

# Course Syllabus: Fundamentals of Human Nutrition

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Contact the instructor via email or Canvas Inbox. Emails will be answered within 48 hours weekdays.

## Course Description

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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. Within each module 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 10 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

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By the end of this course, you will be able to:

1. 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.
2. Describe the processes of food digestion and absorption and nutrient utilization.
3. Explain the meaning of energy balance, and methods to calculate energy needs.
4. Elucidate the connection between diet and the prevention and treatment of major diseases.
5. 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.
6. Attain literacy in nutrition and use this knowledge to improve one's own eating habits and promote long-term health and well-being.
7. Use the computer for nutrient analysis.

## Course Materials

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**Mandatory for this course:** Pearson's **Mastering Nutrition for Nutrition: From Science to You** (*Access this with the MyLab and Mastering tab on the left side list*)

Honorlock proctoring service You must **log in** to Honorlock before each of the 6 "Quests" in Pearson. If there is no Honorlock proctor video you will not receive credit for your Quest. <https://www.facebook.com/fundamentalsofnutrition>

Here are some instructions on how to use Honorlock: [Link](#).

Before you take the exam, please read these instructions: [Honorlock Student Exam Preparation Information](#)

This is Dr. von Castel's YouTube channel with several interesting videos that can help you throughout the course: [youtube.com/playlist?list=PLI9zr\\_2x7Qfn3WpzRDxtVERiThReK4UZp](youtube.com/playlist?list=PLI9zr_2x7Qfn3WpzRDxtVERiThReK4UZp)

## Assignments

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### Pearson Homework

You will have homework assignments in the Mastering Nutrition textbook software. They will help prepare you for the exams. They are open book and can be done several times until you get all questions correct with some added credit. (Points Vary)

**If you experience any issues with Pearson assignments or have questions about those assignments, contact Pearson tech. support.**

### Exams

There are 6 multiple choice exams in the course (Quests). These will be timed and proctored via **Honorlock**. Testing is designed to determine both your knowledge of detailed nutrition terms, facts, mechanisms, and your knowledge of how to apply them. Test questions come from all course learning content including lectures, videos, animations, and your assigned reading.

**You will need to log in to Honorlock before each quest as instructed in "Honorlock Login" or your score will not be counted.**

- Quest 1: Modules 1 - 3 (textbook Ch 1 - 3)
- Quest 2: Modules 4 - 5 (textbook Ch 4 - 5)
- Quest 3: Modules 6 - 7 (textbook Ch 6 and 8)
- Quest 4: Modules 8 - 10 (textbook Ch 14 and 16)
- Quest 5: Modules 11 - 12 (textbook Ch 9 - 10)
- Quest 6: Modules 13 - 15 (textbook Ch 11 - 13)

### Extra Credits

This will be an interactive and dynamic activity. Extra credits will worth 10 points in total. You will be engaged in a video activity as you move to the next module. Each video will worth 1 to 2 points. More detail will be posted in the discussion section.

## Grading

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All points accumulated during the semester will be totaled and used to determine the percentage out of the total possible score. **There is no curve given for this course and grades are non-negotiable.** Final grades will be assigned according to the following scale:

Letter	Grade Points	Scale
A	4	93.0-100
A-	3.67	90.0-92.9
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
E	0	59.9-below

## University of Florida Policies

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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: [dso.ufl.edu/judicial/procedures/academicguide](https://dso.ufl.edu/judicial/procedures/academicguide)).

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 commitments 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 ([oss.ufl.edu](https://oss.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 Counseling and Wellness Center 352-392-1575 [counseling.ufl.edu](https://counseling.ufl.edu), online and in-person assistance is available or Student Mental Health Services, 352-392-1161.

You Matter We Care website: [umatter.ufl.edu](https://umatter.ufl.edu). If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.

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 (352) 392-0627 or check out the web site at: [shcc.ufl.edu](https://shcc.ufl.edu).

Crisis intervention is always available 24/7 from [Alachua County Crisis Center](https://www.alachua.org/crisis-center): (352) 264-6789.

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

## Flexible Learning Policies

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### Course Deadline

Students are allowed 16 weeks, from their date of enrollment, to complete and submit their coursework. If the student has not submitted at least 50% of their coursework and have an extenuating circumstance preventing them from submitting the coursework, a failing grade of "E", "E0" or "E1" will be issued and recorded to the UF Registrar.

### Tuition Refund Policy

A tuition refund will be granted after a Flexible Learning student submits a written request to cancel their course within 30 days of enrollment. Refund requests may be made by email, or U.S. mail. All requests will receive a written response in the form of a detailed receipt. No refunds are granted after 30 days. If a credit card was used to pay for tuition, the refund will be in the form of credit to that card.

### Course Cancels and Course Drops

#### A Course Cancel

A tuition refund may be granted after a student submits a written request within 30 days of enrollment to the Flexible Learning Office. This request must be in writing by [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu). If a credit card was used, the refund will be credited a back to the card. No refunds are granted after 30 days.

#### Course Drop

Dropping a course: To drop a course, you need to email the Flexible Learning office at [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu) with the student's name, the course that they want to drop, and confirmation of permission to do so. It is the student's responsibility to verify that all drop requests have been received by the Flexible Learning office within the allotted time. The course grade will appear as "W" on a UF transcript.

Students with disabilities who need to drop a course due to disability-related reasons are permitted to petition for additional drops. Find more information by contacting the [Disability Resource Center](#)

### Full Term Withdrawals

All full-term withdrawals must follow the 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 Flexible Learning of this request by [learn@dce.ufl.edu](mailto:learn@dce.ufl.edu).

It is the responsibility of the student to notify Flexible Learning of their approved medical or retroactive withdrawal, so the students' record is updated. [Email](#) to our office a copy of the approval.

### Medical Withdrawals

[Here is the link to start the Medical Withdrawal Process](#)

### Retroactive Withdrawals

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

### UF Official Transcripts

Be sure to review your "unofficial transcript" first to ensure your grade(s) is/are posted, prior to ordering the "official transcript". Two ways to order a transcript:

1. [Order UF Official Transcripts here](#)
2. If you are unable to order your official transcript online, please contact the UF Office of the University Registrar. In addition, on more information on mailing in a transcript request form by remitting a check or money order. [Official Transcripts FAQs](#).

The Registrar's Office hours are Monday-Friday, 8:00 a.m. to 5:00 p.m. and their phone number is 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](mailto:learn@dce.ufl.edu)

Phone: (352) 294-6300

Fax: (352) 392-6950

Website: [UF Flexible Learning](#)

### Office Hours

Monday-Friday, except Holidays

8:00am-5:00pm EST