

G'Day and Welcome to the UGA Maymester Study Abroad in Australia and New Zealand

Special Problems in Food and Nutrition: Nutrition and Health Policy

FDNS 3010 (3 credits)

This is a sample syllabus intended as a general guide only and deviations may be necessary (a final syllabus will be included in the course-book or available by contacting the office)

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Course Description

This program focuses on issues related to human nutrition, health, and food, including cultural values and social determinants of health, through educational travel, field trips, active participation, lecture presentations, and coursework exercises. The goal of this course is to use the Australian and New Zealand cases to integrate different perspectives of diverse natural, biological, and social science disciplines to improve our understanding of the relationships between human societies and the natural environment in the context of food and nutrition.

Course Objectives

By the end of the program students will:

1. Have an introductory understanding of nutrition principles, including the roles, metabolism, requirements and sources of nutrients;
2. Have an introductory understanding of how nutritional needs change throughout the lifespan and during stress and exercise;
3. Be able to answer questions concerning the effect of socioeconomic, psychological, and cultural factors affect food intake;
4. Be able to discuss hunger and global environmental problems related to food and nutrition;
5. Have a basic knowledge of the factors affecting risk of chronic disease including family history, health behaviors, and food intake;
6. Be knowledgeable about current health promotion strategies and dietary guidelines used in Australia.
7. Know and appreciate the impacts of human actions on natural systems and human responses to those changes as related to food and nutrition, using the cases of Queensland, Australia and the South Island of New Zealand;
8. Conduct yourself in a manner consistent with Discover Abroad's Professional, Academic, and Ethical Code of Conduct (refer to the *Program Manual* for a description and course-related implications).

Course Credit

Credit is offered for a total of 3 semester hours for undergraduate credit in Foods and Nutrition (FDNS 3010) or graduate credit (TBA).

Prerequisites

All students in good academic standing are eligible to take the course. There are no prerequisites.

Attendance

Punctual attendance at all scheduled program–related activities is required, including group meetings, discussions, field excursions, as well as lectures and any other scheduled activities. Participation in field activities (such as hiking, snorkeling, swimming, etc.) is voluntary and at the discretion of the student; however, should you wish not to participate you must inform the instructor. An excused absence or decision not to participate in one or any of these field activities will not affect your course grade. During the field studies, no student may leave the group without the consent of the faculty supervisor. Unless an absence is approved by one of the instructors or the program director, students will lose 10% of their final grade for each day or part-day they fail to participate. Unexcused absences or chronic late arrival to program activities may, at the discretion of the Program Director, be grounds for dismissal from the program.

Late and Missed Assignments

Because of the nature of this course and the tight schedule, assignments are not accepted late without prior approval from the instructor.

Academic Honesty

All academic work must meet the standards contained in the University's Culture of Honesty policy (www.uga.edu/honesty). All students are responsible for informing themselves about those standards before performing any academic work. The penalties for academic dishonesty include (but are not limited to) award of a failing grade for the course, suspension, notification placed on the student's transcript of their having been found guilty of cheating, and expulsion from the university, and ignorance is not an acceptable defense. Academic dishonesty will be reported to the University Academic Policy Panel.

Special Accommodations

Any student(s) who require special accommodation(s) or other requirements in this course must contact the instructor before or at the UGA on-campus orientation and register with UGA Disability Resource Center (www.drc.uga.edu). Some activities include moderate exercise, such as hiking and snorkeling.

Course-book

You are required to bring a laptop or notebook with Microsoft Word software (ipads, kindles, or other similar electronic reading devices are not acceptable for course assignments). The course-book will be provided electronically via jump drive, which is available for purchase at Bel-Jean's Copy/Print Service, 163 East Broad St, Athens, GA 30601. To purchase, please order online from <http://www.bel-jean.com/study-abroad-uga.php>, via phone at 706.548.3648 or via email at campusrep@bel-jean.com. An optional hardcopy is also available, though not required. The program accepts no responsibility for lost or stolen items and we recommend that you consider purchasing insurance for any expensive personal items before bringing them on the course.

Optional Reading

For pre-departure (optional) reading, we recommend:

- Bryson, B. (2000). *In a sunburned country*. New York: Broadway Books.
Clarke, M. (1970). *For the term of his natural life*. Adelaide: Rigby, Seal Books.

- Diamond, J. (1998). *Guns, germs, and steel: The fates of Human societies*. New York: W.W. Norton & Company.
- Hughes, Rr. (1987). *The fatal shore: The Epic of Australia's founding*. New York: Alfred A. Knopf Inc.
- Ihimaera, W. (1987). *The whale rider*. Orlando: Harcourt Books.
- Low, T. (2002). *The new nature: Winners and losers in wild Australia*. Camberwell, Australia: Viking Australia.
- Morehead, A. (1966). *The fatal impact: The invasion of the South Pacific, 1767-1840*. London: Hamilton.
- Pilkington, D. & Garimara, N. (1996). *Follow the rabbit proof fence*. St. Lucia, Australia: University of Queensland Press.
- Rose, D. (1992). *Dingo makes us human: Life and land in an Aboriginal culture*. Cambridge: Cambridge University Press.
- Shute, N. (1950). *The legacy (a town like Alice)*. New York: Morrow.

Course Requirements

Written field modules (60%)

The field modules are location-based questions to be answered as individually written 250-word essays, peer-reviewed essays, group debates, site quizzes, and/or research projects (due at intervals throughout the program – see the *Itinerary*). Refer to the *Field Modules Introduction and Overview* for details on assessment expectations and submission requirements for each of the various forms of modules.

Final exam (30%)

The exam may draw material from any reading, field exercise, lecture, or discussion, and you may refer to your notes from lectures and field activities. Approximately 70% of the exam will be short, objective (completion, multiple choice, t/f, etc.) questions drawn from lectures, field experiences, or readings, and 30% percent of the exam will be essay based. Date as listed on the itinerary.

My plate and my family tree (10%)

TBA

Grade Assessment

Final grades will be assigned as follows:

A	93 –100 percent
A-	89.5 – 92.9 percent
B+	87 – 89.4 percent
B	83 – 86.9 percent
B-	79.5 – 82.9 percent
C+	77 – 79.4 percent
C	73 – 76.0 percent
C-	69.5 – 72.9 percent
D	59.5 - 69.4 percent
F	below 59.4 percent

Course Topics/Schedule/Itinerary

Group itineraries available on arrival in-country and will include the complete schedule of field activities and lectures.