

HUN 3403
Nutrition Thru the Life Cycle
Spring 2023

- Credits:** 2 hours
- Class Meetings:** TR | Period 4 | 10:40 – 11:30
- Location:** CAR 0100 Auditorium
- Lecturer:** Ms. Sarah Brunnig, MS, MPH, 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 - See Canvas Modules Getting Started for the link to Zoom with me. Other times available as needed
- Teaching Assistants:** TBA
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 Smathers Library at the Reserve Desk, and you can read it there using the Ares online course reserve system. [UF All Access \(ufl.edu\)](https://www.ufl.edu/allaccess/)
- Synchronous Class:** This is a campus class. It is very useful 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 three Discussion Forums. Each student will be responsible for turning in a Main Post in ONE of the Discussion Forums. You will select one of the chapters and find a narrow topic to research and get it approved by Instructor or TA. You will research your topic and summarize three peer-reviewed articles. Your main post will be turned in ahead of time for grading purposes so that the Instructor/TA can give you feedback. You will make any needed changes and then upload to the Discussion Forum for the others in class to see by date listed. That week you will reply to two other students by date listed. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject. Report = 30 points, Replies 2 each for 3 Forums = 6 replies at 5 points each = 30 points. Total Discussion points are 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. 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. 30 points

Brochure

You will develop a Brochure for the Life Stage you are doing for the above 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

Attendance and Breakout Rooms:

Attendance in class is important for best learning. To encourage regular attendance, an Attendance grade will be given. In each regular lecture day, you will sign in. There are 27 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. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 14 classes. There will be a total of 20 at 1 point each = 20 points. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Exams:

There will be three exams. They 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 two Essays. For some questions you will need a calculator and to show your work. 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 = 150 points

Course Evaluation

Grading:

Assessment	Points	Total
Discussions		
Report - 1	@ 30	30
Replies – 6	@ 5	30
Diet Analysis -1	@ 30	30
Critical Thinking - 1	@ 20	20
Brochure - 1	@ 20	20
Attendance – 20	@ 1	20
Exams – 3	@ 50	150
Total		300

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 your signing into 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 regardless of your grade in class. Excessive means absent over 14 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. 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. 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, 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 likely not be recorded. But in case they are the following applies. 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:

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 2023 Class Schedule

(Ms. Brunnig reserves 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 10	Tu	Chapter One - Nutrition Basics	Chapter One Fill in Discussion Report Google sheet with chapter wanted
Jan 12	Th	Chapter Two – Preconception	Chapter Two Fill in Discussion Report Google sheet with chapter wanted - Chapter Assignment for Discussion Forums will be set by next Monday
Jan 17	Tu	Chapter Two – Preconception	Chapter Two Watch recording on Research
Jan 19	Th	Chapter Two – Preconception Group Activity - Calculations	Chapter Two Bringing your computer/tablet to class will help
Jan 24	Tu	Chapter Four – Pregnancy	Chapter Four
Jan 26	Th	Chapter Four – Pregnancy Group Activity – Preconception	Chapter Four Bringing your computer/tablet to class will help Work on Discussion Forum One Reports if that is your chapter (Chapter 2, 4, 6) - due Thursday Feb 2 in the grading dropbox
Jan 31	Tu	Chapter Four – Pregnancy	Chapter Four Discussion Forum One Reports due in Grading Dropbox Thursday Feb 2 – only those scheduled for Forum One - (Chapter 2, 4, 6)
Feb 2	Th	Chapter Six – Lactation	Chapter Six

			Discussion Forum One Reports due in Grading Dropbox tonight - this dropbox is only for grading – after you turn in your report, see the feedback from the Instructor/TA, make any changes needed, then place in Discussion Forum One by Tuesday Feb 9
Feb 7	Tu	Chapter Six – Lactation Guest Speaker – Dr. Taft	Chapter Six Discussion Forum One Reports need to have any corrections made then placed in the Forum by tonight
Feb 9	Th	Group Activity – Pregnancy Weight Gain Review	Bringing your computer/tablet to class will help Work on Replies to Forum One – due Monday Feb 13
Feb 13	MONDAY		Replies due tonight - <u>everyone</u> makes replies
Feb 14	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
Feb 16	Th	Critical Thinking Chapter Eight – Infants	Critical Thinking PP – no text Chapter Eight
Feb 21	Tu	Chapter Eight – Infants Group Activity – Samples of Critical Thinking	Chapter Eight
Feb 23	Th	Chapter Eight – Infants	Chapter Eight Diet Analysis Assignment is not due until April 14 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
Feb 28	Tu	Group Activity Day – critical thinking, calculations, growth charts	Bringing your computer/tablet to class will help
Mar 2	Th	Chapter Ten – Toddler and Preschooler	Chapter Ten Work on Discussion Forum Two Reports if that is your chapter (Chapters 8,10,12) - due Thursday Mar 9 Work on Critical Thinking Assignment due Friday Mar 10

Mar 7	Tu	Chapter Ten – Toddler and Preschooler	Chapter Ten Critical Thinking Assignment due Friday Mar 10
Mar 9	Th	Group Activity Toddler/Preschool growth Chapter Twelve – Child and Preadolescent	Chapter Twelve Discussion Forum Two Reports due today – only those scheduled for Forum Two - (Chapter 8,10,12) -- this is for grading – after you turn in your report, see the feedback from the TA, make any changes needed then place in Discussion Forum Two by Tuesday Mar 21 Critical Thinking Assignment due tomorrow Friday Mar 10
Mar 14, 16	Tu, Th	SPRING BREAK	
Mar 21	Tu	Chapter Twelve – Child and Preadolescent	Chapter Twelve Discussion Forum Two Reports due in Forum by tonight – after corrections made
Mar 23	Th	Group Activity - Pediatric Overweight Review	Work on Replies to Forum One –due Mon Mar 27 - <u>everyone</u> makes replies
Mar 27	MONDAY		Replies due tonight - <u>everyone</u> makes replies
Mar 28	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
Mar 30	Th	Chapter Fourteen – Adolescent	Chapter Fourteen Work on Brochure Life Stage due Friday Apr 7
Apr 4	Tu	Chapter Fourteen – Adolescent	Chapter Fourteen
Apr 6	Th	Group Activity – Adolescent Scenarios Chapter Sixteen – Adults	Chapter Sixteen Begin work on Discussion Forum Three Report if that is your chapter (chapters 14, 16, 18) – due Thurs April 13 Brochure Life Stage due tomorrow Friday Apr 7
Apr 11	Tu	Chapter Sixteen – Adults Possible Guest Speaker	Chapter Sixteen Diet Analysis Assignment due Friday Apr 14
Apr 13	Th	Chapter Sixteen – Adults	Chapter Sixteen

			<p>Discussion Forum Three Reports due today – only those scheduled for Forum Three - (Chapter 14,16,18) — this is for grading – after you turn in your report, see the feedback from the Instructor/TA, make any changes needed then place in Discussion Forum Two by Tuesday Apr 18</p> <p>Diet Analysis Assignment due Friday Apr 14</p>
Apr 18	Tu	Chapter Eighteen – Seniors	<p>Chapter Eighteen</p> <p>Discussion Forum Three Reports due tonight</p>
Apr 20	Th	Chapter Eighteen – Seniors	<p>Chapter Eighteen</p> <p>Replies due Tue April 25 - <u>everyone</u> makes replies</p>
Apr 25	Tu	<p>Overflow Group Activity - Seniors</p> <p>Review</p>	<p>Chapter Eighteen</p> <p>Replies due tonight - <u>everyone</u> makes replies</p>
Apr 27, 28	Th, Fr	Reading Days	
May 4	Th	<p>5:30 PM – 7:30 PM is official time EXAM THREE - Chapters 14,16,18</p>	<p>Meet in classroom for exam – arrive no later than 6:00 PM</p> <p>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</p>