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 some weeks you will have multiple deadlines: **May 19, 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!

Please note that you can do most of your work as early as you wish as it is up to you to manage your time. Some weeks will be busier than others, so be prepared! I strongly encourage you to do work on a daily basis so you are not inundated at the end of the week.

Course Resources/Platforms: We will be using 2 different platforms for this course. **T-square** will be used as the main course website; this is where your announcements, resources (ex. Powerpoints) and grades will be posted. You will also be taking your exams (quizzes) and doing your discussion (Forums) posts in T-square. You will be using the companion site for the textbook **Mastering/Pearson** @ [www.pearsonmylabandmastering.com](http://www.pearsonmylabandmastering.com). This is where you will be doing all of your weekly homework assignments including your food record assignment.

Tech Support: Since this class is 100% online, it is your responsibility to get timely tech support in order to complete your work by the due date. Should you have any problems with any of the following platforms, please don't ask me for help. Contact the appropriate resources below.

**T-square:**
[http://info.t-square.gatech.edu/support?TSQSERVER=pinch9.lms.gatech.edu](http://info.t-square.gatech.edu/support?TSQSERVER=pinch9.lms.gatech.edu)

**Mastering/Pearson:**
24/7 technical support: [https://support.pearson.com/getsupport/s/](https://support.pearson.com/getsupport/s/)
If you require further assistance and have an incident # from technical support (mastering/pearson link above), please contact Blake Allvine @ [blake.allvine@pearson.com](mailto:blake.allvine@pearson.com)

**Instructor:** Michele Rosbruck

**Email:** michele.rosbruck@ap.gatech.edu
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.

www.pearsonmylabandmastering.com  Course ID: rosbruck81142
*Please see T-square announcement on instructions how to register for Online Access or required text/online access can be purchased at the GA Tech bookstore. Caution: make sure to either purchase ISBN listed above from Tech bookstore or from URL provided in order to get the correct access code. (If you purchase from a 3rd party vendor like Amazon you may end up with the wrong access code).

Course Website: T-Square (http://t-square.gatech.edu/)

Course Prerequisite: APPH 1040/1050

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. Health promotion and disease prevention theories and guidelines
9. Influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior
10. The basics of digestion
11. The different classes of nutrients and how the body utilizes them
12. Carbohydrates, Fats and Proteins
13. Vitamins and Minerals

Grading:
The following grading breakdown is used:

Final Exam (Cumulative) 25%
Quizzes 40%
Assignments (Food record - 10%, Mastering - 15%) 25%
Discussions 10%

**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.
<table>
<thead>
<tr>
<th>Week of</th>
<th>Topic</th>
<th>Exams/Assignments</th>
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<tbody>
<tr>
<td></td>
<td>Reading: pp. 4 - 7; pp. 14-19; pp. 21-23; p. 26-27; p. 70; p. 91</td>
<td>Discussion #1: Ice Breaker (initial post due May 19) and response posts due May 22.</td>
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<td>View “Weight of the Nation” video: See T-square for link</td>
<td>See Pearson Assignments Due by May 22, 11:59 PM</td>
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<td>May 23</td>
<td>Ch 2: Tools for Healthy Eating</td>
<td>Quiz 2 (Nutrition Tools) &amp; Quiz 3 (Common Health Concerns)</td>
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<tr>
<td>Week 2</td>
<td>Reading: pp.45-60 Common Health Concerns and Their Relationship to Nutrition</td>
<td>Discussion #2: Weight of the Nation – initial post</td>
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<td>Reading: pp. 83-90 (p.83 start at bottom “What are some common digestive disorders?”); pp. 116-120; and pp. 163-174 (skip box about mercury in fish)</td>
<td>See Pearson Assignments Due by May 29, 11:59 PM</td>
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<td>See additional readings/video in T-square</td>
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<tr>
<td>May 31</td>
<td>Ch 4: Carbs: Sugars, Starches and Fiber Ch 5: Fats, Oils, Lipids</td>
<td>Quiz 4 (Carbo &amp; Lipids)</td>
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<td>Week 3</td>
<td>pp. 110-111 (blue box); p. 115; pp.121-130; pp. 142-144; 147-154</td>
<td>Discussion #2: Weight of the Nation - response posts</td>
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<td>See Pearson Assignments Due by Jun 5, 11:59 PM</td>
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<td>June 6</td>
<td>Ch 6: Protein and Amino Acids</td>
<td>Quiz 5 (Proteins)</td>
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<td>Week 4</td>
<td>pp. 192-196; pp. 200-213</td>
<td>Food Record Assignment</td>
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<td>See Pearson Assignments Due by Jun 12, 11:59 PM</td>
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<td>June 13</td>
<td>Ch 7-8: Vitamins and Minerals</td>
<td>Quiz 6 (Vitamins)</td>
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<td>Week 5 (A)</td>
<td>pp. 224-230; 260-268; 291-303; 309-311; 321; 323-326</td>
<td>See Pearson Assignments Due by Jun 16, 11:59 PM</td>
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<td>See additional readings/video in T-square</td>
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<td>June 16-18</td>
<td>Final Exam</td>
<td>Final Exam Due by Jun 18, 11:59 PM</td>
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<td>Week 5 (B)</td>
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**THIS SYLLABUS PROVIDES A GENERAL PLAN FOR THE COURSE; DEVIATIONS MAY BE NECESSARY.**