

HUN 3403
Nutrition Thru the Life Cycle
Spring 2024

Credits: 2 hours
Class Meetings: TR | Period 4 | 10:40 – 11:30
Location: Weimer Hall - [WEIM 1064](#)
Lecturer: Dr. Sarah Brunnig, DCN, RDN
Contact: AFPP Room 104B (small building next to main FSHN by pond)
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)
Office Hours: 11:00 – 12:00 Monday and Wednesday.
12:00 – 2:00 Tuesday
In office and also on Zoom - Other times available as needed
Zoom Meeting ID for Office Hours: <https://ufl.zoom.us/j/6037582434>

Teaching Assistants: Jacob Shine
jshine@ufl.edu
zoom link: <https://ufl.zoom.us/j/3845908637>
office hours: TBD
Allow 24 – 48 hours for a response to emails

Prerequisites: Prerequisite: HUN 2201

Textbook: Nutrition Through the Life Cycle by Judith Brown 7th ed Cengage, 2020
This is an AllAccess book which means you can purchase access to the digital text right from the bookstore, and it will be charged to your account, and you will have access from day one. You may also purchase a physical text if you prefer. Also, a copy of the text is in the Marston Library at the Reserve Desk, and you can read it there using the Ares online course reserve system. [UF All Access \(ufl.edu\)](#)

In Person Class: Class is in person in Weim 1064. It is very important to arrive to class on time to sign in for Attendance and to be settled into your seat when class starts. This also keeps from interrupting class by late arrival, though if you are late, please do come in and sit at the back. When we have Group Activities then it will be necessary for you to have a device with you to work on such as a tablet or computer. Tests will be in class and on your computer.

E-mailing:

- All correspondence should be via E-mail through the Canvas class (use student email only if Canvas not available – do not use personal email).
- When you send an email to your instructor or teaching assistant you should start the subject line - (last name): HUN 3403
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

Course Description and Objectives

Nutrition needs throughout stages of the life cycle including pregnancy and lactation, infancy, adolescence, and aging; and the socioeconomic, cultural and psychological influences on food and nutrition behavior.

The successful completion of this course will enable students to:

1. Discuss physical/cognitive development during pregnancy, lactation, infancy, adolescence, adulthood, and aging.
2. Describe physiological changes that occur throughout the lifecycle.
3. Relate physical/cognitive development and physiological changes to the determination of nutrient requirements and recommendations of individuals at different stages of the life cycle.
4. Describe the major nutrition-related concerns at each stage of the life cycle.
5. Discuss the impact of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
6. Identify resources for delivery of nutrition care in community programs.
7. Utilize computers for nutrient analysis and literature searching.
8. Apply the elements of reasoning and critical thinking techniques to in-class examples, assignments, and exams.

Course Activities

Lectures:

This course has Lecture periods twice a week. Attendance in class will be taken and count for points as explained below.

Discussions:

There will be two Discussion Posts. Follow the instructions and see the Rubric. **Everyone** will reply in each of the two Discussion Forums. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject. See Rubric. Each is worth 30 points. 60 points.

Critical Thinking Assignment:

There will be a Critical Thinking Assignment in which you will need to use the information we have learned to develop Concepts and justify your reasoning. There will also be a Critical Thinking section on the last test in which you will need to use the information we have learned to come to a conclusion and justify your reasoning. 30 points for assignment portion.

Brochure

You will develop a Brochure for the Life Stage you are doing for the below Diet Analysis Assignment. You will research the stage for some main nutrition concerns and solutions and develop the Brochure to be attractive, interesting and useful to the client. 20 points

Diet Analysis Assignment:

You will be observing a meal eaten by an individual of one of the assigned Life Stages. You will be recording observations and their diet. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. 20 points

Attendance and Breakout Rooms:

Attendance in class is important for best learning. To encourage regular attendance, an Attendance grade will be given. There are 28 class days and only 20 of these will be counted towards Attendance in order to give you flexibility and account for some days when you are not able to be there. There will be Attendance Sheets at the front of class to be signed each day with your full name. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 12 classes. As per UF Attendance Policy, after due warning, an instructor can prohibit further attendance and subsequently assign a failing grade for excessive absences. There will be a total of 20 days counted at 1 point each = 20 points. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Exams:

There will be three exams. All will be on your computer in our classroom. The first two will be 50 points each, covering only the information covered in that Unit. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice with one - two short Essays. For some questions you will need a calculator and to show your work. These will be 100 minutes each. The last Exam will be on the day of the Final and will be 60 points. It will cover the last three chapters and will also have a set of questions on a Critical Thinking scenario. It will be 120 minutes. There will be no cumulative exam. Exams are closed book/closed notes so read each chapter several times and study your notes frequently. Three exams = 160 points

Course Evaluation

Grading:

Assessment	Points	Total
Discussions		
Main Post 2	@ 20	40
Replies – 4	@ 5	20
Diet Analysis	@ 20	20
Critical Thinking	@ 30	30
Brochure	@ 20	20
Attendance – 20	@ 1	20
Exams – 3	2@ 50 1@ 60	160
Total		310

There will be no 'curve' or rounding up and your course grade will be calculated as follows:

Grading Scale	93 - 100%	A	90 - 92.99%	A-
87 - 89.99%	83 - 86.99%	B	80 - 82.99%	B-
77 - 79.99%	73 - 76.99%	C	70 - 72.99%	C-
67 - 69.99%	63 - 66.99%	D	60 - 62.99%	D-
<60%				

Information on current UF grading policies for assigning grade points may be found [Grades and Grading Policies < University of Florida \(ufl.edu\)](#)

Extra Credit:

There will be Extra Credit offered up to a maximum of 10 points. A list of what is possible will be in Modules > Assignments along with the dropbox.

Course Policies

Course Attendance:

Attendance will be obtained from the daily Attendance Sheet. It is your responsibility to attend all lectures, obtain all instructional materials, and follow any class announcements. Excessive absences will lead to a failing grade being assigned regardless of your grade in class.

Excessive means absent over 12 classes. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas dropboxes. Discussions belong in the Discussion Board. It is up to you to check that your assignment is in/uploaded and that it is the correct version, meaning do not upload just the instructions thinking you have uploaded your answers. Acceptable file types include .docx and .pdf. The MAC file type of .pages is not acceptable. You have to 'save as' to an acceptable file type. Sometimes visuals are needed as part of an assignment. .JPEG works well, .HEIC does not work. Keep a copy of all that you do including your Discussion Posts. This is useful in case an error happens and also for future needs. Do not email assignments.

Assignment Grading:

Please keep a digital copy of all of your assignments. After grading, read all notes the TA or Instructor has left you. If you still have questions/concerns then your TA will answer any of the questions regarding graded assignments. If there are still questions, then the Instructor will review for a re-grade. Be mindful that the entire assignment will be re-graded and may result in a lower grade. If you choose to compare your assignment grade to another student's assignment grade, then both assignments will need to be submitted for re-grading.

Technology Issues:

A good method for resolving technical issues is to visit the helpdesk website <https://helpdesk.ufl.edu/> or call 352-392-4357. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc.

Exam Make-up Policy:

Make-up exams may not be provided unless there are extenuating circumstances (e.g., illness, medical, death in family, etc). Contact your instructor immediately by Canvas mail or email (skbrunnig@ufl.edu) to provide appropriate documentation of the absence and discuss the situation and to make suitable arrangements for a make-up exam. It is also very helpful to contact the Dean of Students office so that they can help with the situation and gather the documentary evidence. The make-up exam may be in a different format than the one provided to your classmates. If you have been doing your studying and assignments regularly and ahead of time, then the chances of not being prepared when an emergency strikes are much less.

Late Policy:

Students are expected to submit all assignments on time. Work ahead so that you are not racing to finish at the last minute. Each student will start the semester with three 'tokens' that allow for being late. The token allows for a Discussion Main Post OR Replies to be late by one day. The token allows for other assignments like the Brochure to be late one week. To use the token, you will write your TA and the TA will record it in the discussion/assignment comments and also on a main page. Only one token can be used per assignment. The tokens will not convert to extra credit if you have some left over. IF you are out of tokens, or past the times allowed by the token, then the item will revert to the following: Assignments not turned in on time will be subject to a 5% late penalty imposed for each day that the assignment is late to a maximum off of 30%. Assignments not turned in at all will of course receive a zero. Late assignments may or may not be accepted at the discretion of the instructor.

If you must miss an exam due to a University-approved reason (e.g., university sanctioned athletics, competition, ROTC), you may complete the exam **after** your absence if documentation of the anticipated absence is provided to your instructor. The scheduled make-up exam (date and time) is at the discretion of your Instructor. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time.

Special Accommodations:

The Disability Resource Center, 0001 Reid Hall, 352-392-8565 [Disability Resource Center - Disability \(ufl.edu\)](#), is the place to go to discuss and have approved any special accommodations. The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. They will send your Instructor a letter. You may want to check with the Instructor that the letter has been received. Tests are going to be open double time (100 minutes) anyways, so that will cover most needs for longer testing periods. If there is anything about the course that you are having trouble accessing, please let your Instructor/TA know.

Lecture and Office Hour Recordings

Our class sessions will be recorded by Mediasite. Office hours are subject to be audio visually recorded (though I usually turn that off) and students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, then check with the Dean of Students

to get a waiver. Likewise, students who un-mute during office hours and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during office hours or lecture, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. See below for more information on recordings of lectures.

Academic Honesty:

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: "*We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.*" You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: "***On my honor, I have neither given nor received unauthorized aid in doing this assignment.***" It is assumed that you will complete all work independently in this course, unless I give explicit permission for you to collaborate on course tasks (e.g. in-class assignments). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code>.

In-Class Recording:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited.

To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent

may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Other Information

Online Course Evaluation Process: Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide professional and respectful feedback on the quality of instruction in this course using a standard set of university and college criteria. Guidance on how to give feedback in a professional and respectful manner is available at [Students - Faculty Evaluations - University of Florida \(ufl.edu\)](#) These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Software Use: All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources: Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Health and Wellness:

In CANVAS on the left side tabs is **Campus Resources tab** which leads you to much useful information.

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care](#) website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need or visit the [Student Health Care Center website](#).

Field and Fork Food Pantry: Available for any student, staff, faculty experiencing food insecurity. Bring your Gator1 Card.

University Police Department: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

[Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

[Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

[Student Complaints On-Campus](#): Visit the Student Honor Code and Student Conduct Code webpage for more information.

[On-Line Students Complaints](#): View the Distance Learning Student Complaint Process.

HUN3403 SPRING 2024 Class Schedule

(Dr. Brunnig reserves the right to make changes including adding additional readings as needed. You will be informed ahead of these changes. Any outside the text readings are shown in the PPs.)

Date	Day of Week	Class Topic	Readings and Assignments
Jan 9	Tu	Chapter One - Nutrition Basics	Chapter One For group activities coming up bring computer to class
Jan 11	Th	Begin with Group Activity – Practice Calculations Chapter Two – Preconception	Chapter Two
Jan 16	Tu	Chapter Two – Preconception	Chapter Two Watch recording on Research in Modules
Jan 18	Th	Chapter Two – Preconception	Chapter Two Take the Second Week ‘Quiz’
Jan 23	Tu	Group Activity – Preconception Part One - keep this for later use also Chapter Four – Pregnancy	Chapter Four Preconception Part One - keep this for later use also
Jan 25	Th	Chapter Four – Pregnancy	Chapter Four
Jan 30	Tu	Chapter Four – Pregnancy	Chapter Four

Feb 1	Th	Group Activity – Pregnancy Weight Gain Chapter Six – Lactation	Chapter Six Work on your Discussion One Reports that are due in the Turnitin Dropbox by Mon Feb 5
Feb 5	MONDAY		Discussion Forum One Reports due in Turnitin Dropbox tonight - this dropbox is only for checking Turnitin – check this before placing in Discussion Forum One by Tuesday Feb 6
Feb 6	Tu	Chapter Six – Lactation Possible Guest Speaker – Dr. Taft	Chapter Six Discussion Forum One Reports due in Forum
Feb 8	Th	Chapter Six – Lactation	Replies to Forum One – due Sunday Feb 11
Feb 13	Tu	EXAM ONE – Chapters 2,4,6	This exam will be taken on your computer in class – it is closed book and closed notes – only the exam can be open on your computer – please make sure your computer is charged and ready to go – if you do not have a computer you can use, then see about getting a tablet from the Library and letting me know of your situation – bring a plain calculator
Feb 15	Th	Critical Thinking Chapter Eight – Infants	Critical Thinking PP – no text Chapter Eight Diet Analysis Assignment is not due until April 12 but good idea to plan now who you are going to observe as observing them in person over Spring Break might work best for you and you need to know that to work on the Brochure Assignment
Feb 20	Tu	Group Activity – Samples of Critical Thinking Chapter Eight – Infants	Chapter Eight
Feb 22	Th	Chapter Eight – Infants	Chapter Eight Work on Brochure Assignment due Sun Mar 3
Feb 27	Tu	Group Activity Day – critical thinking, calculations, growth charts - Infant Class Activity and Preconception Activity Part Two	Review from before the Preconception Activity and your Brainstorm from there so you are prepared for today’s Critical Thinking activity
Feb 29	Th	Chapter Ten – Toddler and Preschooler	Chapter Ten Work on your Discussion Two Reports that are due in the Turnitin Dropbox by Mon Mar 4
Mar 4	MONDAY		Discussion Forum Two Reports due in Turnitin Dropbox tonight - this dropbox is only for

			checking Turnitin – check this before placing in Discussion Forum One by Tuesday Mar 5
Mar 5	Tu	Chapter Ten – Toddler and Preschooler	Chapter Ten Discussion Forum Two Reports due in Forum tonight
Mar 7	Th	Group Activity Toddler/Preschool growth Chapter Twelve – Child and Preadolescent	Chapter Twelve Replies to Forum Two – due Sunday Mar 10 (but that is in Spring Break so you will want to have them in by Friday)
Mar 12, 14	Tu, Th	SPRING BREAK	
Mar 19	Tu	Chapter Twelve – Child and Preadolescent	Chapter Twelve
Mar 21	Th	Chapter Twelve – Child and Preadolescent Group Activity - Pediatric Overweight	Chapter Twelve
Mar 26	Tu	EXAM TWO – Chapters 8, 10, 12	This exam will be taken on your computer in class – it is closed book and closed notes – only the exam can be open on your computer – please make sure your computer is charged and ready to go – if you do not have a computer you can use, then see about getting a tablet from the Library and letting me know of your situation- bring a plain calculator
Mar 28	Th	Chapter Fourteen – Adolescent	Chapter Fourteen Begin work on Critical Thinking Assignment due Sunday April 7- this takes close to 3 hours
Apr 2	Tu	Chapter Fourteen – Adolescent Discussion on Teen Pregnancy	Chapter Fourteen Work on Critical Thinking Assignment due Sunday April 7- this takes close to 3 hours
Apr 4	Th	Group Activity – Adolescent Scenarios Confirmed - Guest Speaker Dr. Shelnut	Chapter Sixteen Critical Thinking Assignment due Sunday Apr 7
Apr 9	Tu	Chapter Sixteen – Adults	Chapter Sixteen Diet Analysis Assignment due Sunday Apr 14
Apr 11	Th	Chapter Sixteen – Adults	Chapter Sixteen

			Diet Analysis Assignment due Sunday Apr 14
Apr 16	Tu	Chapter Eighteen – Seniors	Chapter Eighteen
Apr 18	Th	Chapter Eighteen – Seniors	Chapter Eighteen
Apr 23	Tu	Overflow Group Activity - Seniors	Chapter Eighteen
Apr 25, 26	Th, Fr	Reading Days	
May 1	Wed	5/01/2024 @ 7:30 AM - 9:30 AM is our official time EXAM THREE - Chapters 14,16,18 plus an extra section on Critical Thinking	Meet in classroom for exam – arrive no later than 8:00 AM or you will not be permitted in. This exam will be taken on your computer in class – it is closed book and closed notes – only the exam can be open on your computer – please make sure your computer is charged and ready to go – if you do not have a computer you can use, then see about getting a tablet from the Library and letting me know of your situation - bring a plain calculator