

Syllabus

HUN 2201 FUNDAMENTALS OF HUMAN NUTRITION

COURSE SYLLABUS

INSTRUCTOR:	Dr. von Castel-Roberts
EMAIL:	Please use the Canvas Mail tool.
OFFICE:	FSHN 227
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ONLINE OFFICE HOURS:	By appointment – Live group sessions are TBA check announcements

COURSE MATERIALS

Textbook and software: Whitney/Rolfes **Understanding Nutrition** Printed Access Card + MindTap MindLink, *e-book subscription (6 months)* [14th © 2016] (ISBN: 9781305407169)

EXTRA COURSE CONTENT

Facebook page: <https://www.facebook.com/fundamentalsofnutrition> (Links to an external site.)

YouTube

channel: https://www.youtube.com/playlist?list=PLI9zr_2x7Qfn3WpzRDxtVERiThReK4UZp (Links to an external site.)

COURSE DESCRIPTION

This introductory course provides an overview of the principles of nutritional science. Subject matter includes description and functions of nutrients, digestion and absorption, effects of nutrient deficiencies and toxicities, requirements, food sources, nutrient interactions, dietary guidelines, and the role of nutrition in health and disease. *Prerequisite: BSC 2007 or BSC 2010 or CHM 1020 or CHM 1025 or CHM 2045 or PET2320C or PET2350C or equivalent.* This is a flexible learning course allowing you to complete the course as a whole at your own pace. The overall pace is up to you, however, the sections must be done in order and the exams and assignments (other than discussions) are tied to specific modules. As you progress through the modules, the next one will open up and all content will be available. It is recommended you finish the course in no less than 6 weeks with a limit of 15 weeks. You **MUST** complete all work **BEFORE** your expiration date to allow time for grading and review.

COURSE OBJECTIVES

After completing this course student will be able to:

- Identify the nutrients needed by humans and explain their major functions in the body, dietary sources, and the effects of insufficient as well as excessive intakes.
- Describe the processes of food digestion and absorption and nutrient utilization.
- Explain the meaning of energy balance, and methods to calculate energy needs.
- Elucidate the connection between diet and the prevention and treatment of major diseases.
- Explain how nutrient requirements of humans are determined and how this information affects consumer nutrition knowledge and public policy for meeting the nation's nutrition goals.
- Attain literacy in nutrition and use this knowledge to improve one's own eating habits and promote long-term health and well-being.
- Use the computer for nutrient analysis.

Note syllabus is subject to updates by the professor. Updates will be announced in the announcements tab and any grade related changes will effect ONLY submissions after the update. Due to the nature of this course (open and on going) updates may need to occur as issues are identified, content becomes dated, or academic integrity concerns arise.

ASSIGNMENTS

1. Diet Analysis Project (100 total points)

Part 1: (20 points; modules 1 -3)

After creating a profile in Diet and Wellness Plus (module 1) you will use the software to keep a 3-day food record (module 3). This entails recording everything you eat and drink during this time. You will log this information into the computer program MyDiet Analysis to determine nutrient intake and assess your diet. Keep in mind you should not change your normal diet in hopes of getting "better" results, you are not being graded on what you eat. The best learning experience will come from eating as you do regularly.

Part 2: (40 points; module 6)

The second part of the diet analysis project involves using MyDiet Analysis to plan 2 days of meals where you will attempt to improve your overall dietary intake based on your initial three days of tracking. You will use the program to plan these meals, then carry out your plan in real life. Be sure to make any changes in the diet analysis program that may have occurred if you went off-plan.

Part 3: (40 points; module 8)

The final part of the diet analysis project involves summarizing your initial intake, the steps you took to improve your intake, and your reasoning behind these changes.

2. Discussions (60 total points)

Each of the eight modules will have two video discussion questions to choose from. You will need to respond to one question in each module (5 points) using the video discussion feature. You will need to post a video reply to one other student's post within the question you chose in each module (5 points). This is a fun way to interact with your fellow classmates. It is ok to "reply to a reply" the point is to get the discussion going. Think critically/creatively about each topic and have fun sharing your experiences and idea. Please practice good Netiquette when you post and reply. In total this is worth 10 points (5 for a new post/5 for a reply post).

Discussion Topics

Module	Post	Topic
1	Introductory post formal	Learn to create and post a video by introducing yourself. Share your major and career goals
1	Introductory post fun	Learn to create and post a video by introducing yourself. Share a funny (clean) story about a "food" or dining experience.
2	Sugar in foods	Sugar is abundant in many processed foods and hides where you least expect. Take a trip to the convenience or grocery store and read some labels; where were you surprised to find sugar? Where did you find sugar? Show a product if you can!
2	Finding Fiber	Fiber can be found in fresh and processed foods. Many people miss fiber by not eating enough fresh veggies and whole grains but there are products out there with good fiber. Take a trip to the convenience or grocery store and read some labels; where can you find fiber? Show a product if you can?
3	Mediterranean Diet	The Mediterranean diet has been touted for its health fats. Look at your food records, how does your essential fatty acid intake stack up?
3	Natural Versus Added Fat	In tracking your diet you should have included any fats that were added in cooking or preparation (cooking oils/fats, dressing, and sauces). What nutritional impact do you think your added fat had over and above the natural fats you ate? Are there better "added fat" sources than others that you chose?
4	Plant Protein Power	Protein can be found in animal and plant foods. Where did your protein come from? Are you a vegan or vegetarian? How has being in college impacted your ability to eat healthy protein?

4	The Meat We Eat	Protein can be found in animal and plant foods. Where did your protein come from? How much meat did you actually need to meet your protein requirements? Did different animal products provide different amounts of protein/ounce?
5	My vitamin status	Vitamins have many functions in the body, working both independently and together. Look at your food records, consider your overall vitamin intake; how is your vitamin intake influencing your health?
5	What are my beverages	Just like food choices we can make more and less healthy beverage choices. Look at your food records, what do you drink most?
6	Am I radicle	Antioxidants quench free radicles. Look at your food records, how many antioxidants do you get? Are you "oxidized or reduced?"
6	My mineral status	Minerals have many functions in the body, working both independently and together. Look at your food records, consider your overall mineral intake; how is your mineral intake influencing your health?
7	Healthy eating	After having tracking your diet and planned an improved diet share your thoughts on how "real life" might affect your eating habits for better or worse. What are challenges? What do you think others struggle with? Is this a part of malnutrition in the US?
7	If you could be any food	You have worked hard and learned how you might be what you eat. Have fun with this one - if you could be any food what would you be and why?
8	Fitness Fanatic	Studying nutrition might be a sedentary activity but this module is all about moving. What do you do to get moving? Don't move much? What might you do get physical?
8	What I learned	Time to reflect. You come into this class perhaps knowing a little about nutrition maybe even a lot. What was the most interesting concept in this course?

3. Collaborative Concept Summary - Wikibook (20 total points)

Teaching can be a form of learning. In summarizing content you are trying to learn and then turning it around and teaching it to a peer or peer group you help better develop your understanding. Peer teaching also allows for a collaborative learning environment and gets everyone learning actively. For this assignment you will contribute to the Wikibook and post your submission in the assignments tool on canvas. Note: In order to contribute AND receive your grade you will be posting content in TWO

places. Finally you will review the content of a peer by checking it for accuracy. Peer grading will be done by rubric (with the assignment) and checked for the final 2 points by the instructor or TA.

EXAMS

There are 4 multiple choice exams in this course, each covering two modules and each worth 50 points. (200 points total) These will be timed and proctored. Testing is designed to determine both your knowledge of basic nutrition facts and your knowledge of how to apply them. Test questions come from all course learning content including lectures, videos, animations and your assigned reading. Exams will be conducted via the online proctoring company, ProctorU. Students will set exam appointments via <http://proctoru.com> (Links to an external site.) and must be prepared to show picture ID. Students must have some administrative permissions on your computer, must take exams with no one else in the room, and will be monitored via their webcam during exams. More information about ProctorU is available on the “Start Here” page

GRADING AND ASSIGNMENT POLICIES

All points accumulated during the semester will be totaled and used to determine percentage out of total possible score. All work must be completed AND GRADED by 11:00 PM on your course expiration date. For exams please leave 48 hours to ensure grades are received; for assignments please leave 2 WEEKDAYS for grading. ISIS will generate an “1” if you get to the expiration deadline with unfinished or ungraded work.

Assignment/Assessment	Points
Syllabus Quiz	1 <i>bonus point</i>
Diet Analysis Project (100 total points)	
Diet Analysis Part 1 – Tracking	20
Diet Analysis Part 2 – Planning and improving	40
Diet analysis Part 3 – Review of Diet and Changes	40
Discussions (80 total points)	
Module 1	10
Module 2	10
Module 3	10
Module 4	10

Module 5	10
Module 6	10
Module 7	10
Module 8	10
Concept Summary	20
Exams (200 Points)	
Exam 1 – Module 1	50
Exam 2 – Modules 2 - 4	50
Exam 3 – Modules 5 - 6	50
Exam 4 – Modules 7 - 8	50
Total Points	400

There is no curve given for this course and grades are nonnegotiable. Final grades will be assigned according to the following scale:

Letter	Grade Points	Scale
A	4	95.0-100
A-	3.67	90.0-94.9
B+	3.33	87.0-89.9
B	3	83.0-86.9
B-	2.67	80.0-82.9
C+	2.33	77.0-79.9
C	2	73.0-76.9
C-	1.67	70.0-72.9
D+	1.33	67.0-69.9
D	1	63.0-66.9
D-	0.67	60.0-62.9

UNIVERSITY OF FLORIDA POLICIES

Statement of University's Honesty Policy (cheating and use of copyrighted materials)

Academic Integrity – Students are expected to act in accordance with the University of Florida policy on academic integrity (see Student Conduct Code, the Student Handbook or this web site for more details:

www.dso.ufl.edu/judicial/procedures/academicguide.php (Links to an external site.)).

Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

We, the members of the University of Florida community,
pledge to hold ourselves and our peers to the
highest standards of honesty and integrity.

Policy Related to Make-up Exams or Other Work

Students who must miss an exam or paper deadline because of conflicting professional or personal commitment must make prior arrangements with the instructor. If an examination must be missed because of illness, a doctor's note is required.

Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, you must first register with the Dean of Students Office (<https://www.dso.ufl.edu/>). The Dean of Students Office will provide documentation to you, which you then give to the instructor when requesting accommodation. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health

Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling Center, 352-392-1575, or Student Mental Health Services, 352-392-

1171. Visit their web sites for more information: <http://www.counsel.ufl.edu/> or <http://www.health.ufl.edu/shcc/smhs/index.htm#urgent>

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: www.health.ufl.edu/shcc

Crisis intervention is always available 24/7 from: Alachua County Crisis Center: (352) 264-6789.

	TOPICS	ASSIGNED READING	SUGGESTED COMPLETION
	Overview of Nutrition	CH 1 (1.1 - 1.3)	Quiz 1 open - general "pre-course" quiz
	Nutrition as a profession; Dietary Guidelines	CH (1.4); CH 2 (2.1 - 2.3)	
MOD 1	Digestion and Absorption I	CH 3 (3.1 - 3.2)	Quiz 2 open - dietary guidelines
	Digestion and Absorption II	CH 4.2, 5.3, 6.2	Quiz 3 open - digestion and absorption

COMPLETE: Diet Analysis Part 1

EXAM 1 (*Through Digestion and Absorption*)

MOD 2	Carbohydrates I	CH 4 (4.1, 4.3 - 4.5)	
	Carbohydrates II	CH 4 (4.1, 4.3 - 4.5)	
MOD 3	Lipids I	CH 5 (5.1 - 5.2, 5.4 - 5.6)	Quiz 4 open - carbohydrates
	Lipids II	CH 5 (5.1 - 5.2, 5.4 - 5.6)	
MOD 4	Proteins	CH 6 (6.1, 6.3 - 6.5)	Quiz 5 open - lipids
	Proteins II	CH 6 (6.1, 6.3 - 6.5); Highlight 2	

EXAM 2 (*Through Proteins*)

MOD 5	Fat Soluble Vitamins	CH 11 (11.1 - 11.4)	Quiz 6 open - proteins
	Fat Soluble Vitamins II	CH 11 (11.1 - 11.4)	

	Water soluble vitamins I	CH 10 (10.1 - 10.3)	
	Water Soluble Vitamins II	CH 10 (10.1 - 10.3)	Quiz 7 open - fat soluble vitamins
	Water; Major Minerals I	CH 12 (12.1 - 12.3)	
	Major Minerals II	CH 12 (12.1 - 12.3)	Quiz 8 open - water soluble vitamins
MOD 6	Trace Minerals	CH 13 (13.1 - 13.2)	
	Trace Minerals II	CH 13 (13.1 - 13.2)	Quiz 9 open - major minerals

COMPLETE Diet Analysis Part 2

EXAM 3 (*Through Trace Minerals*)

	Metabolism	CH 7 (7.1 - 7.3)	
MOD 7	Energy Balance and Body Composition	CH 8 (8.1 - 8.4)	
	Nutrition and Physical Activity	CH 14 (14.1 - 14.5)	
MOD 8	Alcohol and Nutrition	Highlight 7	
	Weight Management	CH 8.5, CH 9 (9.1 - 9.6)	Quiz 12 open - Alcohol
	Eating Disorders	Highlight 8	

COMPLETE Diet Analysis Part 3

FINAL EXAM (*Through Eating Disorders*)

The Flexible Learning office needs to be notified of any special accommodations required by the student when they begin their course.

Course Deadline and Extension Policy:

Each student's online course expires **16 weeks from the date of enrollment**. Although there is flexibility in completing the coursework, the course should be started as soon as the course materials are received since the 16 week period has already begun. The coursework should be submitted as it is completed. All **final** coursework needs to be completed and submitted for grading at least **2 weeks** prior to the course expiration date. Any "due dates" that may be in E-Learning in Sakai do **not** apply to the student's course expiration date.

Each student is allowed 16 weeks to complete a course. If the time is about to expire, the student will be assigned a failing grade ("E"). If the student has made sufficient academic progress, which is defined as completing at least 50% of the course, the student may petition the instructor for a course extension. After you have contacted your instructor for an extension, each extension request will be administratively evaluated.

Dropping or Withdrawing From a Course:

A tuition refund may be granted after a student submits a written request for withdrawal from a course within 30 days of enrollment. This request must be in writing and may be sent by fax or email. All requests will receive written responses. Refunds will be the amount of tuition, less \$25.00 per course. If a credit card was used to pay for tuition, the refund will be in the form of credit to that card. A refund can be issued on course materials at the time of withdrawal if they are returned within 30 days of sale and are in their original condition. Allow 6 – 8 weeks for refund checks. Please call our office (800-327-4218) for up to date refund policies. **No refunds are granted after 30 days.** Students with disabilities who need to drop a course due to disability-related reasons are allowed to petition for additional drops. For more information, contact the [Disability Resource Center](#).

Attention UF Students:

- **To drop a course:** In order to drop a UF Flexible Learning course, UF students must have an Academic Advisor or Department Chair email the UF Flexible Learning office at learn@dce.ufl.edu stating that the student is approved to drop the course. Please use this link for more information: [UF Drop Policies](#)
Note: UF Students wishing to drop a UF Flexible Learning course after drop/add should contact their college advising office to see if they have a free drop remaining. If they have a free drop remaining, they have 14 weeks from the date of enrollment to drop the course, subject to applicable rules of their college and the university. This action is subject to verification that a grade has not yet been assigned.
- All full-term withdrawals must follow University of Florida policies/procedures. An approved withdrawal form must be submitted to the Dean of Student's Office for review

and final approval. Students must also notify the UF Flexible Learning office of this request.

Please use this link for more information: [UF Withdrawal Policies](#)

Medical Withdrawals:

Here is the link to start the Medical Withdrawal Process:

[Dean of Students Office Medical Withdrawal Process](#)

Retroactive Withdrawals:

Here is the link for retroactive withdrawal information: [Petition Information](#)

Transfers:

You may transfer from one course to another within 30 days of enrollment. This request must be in writing and sent by fax or e-mail. You will receive a receipt by mail. Any difference in tuition will be collected or refunded. There is a \$50.00 transfer fee. After the transfer has taken place, the original enrollment and expiration dates still apply. The approval and signature of a dean or academic advisor is required for UF students.

The University of Florida assures the confidentiality of all your educational records in accordance with State University System Rules, State Statutes, and the Family Educational Rights and Privacy Act. **Grades are not given out over the phone.**

How to Request a UF Transcript:

There are two ways to order a transcript:

1. The online ordering system by going to this link: [Ordering UF Transcripts](#)
2. If you cannot use the online system, please contact the UF Office of the University Registrar for instructions to mail in a request with a check or money order. They can be contacted by phone Monday-Friday, 8:00 a.m. to 5:00 p.m., at 352-392-1374. Persons with hearing impairments can call FRS # 1-800-955-8771 (TDD).

Please check your “unofficial transcript” first, before ordering your “official transcript”, to make certain that your grade has been posted.

UF Flexible Learning Contact Information:

Email: learn@dce.ufl.edu

Phone: (352) 392-1711

Toll free: (800) 327-4218

Fax: (352) 392-6950

Website: [UF Flexible Learning](#)

Office Hours:

Monday-Friday

8:00am-5:00pm EST