**APPH 3500 Nutrition and Health**

**Summer 2012**

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**Office hours:** by appointment. We are here daily in our 14th street offices; however, the building requires authorized access. For your convenience, we can meet with you on campus in the Weber Bldg office. Email for an appointment and we will work out a meeting time. Right before or after class is often a good time to meet.

**Class meets:** T/Th 2:05 – 4:25pm in room 215 Instructional Center. We will have a 10-minute break each class.

**RequiredText:** Nutrition: An Applied Approach, My Plate Edition, 3rd ed., Thompson, J. & Manore, M., Pearson Publ., 2012, ISBN – 0321807014 (this ISBN number includes access to resources we will use for class)

**Course Description:** This class will study human nutrition as an applied science. Digestion, absorption, energy metabolism, biochemical and functional roles of nutrients, role of nutrition in exercise and performance, weight control, “alternative” eating behaviors, food safety and preventative nutrition in health management will be covered topics.

**Objectives:** Upon completing the course the student will be able to:

1. Evaluate their regular diet according to the standards set for Dietary Reference Intakes for nutrients by using a 3-day dietary recall model.
2. Relate the macronutrients and micronutrients to food sources.
3. Describe the major functions of macronutrients and micronutrients and defend why adequate intake of nutrients is essential to health.
4. Describe the processes of digestion and absorption of foods and nutrients.
5. Identify potential macro- and micronutrient deficiencies that could develop in “special diets”.
6. Compute energy needs based on energy expenditure (level of physical activity) in the context of weight management and health.
7. Identify behavioral strategies for making dietary changes in order to meet defined energy and nutrient needs.
8. Illustrate the relationship between energy metabolism and exercise intensity and duration.
9. Evaluate nutrition strategies for enhancing performance in strength, endurance, and sprint type athletes.

**Grading:**

Tests (3): 2 in-class, 20% each 40%

1 during final exam period 25%

Will cover material from last 1/3 of class + comprehensive application of all

course material.

Diet Analysis project (see details below) 25%

In-class activities/participation 10%

Diet Analysis Project (worth 25% of grade)

You will use the MyDietAnalysis program that comes with your textbook to complete this project. The project is divided into **two parts**:

**Part 1)** Three-day diet log with analysis using the program (10% of your total grade) **DUE July 3**

**Part 2)** Personal evaluation and reflection of the results (15% of your total grade). **DUE July 24**

In order to receive full credit the assignment must be turned in at the beginning of class ON the due date.

Assignment details and instructions will be posted on t-square prior to the first day of class.

Class Policies

We will **use T-square** (t-square.gatech.edu) to post assignments, class notes, announcements, etc. An email from T-Square will be sent to your GT inbox to alert you to new postings. You are responsible for checking daily for updates.

We will use the **MyNutritionLab** and **MyDietAnalysis,** a web resource of Pearson Publishing, the publisher of our textbook. Access to the site comes bundled with the book if purchased at the Barnes & Noble bookstore. If you purchase the textbook from another source, you will need to make sure you request the correct ISBN (see above) or purchase access to the online resource separately. Instructions for registering for the site will be distributed in class and posted on T-Square. The first part of your major assignment requires use of the website, so you will need to register during the 1st week of class.

**Makeup exams** will be considered only in the case of emergencies. If an emergency arises that forces you to miss a test, you must contact your instructors within 24 hours **AND** provide documentation of your emergency.

Please bring your **laptop** computer **to class**.

In-class assignments/activities cannot be made up.

Other Important Considerations

1. Class attendance and participation is important. Be on time, pay attention, take notes, ask questions and participate in class discussions.

1. Read assigned chapters BEFORE coming to class.

2. Download ppt’s (found on T-Square) to your laptop or print them 2 – 4 /page and bring to class. They will facilitate note taking during class.

3. Email is the best way to contact instructors.

4. If you find an error in posting your grade/credit on T-square, please contact an instructor immediately. The sooner it is addressed, the easier it usually is to correct.

**APPH 3500 Human Nutrition Summer 2012 Class Schedule**

T June 25 Introduction Ch. 1, 2

Nutrients, Dietary Guidelines, food labels

Th June 27 Digestion, absorption, metabolism Ch. 3, 10 pp.326 - 330,

346 - 359

+ pp 216-224\_\_\_\_\_\_

July 3 Carbohydrates Ch. 4 + additional readings **Part 1 of project due** TBA

July 5 **TEST 1**

Protein Ch. 6\_+ readings TBA

July 10 Protein Ch. 6 “

Fats Ch. 5 “

July 12 Fats Ch. 5 “

Body Composition, energy balance Ch. 11

(Body fat assessment)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

July 17 Body comp., energy balance, weight management Ch.11

July 19 **TEST 2**

Nutrition and Exercise Ch. 10, 12\_\_\_\_\_\_\_\_

July 24 Dietary Supplements, Hydration Ch. 12, 7 + pp 360 -367

**Part 2 of project due**

July 26 Food safety, Eating Disorders, special diets and Ch. 13 + pp 442-453

possible nutritional deficiencies + pp 208-209

July 31 **Final exam** 11:30am – 2:20pm

(focus on last 1/3 of material, comprehensive application of all material)