What to Expect: This online nutrition class for the early short summer session 2017 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. 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. It is important that you do not miss any deadlines (only institute approved excuses are accepted) in order to keep pace with the course and the new material covered each week. 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. 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.

Instructor: Michele Rosbruck
Email: michele.rosbruck@ap.gatech.edu

Class hours: Early Short Summer Session 2017
There will be no in-class meetings. All course materials including quizzes/exams, discussions, and assignments will be completed online.


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 (i.e. MyPlate)
4. Role of food in promotion of a healthy lifestyle
5. Promotion of pleasurable eating
6. How to identify accurate nutrition information
7. Health promotion and disease prevention theories and guidelines
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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final Exam (Cumulative)</td>
<td>25%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>40%</td>
</tr>
<tr>
<td>Discussions</td>
<td>10%</td>
</tr>
<tr>
<td>Assignments</td>
<td>25%</td>
</tr>
</tbody>
</table>

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

Disability Services:
Students with disabilities needing academic accommodation should (1) register and provide documentation to the Office of Disability Services ([http://disabilityservices.gatech.edu/](http://disabilityservices.gatech.edu/)) and (2) email your instructor a letter during the first week of class indicating and describing the need for accommodation. Students who are officially registered with Disability Services and 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) or for other officially Institute-approved reasons. See Emergencies! In the event of a medical emergency or an illness that is severe enough to require medical attention, students are responsible for contacting the Office of the Dean of Students as soon as possible. Additional details are available online. [http://www.catalog.gatech.edu/rules/4/](http://www.catalog.gatech.edu/rules/4/).

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.