during Lactation	Chap. 7 (Brown)
09/16	Social and Cultural Aspects of Breastfeeding	Chap. 2 (Edelstein & Sharin)
09/18	<b>Test 2</b>	
09/21	Infant Nutrition	Chap. 8 (Brown)
09/23	Conditions and Interventions during Infancy	Chap. 9 (Brown)
09/25	Case Study on Infancy/Video	
09/28	Toddler Nutrition	Chap. 10 (Brown); Chap. 3 (Edelstein & Sharin)
09/30	Preschooler Nutrition	Chap. 10 (Brown); Chap. 3 (Edelstein & Sharin)
10/02	Conditions and Interventions during Toddler and Preschooler Age	Chap. 11 (Brown)
10/05	Mid-term Exam ( <b>Test 3</b> )	
10/07	In Class Case Study Discussion	
10/09	( <i>Case Study 2 Due</i> )	
10/12	Child and Preadolescent Nutrition	Chap. 12 (Brown)
10/14	Conditions and Intervention during Preadolescent Nutrition	Chap. 13 (Brown)
10/16	Protein-Energy-Malnutrition	
10/19	Normal Adolescent Nutrition	Chap. 14 (Brown); Chap. 4 (Edelstein & Sharin)
10/21	Nutrition for Athletes and Sportsmen	Chap. 8 (Edelstein & Sharin)
10/23	Conditions and Interventions during Adolescent and Sports	Chap. 15 (Brown)
10/26	Case Study/Video	
10/28	<b>Test 4</b>	
10/30	Fall Break	
11/02	Graduate Student Presentations	
11/04	Video	
11/06	Adult Nutrition	Chap. 16 (Brown); Chap. 9 (Edelstein & Sharin)
11/09	Adult Nutrition and Public Health ( <i>Case Study 3 Due</i> )	Chap. 10 (Edelstein & Sharin)
11/11	Conditions and Intervention during Adulthood	Chap. 17 (Brown)
11/13	<b>Test 5</b>	
11/16	Graduate Student Presentations	
11/18	Physical Activity and Weight Management	Chap. 11 (Edelstein & Sharin)
11/20	Unique Nutrition Issues in the Older Adult	Chap. 13 (Edelstein & Sharin)
11/23-11/27	<b>Thanksgiving Break</b>	
11/30	Nutrition and the Elderly (Dr. Lee)	
12/02	Nutrition and the Elderly (Dr. Mary Ann Johnson)	
12/04	Roles and Responsibilities of the Nutritionist/Dietitian on Long-Term Care	Chap. 14 (Edelstein & Sharin)
12/07	Nutritional and Ethical Issues at the End of Life	Chap. 15 (Edelstein & Sharin)
12/08	Evaluation and Review for Finals	
12/14	<b>FINAL EXAM 3:30 – 6:30 PM</b>	