Applied Nutrition / Human Nutrition

Course: FSN 105/322
Faculty: Nayef Y. Bumaryoum, Ph.D.
Office Hours: by appointment through my or after class
Contacts: myU or direct Instagram: food_adviser
Department of Food Science and Nutrition
College of Health Sciences

Tentative Schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Note</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Food and Nutrition: Introduction, used items in nutrition</td>
<td>HW 1</td>
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<tr>
<td>Week 2</td>
<td>Function of foods, Digestion, absorption and metabolism</td>
<td>Quiz 1</td>
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<tr>
<td>Week 3</td>
<td>Carbohydrates</td>
<td>HW 2</td>
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<td>Week 4</td>
<td>Proteins</td>
<td>Quiz 2</td>
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<td>Week 5</td>
<td>Fats + <strong>Midterm</strong></td>
<td>HW 3 + Midterm</td>
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<td>Week 6</td>
<td>Exchange list for meal/dietary planning, nutrition assessment</td>
<td>Quiz 3</td>
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<td>Week 7</td>
<td>Water Soluble Vitamins + Fat Soluble Vitamins</td>
<td>HW 4</td>
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<tr>
<td>Week 8</td>
<td>Major Minerals + Trace Minerals/Water</td>
<td>Last class + Review</td>
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<tr>
<td>Finals</td>
<td><strong>Comprehensive Final Exam Week … GOOD LUCK</strong></td>
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Class Policies:

- Attendance is very important. Unexcused absences will result in lowering your grade. Students who have four unexcused absences will be prohibited from attending further classes.
- Exam questions will be taken from class notes and lectures.
- **THERE WILL BE NO MAKE-UP TESTS.** Students who miss a midterm exam and provide a VERIFIABLE EXCUSE WITH-IN ONE WEEK of the date of the test will be able to make up for it through doubling the grade percentage of their other midterm grade.
- Quizzes will not be announced. Be prepared for a quiz every lecture on the material of the previous lecture.
- Missed quizzes cannot be made up. The two lowest quiz scores will be dropped.
- Late assignments will automatically loss 2 point of the total mark and will not be accepted after the next day.
- Academic misconduct of any kind will not be accepted. An example of academic misconduct includes but is not limited to, cases of dishonest practices with assignments and/or examinations.

**Grading, evaluation policies and procedure:**
- Attendance 5 %
- Midterm Exam 25 %
- In-class activities/Homework and/or Quizzes 20 %
- Final Exam 50 %

**Recommended Textbook:**

- Students are expected to **attend and participate in all class sessions**. According to college regulations, a student who is absent, for any reason, **THREE** class will not receive credit. A total grade of 60% is required to successfully pass this course.

**The instructor reserves the right to change the above schedule and procedures for this course. Students will be notified of any changes during class time. Absent students are responsible for any announced changes.**