

HUN 2201.C Fundamentals of Human Nutrition

UF Flexible Learning

3 credit hours

This course expires 16 weeks from the date of your enrollment

About the Course

Instructor

- Dr. Kristina Von Castel, Ph.D.
- kristina.voncast@ufl.edu
- (352) 294-3710
- **Contact the instructor via email. Do not send messages within Canvas.** Emails are checked Monday through Friday at 12PM (noon) or 4 PM and answered within 48 hours weekdays up to 6 PM.

Course Website

elearning.ufl.edu

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. 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. Exams, as they are proctored have specific dates. 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

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

Pearson's **From Science to You with Mastering Nutrition** (*Access this with the MyLab and Mastering*)

Facebook page: <https://www.facebook.com/fundamentalsofnutrition>

Assignments

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 full credit. (Points Vary)

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

Exams

There are 6 multiple choice exams in the course. 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.

Extra Credit

This item is subject to change!!! You may do ONE option only. Be sure to choose the one with the live date range. These will involve reflection on personal nutrition goals and changes, news events, research findings, and other "hot topics" in nutrition. These are meant to keep things current and get you thinking outside the "box" of class. See "Assignments" for details and dates. Worth 10 points.

Grading

All points accumulated during the semester will be totaled and used to determine percentage out of 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

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)

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 (<http://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 <https://counseling.ufl.edu/>, online and in person assistance is available or Student Mental Health Services, 352-392-1171.

You Matter We Care website: <http://www.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 website at: <https://shcc.ufl.edu/>

Crisis intervention is always available 24/7 from [Alachua County 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

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 fax, e-mail, 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 or sent by fax, 352-392-6950. Refunds will be the amount of tuition, less \$25.00 per course. 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 with a request to drop within 14 weeks of the date of enrollment. In addition to their own request by email, *UF* students must have advisor approval to drop a flexible learning course. An advisor can email 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 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.

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
Phone: (352) 392-1711
Toll free: (800) 327-4218
Fax: (352) 392-6950
Website: [UF Flexible Learning](#)

Office Hours:

Monday-Friday, except Holidays

8:00am-5:00pm EST