

HUN 3403
Nutrition Thru the Life Cycle
Summer 2023

- Credits:** 2 hours
- Class Meetings:** MTWTh | Period 2 | 9:30 – 10:45
- Location:** online synchronous (live)
- Lecturer:** Ms. Sarah Brunnig, MS, MPH, RDN
- Contact:** AFPP Room 104B (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.
7:00 PM – 8:00 PM Monday
Other times available as needed.
- Teaching Assistants:** Jacob Shine
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. [UF All Access \(ufl.edu\)](https://ufl.edu/allaccess)
- Synchronous Class:** Class is online and synchronous. It is very important to arrive to class on time which means at least several minutes before so that you are accessing Zoom several minutes ahead of class.
- Zoom Etiquette:**
- This course will use UFs Zoom platform to deliver lectures and exams. PLEASE FAMILIARIZE YOURSELF WITH THIS PLATFORM.
 - Do not share your Zoom classroom link or password with others.
 - Students should turn their cameras ON especially for Breakout Rooms
 - Even though you may be alone at home, your professor and classmates can see you! While attending class in your pajamas is tempting, you need to dress appropriately.
 - Your Lecturer and classmates can also see what is behind you, so be aware of your surroundings. Make sure the background is not distracting or something you would not want your classmates to see. Your background can express your personality but be sure to avoid using backgrounds that may contain offensive images and language.
 - Mute is needed on your computer. Keep your microphone off. This is important to do. Only turn on if asking a question in class and for the Break-Out rooms.

E-mailing:

- If you want to speak, you can raise your hand (click the 'raise hand' button at the center bottom of your screen) and wait to be called upon. Frankly, though, the best way to ask questions will be by using the Chat in Zoom. The TA and I will monitor.
- The Chat feature in Zoom is for questions and comments related to class and is actually an important part of class. The Chat space must remain professional.
- 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, childhood, 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 used synchronous (LIVE) lectures delivered via Zoom. All students will receive Zoom links to join the lecture posted on Canvas Calendar and can also reach it through Zoom Conferences on the left-hand tabs in class site. You are expected to be in class and treat it just like a campus class being on time, dressed appropriately, and not eating. Your camera needs to be turned on, particularly during Breakout Rooms. During class, it may be difficult for the instructor to respond to questions, therefore, students are encouraged to submit their questions in the chat box in Zoom and the instructor and TA will answer and post them on Canvas. To familiarize yourself with Zoom go to <https://elearning.ufl.edu/zoom/>

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

Diet Analysis Assignment:

You will be observing a meal eaten by an individual of one of the assigned Life Stages. You will be recording their diet and observations. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. See Rubric. 30 points

Critical Thinking:

We will be practicing Critical Thinking in the first weeks in our BreakOut Rooms. The Critical Thinking Assignment will be worth 30 points. 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

Attendance and Break-out Rooms:

We meet for 23 class sessions. Attendance will be taken each day. Participating actively in the Chat will be one main method of counting attendance and involves participating more than 'good morning' and 'good bye.' Answering questions, asking questions, responding to other students counts. Most class days, we will be doing an activity in class. On those days, your active participation in the Breakout Room will take precedence and be the main way of determining attendance. To allow for days where you cannot be present due to illness, etc, 20 of the 23 days will count officially for attendance grade. You must be present for at least 13 of the classes, up to the next to the last day, in order to pass class. See Attendance Policy below. 20 days times 3 points each = 60 points

Exams:

There will be four quizzes counting 40 or 50 points each. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice with several short-answer questions and/or Essays. For some questions you will need a calculator and you can use the calculator in HonorLock or a basic calculator. Exams will be proctored by Honorlock in Canvas and you will be audio and/or video recorded (see below for more information). Exams are closed-book so read each chapter several times and study your notes frequently. The exams will be open from 7:00 AM Friday to 11:59 PM Sunday of the exam week. Once you begin the exam, you must finish it in the time allotted. The clock is on the UF Server and once you begin it continues to run even if your system crashes so try logging back in and call **UF HELP DESK at (352) 392-4537** for help. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc. The exam will be open 100 minutes which is longer than class time and this should accommodate most any special accommodations. Discuss any other needs with your Instructor. 180 points total

Extra Credit:

There will be Extra Credit offered up to a maximum of 12 points. Two points is reserved for Meeting with Instructor via Zoom by end of second week. The other 10 points can come from a list of possibles in Modules > Assignments along with the dropbox.

Course Evaluation

Grading:

Assessment	Points	Total
Discussions -	@30	60
Critical Thinking - 1	@30	30
Diet Analysis -1	@ 30	30
Attendance – 20 days @ 3 points each	@ 3	60
Quizzes – 4	@ 40 or 50	180
Total		360

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% 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% E				

Course Policies

Course Attendance:

Attendance will be obtained from your participation in class and a grade will be assigned for the activities accomplished in class. 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. Excessive means absent over 10 classes. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas. 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. And .heic is not acceptable for images. You have to 'save as' to an acceptable file type. 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.

Online Proctoring:

Honorlock will proctor your exams this semester. You DO NOT need to create an account or schedule an appointment in advance. Honorlock is available 24/7, and all that is needed is a computer, a working webcam, and a stable internet connection. To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at www.honorlock.com/extension/install. When taking an exam, you will need to be in Google Chrome. A practice quiz will be available later for all students to prepare their computers for the exams. When you are ready to take the practice quiz, log into Canvas, go to your course, and click on the exam. Clicking 'Launch Proctoring' will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it is on a secondary device. Honorlock support is available 24/7/365. If you encounter any issues you may contact them by live chat, phone (855-828-4004), and/or email (support@honorlock.com).

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. Assignments not turned in on time will be subject to a 5% late penalty imposed for each day that the assignment is late up to a maximum of 40% off. 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), 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 Ms. Brunnig. 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 \(ufl.edu\)](http://DisabilityResourceCenter-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 HonorLock Recordings:

Our class sessions will be audio and visually recorded for students in the class to refer back and for enrolled students. Office hours are subject to be audio visually recorded 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 obtain a waiver from the Dean of Students Office. 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, 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 in office hours will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

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: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-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:

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.

Class Schedule HUN3403 Summer 2023

Six week class – meeting M Tu W Th – organized by the week – Ms. Brunnig reserves the right to make needed changes

Week	Chapter and Group Activity	Assignment
WEEK ONE		
Monday May 15	Chapter One - Nutrition Basics Group Activity - Practice Calculations	
Tuesday May 16	Chapter One - Preconception	
Wednesday May 17	Chapter Two – Preconception Critical Thinking – with PP and samples and Class Activity	
Thursday May 18	Chapter Two – Preconception Group Activity – Preconception Activity	Meet with Instructor by end of week two

		No Quiz
WEEK TWO		
Monday May 22	Chapter Four – Pregnancy Class Activity –Write Preconception Concepts	
Tuesday May 23	Chapter Four – Pregnancy	
Wednesday May 24	Chapter Four – Pregnancy Class Activity – Baby Shower and Concepts	Meet with Instructor by end of week two
Thursday May 25	Chapter Six – Lactation	Work on Discussion One due on Tuesday
		Quiz Chapters Two and Four - Friday – Sunday
WEEK THREE		
Monday May 29	HOLIDAY – No Class	
Tuesday May 30	Chapter Six – Lactation Class Activity – Pregnancy Lactation Resources	Discussion One on Breastmilk – Main Post Due today - Replies due on Thursday
Wednesday May 31	Chapter Eight – Infants	
Thursday June 1	Chapter Eight – Infants Class Activity – Infant Nutrient Needs Calculations	Discussion One Replies due Work on Discussion Two due on Tuesday
		No Quiz
WEEK FOUR		
Monday June 5	Chapter Eight – Infants Class Activity – Class Activity Infants – first part	Discussion Two on Vegan Diets for Children – Main Post Due today - Replies due on Thursday
Tuesday June 6	Chapter Ten – Toddler and Preschooler	

	Class Activity – Class Activity Infants – second part	
Wednesday June 7	Chapter Ten – Toddler and Preschooler	
Thursday June 8	Chapter Twelve – Child and Preadolescent Class Activity – Toddler/Preschool Growth Charts	Discussion Two Replies due
		Quiz Chapters Six, Eight, and Ten - Friday – Sunday
WEEK FIVE		
Monday June 12	Chapter Twelve – Child and Preadolescent Class Activity – Pediatric Overweight – first part	Work on Critical Thinking Assignment
Tuesday June 13	Chapter Fourteen – Adolescent Class Activity – Pediatric Overweight –second part	
Wednesday June 14	Chapter Fourteen – Adolescent	
Thursday June 15	Chapter Fourteen – Adolescent Class Activity - Adolescent Scenarios	Critical Thinking Assignment due Work on Diet Analysis Assignment due on Monday
		Quiz Chapters Twelve and Fourteen - Friday – Sunday
WEEK SIX		
Monday June 19	Chapter Sixteen – Adults Class Activity – Discuss Teen Pregnancy	Diet Analysis Assignment Due
Tuesday June 20	Chapter Eighteen – Seniors	
Wednesday June 21	Chapter Eighteen – Seniors Class Activity – Screening Tools	

Thursday June 22	Chapter Eighteen – Seniors Class Activity – Senior Citizen Class Activity	Quiz Chapter Sixteen and Eighteen and Critical Thinking - Thursday afternoon through Friday
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