



including calculations) . If your body fat is too high then say so and what you need to do to achieve the appropriate % body fat, and what that is. Body fat will be measured on ALL subjects on the day designated in the syllabus as body composition LAB day. Anyone not attending class and lab on that day will not receive any credit for the body composition project.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [http://www.fau.edu/regulations/chapter4/4.001\\_Honor\\_Code.pdf](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf).

GRADING:    $\geq 93\%$            = A  
              90.0-92.99% = A-  
              87-89.99%= B+  
              83-86.99%= B  
              80-82.99%= B-  
              77-79.99%= C+  
              73-76.99%= C  
              70-72.99%= C-  
              67-69.99%= D+  
              63-66.99%= D  
              60-62.99%= D-  
              <60%         = F

## LECTURES

Date	Topic	Reading Chap.
June 23	Introduction; Digestion & Absorption	1, 2
June 25	Digestion & Absorption,	1,2
June 30	Energy Systems and Metabolism	2
July 2	Carbohydrates, Fats,protein	3,4,5
<b>July 7</b>	<b><u>Test 1: Chapters 1,2,3,4,5</u></b>	
July 9	vitamins, minerals, obesity	6,7,11
July 14	Weight control, Modification of Eating, water	8,11
July 16	Water, Special Pops	8,15
July 21	Body Composition: LAB	11
July 23	Endurance athletes, Power athletes, aging	12,13
July 28	Ergogenic Aids	9
	<b><u>Dietary Assessment and Body Composition Lab write-ups DUE.</u></b>	
July 30	11:30 am-2:20pm: <b><u>COMPREHENSIVE FINAL EXAM</u></b>	<b><u>(100 Pts).</u></b>