

## **BIOS 4803-B Syllabus**

**BIOS 4803-B: Nutrition, 3 credits**

Fall 2026

### **Instructor Information**

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**Instructor: Michele Rosbruck**

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### **General Course Information**

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#### **Description**

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

#### **Course Learning Outcomes**

Upon successful completion of this course, 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

#### **Required Course Materials:**

Nutrition & You, 6th Edition by Joan Salge Blake

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

**Grading Policy:**

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

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

There are 2-3 discussions – 10%

**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 Policies

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**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 on Canvas. You will be using the companion site, **MasteringNutrition**. This is where you will be doing all 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 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](#), 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>

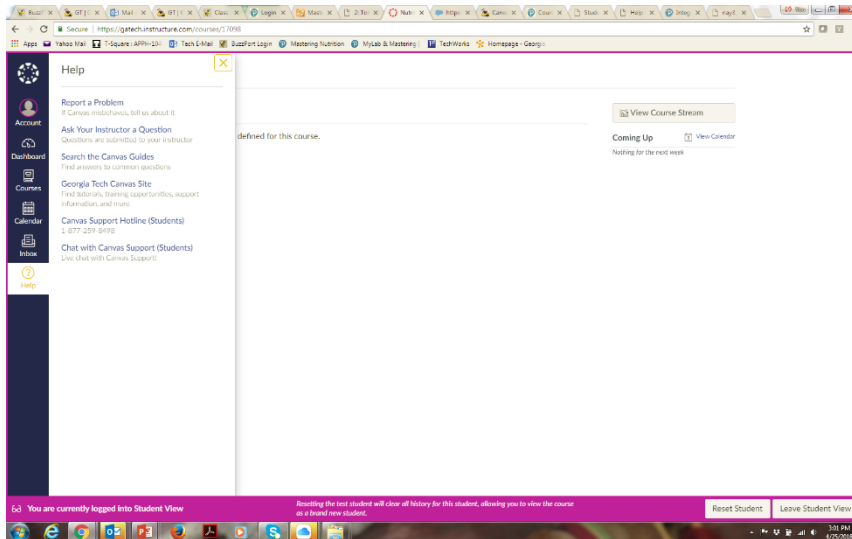
[Canvas Support Hotline \(Students\)](#) 1-877-259-8498

[Chat with Canvas Support \(Students\)](#)

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>

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>)
- 3) [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 via email to [Alex Billings - alex.gribler@pearson.com](mailto:alex.gribler@pearson.com). **\*\*Alex Billings may not respond if you do not have a case # from technical support.**

### **Academic Integrity**

Georgia Tech aims to cultivate a community based on trust, academic integrity, and honor. Students are expected to act according to the highest ethical standards. Review [Georgia Tech's Honor Code](#) and the student [Code of Conduct](#).

Any student suspected of cheating or plagiarism on a quiz, exam, or assignment will be reported to the Office of Student Integrity, who will investigate the incident and identify the appropriate penalty for violations.

### **Use of Generative Artificial Intelligence (AI) Tools:**

You may use generative AI programs, e.g. ChatGPT, to help generate ideas and brainstorm. You should be aware that the material generated by these programs may be inaccurate, incomplete, biased or otherwise problematic. Also, using these tools may stifle your own independent thinking and creativity. Generative AI derives its output from previously created texts from other sources that the models were trained on yet doesn't cite sources. Per Georgia Tech's Honor Code, you may not submit any work generated by an AI program as your own. If you include material generated by an AI program, it should be cited like any other reference material (with due consideration for the quality of the reference, which may be poor).

When/if you use AI platforms in your assignments, please write a note to clarify where in your process you used AI, include the prompt used to generate the material, and which platform(s) you used. In your assignments, we expect you to clearly attribute what text was generated by the AI tool (e.g., AI-generated text appears in a different colored font, quoted directly in the text, or use an in-text parenthetical citation). See this article for how to cite AI properly: How to cite ChatGPT <https://apastyle.apa.org/blog/how-to-cite-chatgpt>

### **Accommodations for Students with Disabilities**

If you are a student with learning needs that require special accommodation, [contact the Office of Disability Services](#) (404-894-2563) as soon as possible to make an appointment to discuss your special needs and to obtain an accommodations letter. Please also e-mail me as soon as possible in order to set up a time to discuss your learning needs.

### **Student-Faculty Expectations Agreement**

At Georgia Tech, we believe that it is important to strive for an atmosphere of mutual respect, acknowledgement, and responsibility between faculty members and the student body. [The Student-Faculty Expectations](#) articulate some basic expectations that you can

have of me and that I have of you. In the end, simple respect for knowledge, hard work, and cordial interactions will help build the environment we seek. Therefore, I encourage you to remain committed to the ideals of Georgia Tech while in this class.

### **Course Prerequisite**

APPH 1040/1050

### **What to Expect**

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 unless you have documentation through the Dean of Students.** Please see **Makeup Exams/Late assignments and Emergencies below.** Be sure to obtain access to the required course materials by following the instructions on how to register in Canvas. It is up to you to manage your workload efficiently and pace yourself accordingly. I suggest that you space your work out throughout the week so that you do not wait 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 homework assignment and then moving onto the next chapter or discussion or assignment. Do not wait until the last minute! Please note that you can work a week ahead as it is up to you to manage your time. Some weeks will be busier than others, so be prepared.

### **Student Well-Being**

At Georgia Tech, we are committed to creating an environment that supports the well-being of all our students. Your health and well-being are fundamental to your success, both academically and personally. We understand that the pressures of college life can be challenging, and we encourage you to prioritize your wellness throughout the semester.

Listed below are resources to help support your wellness. Our faculty and staff are here to support and guide you to additional services, as needed.

- **[STUDENT ENGAGEMENT AND WELL-BEING](#)**: Student Engagement & Well-being is an educational organization that develops diverse student leaders who advance technology and improve the human condition, by enhancing engagement, promoting holistic wellness, and cultivating inclusive communities. A [comprehensive list](#) of wellness related resources has been compiled and maintained by the Office of the Vice President for Student Engagement and Well-being ([student-resource-guide \(gatech.edu\)](#))
- **[CENTER FOR MENTAL HEALTH CARE & RESOURCES](#)**: The Center for Mental Health Care & Resources educates students for life by providing a variety of services and programs that are consistent and consonant with the strategic plan goals of the Institution and the Division of Student Engagement & Well-Being. Services include testing and

assessment, referral to support services, short-term individual counseling, group counseling, couples counseling, crisis intervention, as well as mental health workshops, and consultation for faculty and staff, family, and friends of Tech students.

- **STAR:** Students' Temporary Assistance and Resources (STAR) is an organization that provides stability for students to pursue a fulfilling college experience. It does this by facilitating collaboration between organizations offering student support and increasing campus awareness of these programs. The five points of the star are food, finances, clothing, housing, and connections.