What to Expect: This online nutrition class for the early short summer session 2016 will be fast paced. This means we have a lot of information to cover in a short amount of time; so it is crucial that you set aside a good amount of time during the 5 week session to be able to complete all the course requirements such as the reading, quizzes, discussions and assignments by the due date in order to be successful and pass this course. This course has been taught during the regular semester so you must be prepared to hit the ground running as before we have time to blink, it will be over, so there is virtually no leeway in terms of checking out for any amount of time or missing any deadlines. There will absolutely be no makeups or late assignments/quizzes/discussions that will be accepted as there is not any time for that in this 5-week course. If you feel you do not have enough time to dedicate to this class during the 5-weeks, I ask you to reconsider taking it.

Please make sure that you thoroughly review the syllabus and have all the deadlines noted. You will have weekly deadlines and the last week you will have multiple deadlines: May 22, May 29, June 5, June 12, June 16 & June 18! (These deadlines are subject to change as deviations may be necessary and will be announced). As you will notice, you have multiple chapters to read and quizzes to take prior to the weekly deadline along with assignments and discussions. I suggest that you space this work out throughout the week so that you are not waiting until the last day of the week to complete all the reading, quizzes, discussions and assignments that are due for that week. I suggest reading a chapter/s and then taking the corresponding quiz and then moving onto the next chapter or discussion or assignment. You can complete the quizzes or any of the work (assignments, discussions) any time prior to the deadline. Do not wait until the last minute!

Instructor: Michele Rosbruck

Class hours: First Short Summer Session 2016 (May 16 – June 18) There will be no in-class meetings. All course materials including quizzes/exams, discussions, and assignments will be completed online.

Required Text: Blake, JS. Nutrition and You. 3rd ed. San Francisco, CA: Pearson Benjamin Cummings, 2015. ISBN 13:978-0-321-91040-0 (Online textbook access TBD www.pearsonmylabandmastering.com) *online access may or may not be required – this will be announced as we get closer to the start of the semester.

Course Prerequisite: APPH1040/1050

Course Description: Study of human nutrition as an applied science. Nutrition physiology: metabolism, energy, production, biochemical aspect and role of nutrients - carbohydrates, protein, fat, vitamins and minerals. Students will learn how to analyze food intake, select foods of high nutrient density, and identifying truths and non-truths among advertised claims for food products.
Course Objectives:
Upon completion of NUTR 3500 the student will have knowledge of:

1. How to meet nutrient needs with a well-balanced diet
2. Nutrient metabolism
3. Tools for healthy eating
4. MyPlate
5. Role of food in promotion of a healthy lifestyle
6. Promotion of pleasurable eating
7. How to identify accurate nutrition information
8. Influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior
9. The basics of digestion
10. The different classes of nutrients and how the body utilizes them
11. Carbohydrates, Fats and Proteins
12. Vitamins and Minerals

Grading:
The following grading breakdown is used:

Final Exam (Cumulative) 30%
Quizzes 40%
Discussions 10%
Assignments 20%

Honor Code:
Students in this online class are expected to abide by the Georgia Tech Honor Code http://www.honor.gatech.edu and avoid any instances of academic misconduct.

ADAPTS/ODS:
Georgia Tech offers accommodations to students with disabilities. If you need an accommodation, please make an appointment with the ADAPTS office (see http://www.adapts.gatech.edu).
Students in the ADAPTS program who need special arrangements such as extra time, please make arrangements with me at least 7 days in advance of a scheduled quiz, test, discussion or assignment.

Makeup Exams and Late Assignments/Emergencies
Makeup exams, makeup quizzes and late assignments are only allowed in extreme emergencies (e.g. hospitalizations) and require documentation (Dean of Students’ Notification). See Emergencies!

Emergencies
In the event of an emergency, contact me immediately via email (within 24 hours) and provide documentation of your emergency (Dean of Students’ Notification).

An emergency is just that- an illness, death in the family, accident, etc. Loss of and/or limited Internet connection and traveling/vacations are NOT considered emergencies.