**APPH/BIOL 4803**

**NUTRITION (3 credit hours)**

 **Summer 2022**

**Instructor**: Michele Rosbruck **Email**: mrosbruck6@gatech.edu

**Teaching Assistant:** Sarth Diskalkar **Email**: sarthd@gatech.edu

\***PLEASE DO NOT USE CANVAS EMAIL** AS WE WILL NOT RESPOND.

USE ONLY THE GA TECH EMAIL ADDRESES ABOVE!

***\*Please email questions to your TA, Sarth Diskalkar and copy your instructor, Michele Rosbruck on all emails.***

**Class hours:**

There will be no in-class meetings. All course materials including quizzes/exams, discussions, and assignments are to be completed online.

**Required Text:**

Nutrition & You, 5th Edition by Joan Salge Blake

**\*Please see announcement on Canvas on instructions how to register in Canvas.**

**Course Website:** Canvas (<http://canvas.gatech.edu/>)

**Course Prerequisite:** APPH 1040/1050

**Course Description:**

Study of human nutrition as an applied science. Nutrition physiology: metabolism, energy, production, biochemical aspect, role of nutrients, weight control mechanisms and fitness will be covered.

**What to Expect:** This nutrition class is 100% online during the early short summer session 2022 and will be extremely 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 ***daily*** 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. I highly encourage you to look at what is covered throughout the five weeks including all assignments, readings, quizzes and discussions and decide if you have the time in your schedule to complete before the drop date during the first week.

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 16, May 19, May 22, May 29, June 5, June 12, June 19 & June 21*!**. 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. Do not wait until the last minute!

Please note that every week will be extremely busy as this is a 3-credit class so it is essential for you to manage your time wisely. Some weeks will be even 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. If you are someone that waits until the last minute to do your work, this is not the class for you, and I encourage you to take this class during the regular semester.

To reiterate: This nutrition class is 100% online. There are no in person meetings. It is your responsibility 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. **Please be sure to thoroughly review the syllabus and note all deadlines. I do not accept late work.** Be sure to obtain access to the required course materials by following the instructions on how to register in Canvas.

**Course Objectives:**

Upon completion of APPH/BIOL 4803 the student will have knowledge of:

1. Know how to meet nutrient needs with a well-balanced diet

2. Know how to identify accurate nutrition information

3. Identify tools for healthy eating

4. Identify the classes of nutrients

5. Understand the role of nutrients and nutrient metabolism

6. Understand the basics of digestion

7. Use MyDietAnalysis to analyze and understand diet

8. Understand weight management and energy balance

9. Understand relationship between fitness and nutrition

**Grading:**

There are multiple weekly quizzes throughout the semester - 40% and a cumulative final – 25%

There are weekly homework assignments - 15% and a food record/analysis project - 10%.

There are 2-3 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 and your TA 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.

**Course Resources/Platforms:** We will be using the learning management system, **Canvas** to access your course materials; this is where your announcements, resources (ex. Powerpoints), and grades will be posted. You will also be doing your discussion posts in Canvas. You will be using the companion site, **MasteringNutrition**. This is where you will be doing all of your weekly homework assignments and quizzes as well as 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 do not ask me for help. Contact the appropriate resources below.

**Canvas**

Georgia Tech has subscribed to [24/7 support provided by Canvas](https://canvas.gatech.edu/247-canvas-help-desk), which means that you can ask their experts questions via email, chat, or phone at any time.

Link: <https://canvas.gatech.edu/247-canvas-help-desk>

[Canvas Support Hotline (Students)](https://urldefense.proofpoint.com/v2/url?u=https-3A__gatech.instructure.com_&d=DwMFAg&c=0YLnzTkWOdJlub_y7qAx8Q&r=Hts6y391NvGgYe4MtRxS40fsfM-X4mqowOu-iMEyxnk&m=e8HDyuilpw7rr7fNFbEgsesNNkrrlOP7ZaFH8n6lVqY&s=k5frMfqN0H6m6CZdGwCGh-F_eBR5s8W8sYuoaMRpa9I&e=) 1-877-259-8498

[Chat with Canvas Support (Students)](https://urldefense.proofpoint.com/v2/url?u=https-3A__cases.canvaslms.com_liveagentchat-3Fchattype-3Dstudent&d=DwMFAg&c=0YLnzTkWOdJlub_y7qAx8Q&r=Hts6y391NvGgYe4MtRxS40fsfM-X4mqowOu-iMEyxnk&m=e8HDyuilpw7rr7fNFbEgsesNNkrrlOP7ZaFH8n6lVqY&s=OeuRQ_l199UPjQUMS2JufpHijhHQEgbcmrL_UTvhU-c&e=)

Live chat with Canvas Support! <https://cases.canvaslms.com/liveagentchat?chattype=student>

At the very bottom of the left hand navigation you can click on “help” which has all the links for canvas support.



**Mastering/Pearson:**

24/7 technical support: <https://support.pearson.com/getsupport>

Student Technical Support Phone Number: 1-800-677-6337

Mastering Technical Support Website:

<https://www.pearsonmylabandmastering.com/northamerica/students/support/index.html>

A few tips before you call or chat Technical Support:

1. [Clear Cache and Cookies](https://pearsoncommunity.force.com/getsupport/s/article/Deleting-Browser-Cached-Files-and-Cookies) (<https://pearsoncommunity.force.com/getsupport/s/article/Deleting-Browser-Cached-Files-and-Cookies>)
2. [Change Browsers](https://pearsoncommunity.force.com/getsupport/s/article/Browser-Settings) – Google Chrome preferred

(<https://pearsoncommunity.force.com/getsupport/s/article/Browser-Settings>)

1. [Turn Off Pop-Up Blockers](https://pearsoncommunity.force.com/getsupport/s/article/Pop-Up-Blockers)

(<https://pearsoncommunity.force.com/getsupport/s/article/Pop-Up-Blockers>)

If you have used a Pearson product before, please use the same account you have previously used. If you are new, please create an account with your Ga Tech email.

**Please reach out to the 24/7 technical support team first.** If the technical support team is unable to assist you, please reach out with your **case number** from technical support along with a brief description of the issue via email to Katie.Strosnider@Pearson.com and copy and sarthd@gatech.edu and mrosbruck6@gatech.edu . **Remember:** Do not email Katie without a case number included in the email.

**CLASS SCHEDULE**

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| **Week of** | **Topic** | **Exams/Assignments** |
| **May 16***Week 1* |  Discussion #1 Ch 1: What is Nutrition?Ch 2: Tools for Healthy Eating Ch 3: Basics of DigestionView “Weight of the Nation” video: See Canvas for link  | Discussion #1: Ice Breaker Discussion #1: Ice Breaker (initial post **due May 19**) and response posts due **May 22.** Quiz: Chapter 1 and Homework 1  Quiz: Chapter 2  Quiz: Chapter 3 and Homework 3 **Due by May 22,11:59 PM*****(\*Everything in this box due on May 22 except initial ice breaker post due May 19)*** |
| **May 23***Week 2* | Ch 4: Carbs: Sugars, Starches and Fiber Ch 5: Fats, Oils, Lipids | Quiz: Chapter 4 and Homework 4Quiz: Chapter 5 and Homework 5 Discussion #2: Weight of the Nation – initial post **Due by May 29,11:59 PM** |
| **Tues., May 31***Week 3* | Ch 6: Protein and Amino Acids Ch 7: Vitamins | Quiz: Chapter 6 and Homework 6  Quiz: Chapter 7 Discussion #2: Weight of the Nation - response posts **Due by June 5, 11:59 PM** |
| **June 6***Week 4* | Ch 8: Minerals and Water  Ch 9: Alcohol | Quiz: Chapter 8 and Homework 8 Quiz: Chapter 9 and Homework 9 **\*\*Food Record Assignment DUE:** *\*Need to record food and beverage intake* ***at least 3 days prior to due date*** *in order to complete assignment on time.*  **Due by June 12, 11:59 PM** |
| **June 13***Week 5* | Ch 10: Weight Management & Energy Balance Ch 11: Nutrition & Fitness | Quiz: Chapter 10 and Homework 10 Quiz: Chapter 11 and Homework 11 **Due by June 19,11:59 PM** |
| **June 20-21***Final Exam*  | **Final Exam (Cumulative)** | Final Exam**Due by June 21,11:59 PM** |

*THIS SYLLABUS PROVIDES A GENERAL PLAN FOR THE COURSE; DEVIATIONS MAY BE NECESSARY.*