

**HUN2201**  
**Fundamentals of Human Nutrition**  
**Spring 2017**

**Instructor**

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Office Hours:

Walk-in hours: Mondays 11:30am-1:00pm

Virtual office hours (via Canvas "Conferences"): Fridays 12:00-1:00pm

**Teaching Assistants**

**Last Names A-H**

Wendy Gans

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Office Hours: Tuesdays 3:00-4:30pm in FSHN 232 (Grad Room)

**Last Names J-R**

Min Hyum Kim

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Office Hours: Wednesdays 9:30-11:00am in FSHN 255

**Last Names S-Z**

Camila Rodrigues

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Office Hours: Fridays 10:00-11:30am in FSHN 449B

**Course Location & Meeting Times**

McCarty Hall C, Room 100

Mondays 4:05-6:00pm

Wednesdays 4:05-4:55pm

**Course Description**

This introductory course provides an overview of the principles of nutritional science. Subject matter includes descriptions and functions of nutrients, digestion and absorption, effects of deficiencies and toxicities, requirements throughout the life cycle, food sources, nutrient interactions, dietary guidelines, and the role of nutrition in health and disease.

**Prerequisite**

To enroll in this course you must have taken an introductory biology, chemistry, or physiology course. Examples of courses that would meet this requirement include:

- BSC 2007, 2009, or 2010
- CHM 1025, 1030, or 2045
- APK 2100C or 2105C

## Required Materials

- Non-programmable calculator
- Reliable access to the internet, and to e-Learning (Canvas)
  - Canvas will be used for announcements, grade posting, posting class notes for lectures and other information. If you are not familiar with Canvas, please review the website: <http://lss.at.ufl.edu>
- Access to MS Word, MS PowerPoint, and PDF reader software

## Course Objectives

Upon completion of this course, students should be able to:

1. Explain how nutrient requirements of humans are determined and how this information is transmitted to the consumer.
2. Describe public policies developed to ensure that the nation's nutrition goals are met.
3. 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.
4. Describe the processes of food digestion and absorption, and nutrient utilization.
5. Explain the meaning of energy balance and methods to calculate energy needs to maintain proper weight.
6. Elucidate the connection between diet and the prevention and treatment of major diseases.
7. Attain literacy in nutrition from a diet self-analysis and use this knowledge to improve one's own eating habits and promote long-term health and well-being.

## Optional Text

Whitney and Rolfes. (2016) Understanding Nutrition, 14<sup>th</sup> edition. Cengage Learning.  
ISBN-13: 978-1-285-87434-0

## Student Evaluation

Final grades will be based on nine online quizzes (lowest score dropped), a diet analysis project, three unit exams, and an optional final exam.

Online quizzes will open on Thursdays, and will be based on material covered in lecture that week. Quizzes may be taken anytime between Thursday and the following Monday before class. However, please note that quizzes must be completed by 4:00pm on Mondays, as they will close at that time. There will be quizzes for weeks: 1, 2, 3, 4, 6, 7, 10, 13, and 14. Your lowest quiz score will be dropped.

The diet analysis project is a self-analysis of current dietary intake. You will keep a two-day food record (including one weekday and one weekend day) and analyze the nutrient composition of that food record using the SuperTracker software on the [choosemyplate.gov](http://choosemyplate.gov) website. Detailed instructions for the project will be posted on Canvas, and provided in class.

Three unit exams will cover Unit 1: Nutrition Basics and the Macronutrients, Unit 2: Water and Micronutrients, and Unit 3: Metabolism and Keys to Health. (Note that the Unit 2 Exam will be broken into two "Quizzams"). Exams/quizzams will be given in class. Absence from an exam will result in a score of 0 unless there are unavoidable extenuating circumstances that can be documented to the satisfaction of the instructor. Extenuating circumstances include unavoidable unplanned situations such as illness (chart note from physician or clinic); family death (dated obituary); accident (police report); university-sponsored athletic event (email from an academic advisor), etc. If you miss an exam due to an extenuating circumstance, please email your TA as soon as possible and attach your documentation. If the documentation is acceptable, your TA will assist you in arranging a make-up exam.

The final exam is optional. If you are satisfied with your grade at the end of the semester, you are not required to take the final exam. However, if you did not perform as well as you had hoped throughout the semester, you may opt to take the final and replace your lowest unit exam score. The final exam is cumulative.

### Performance Indicators

#### QUIZZES:

Weekly Quizzes (9 quizzes at 10 points each, lowest score dropped) 80

#### PROJECT:

Diet Analysis Project 50

#### EXAMS:

Exam 1: Nutrition Basics and Macronutrients 100

Exam 2: Water and Micronutrients (broken into two smaller “quizzams”) 100

Part 1 Quizzam: Minerals (50 points)

Part 2 Quizzam: Vitamins (50 points)

Exam 3: Metabolism and Keys to Health 100

Optional Final exam (cumulative)

*May be used to replace your lowest Exam score*

**Total 430**

### Grades are not negotiable and will be assigned according to the following scale:

400-430	93.0-100%	A	288-300	67.0-69.9%	D+
387-399	90.0-92.9%	A-	271-287	63.0-66.9%	D
374-386	87.0-89.9%	B+	258-270	60.0-62.9%	D-
357-373	83.0-86.9%	B	257 and below	<60%	E
344-356	80.0-82.9%	B-			
331-343	77.0-79.9%	C+			
314-330	73.0-76.9%	C			
301-313	70.0-72.9%	C-			

### Grades and Grade Points

For information on current UF policies for assigning grade points, see

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

### Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

### 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 each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams).

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/honorcodes/honorcode.php>.

### 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 wellbeing 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.

Service	Location	Phone	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	<a href="http://www.counseling.ufl.edu/cwc/">www.counseling.ufl.edu/cwc/</a>	<ul style="list-style-type: none"> <li>②Counseling Services</li> <li>②Groups and Workshops</li> <li>②Outreach and Consultation</li> <li>②Self-Help Library</li> <li>②Wellness Coaching</li> </ul>
U Matter We Care		<a href="mailto:umatter@ufl.edu">umatter@ufl.edu</a>	<a href="http://www.umatter.ufl.edu">www.umatter.ufl.edu</a>	Support for students in distress
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	<a href="http://www.crc.ufl.edu">www.crc.ufl.edu</a>	Career development assistance and counseling

### Services for Students with Disabilities

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. Contact information: 0001 Reid Hall, 392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/).

**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 feedback on the quality of instruction in this course using a standard set of university and college criteria. 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>.

**Reading and Writing Center**

The Reading and Writing Center is committed to helping University of Florida students become better writers and readers. Individual assistance is provided and students of all levels and disciplines are welcome. <http://at.ufl.edu/rwcenter>. Fall hours are M-F 9:00 AM to 5:00 PM. The Center is located in Broward Hall.

**Other Information**

Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

**Email**

Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

## Spring 2017 Class Schedule

	Date	Topic	Optional Textbook Readings	Assignments Due, Exams, Quizzes
	Wednesday January 4	Course Overview		
Week 1	Monday January 9	Nutrition Basics	Chapters 1-3	
	Wednesday January 11	Nutrition Basics	Chapters 1-3	
Week 2	Monday January 16	<b>NO CLASS Martin Luther King, Jr. Day</b>		<b>Week 1 Quiz due by 4pm</b>
	Wednesday January 18	Nutrition Basics	Chapters 1-3	
Week 3	Monday January 23	Carbohydrates	Chapter 4	<b>Week 2 Quiz due by 4pm</b>
	Wednesday January 25	Carbohydrates	Chapter 4	
Week 4	Monday January 30	Lipids	Chapter 5	<b>Week 3 Quiz due by 4pm</b>
	Wednesday February 1	Lipids	Chapter 5	
Week 5	Monday February 6	Proteins	Chapter 6	<b>Week 4 Quiz due by 4pm</b>
	Wednesday February 8	Proteins	Chapter 6	
Week 6	Monday February 13	<b>Unit Exam 1 Nutrition Basics and Macronutrients</b>		(No Quiz for Week 5)
	Wednesday February 15	Water and Electrolytes	Chapter 12	

Week 7	Monday February 20	Major Minerals	Chapter 12	<b>Week 6 Quiz due by 4pm</b>
	Wednesday February 22	Major Minerals	Chapter 13	
Week 8	Monday February 27	Trace Minerals	Chapter 13	<b>Week 7 Quiz due by 4pm</b>
	Wednesday March 1	<b>Unit 2 Exam (Part 1) "Quizzam": Water and Minerals</b>		
Week 9	Monday March 6	<b>NO CLASS Spring Break</b>		(No Quiz for Week 8)
	Wednesday March 8	<b>NO CLASS Spring Break</b>		
Week 10	Monday March 13	Fat-Soluble Vitamins	Chapter 11	(No Quiz for Week 9)
	Wednesday March 15	Fat-Soluble Vitamins	Chapter 11	
Week 11	Monday March 20	Water-Soluble Vitamins	Chapter 10	<b>Week 10 Quiz due by 4pm</b>
	Wednesday March 22	Water-Soluble Vitamins	Chapter 10	
Week 12	Monday March 27	<b>Unit 2 Exam (Part 2) "Quizzam": Vitamins</b>		(No Quiz for Week 11)
	Wednesday March 29	Career Spotlight		<b>Diet Analysis Project Due</b>
Week 13	Monday April 3	Metabolism	Chapter 7	(No Quiz for Week 12)
	Wednesday April 5	Metabolism	Chapter 7	
Week 14	Monday April 10	Energy Balance	Chapter 8	<b>Week 13 Quiz due by 4pm</b>
	Wednesday April 12	Weight Management	Chapter 9	

Week 15	Monday April 17	Sports Nutrition	Chapter 14	<b>Week 14 Quiz due by 4pm</b>
	Wednesday April 19	<b>Unit 3 Exam Metabolism and Keys to Health</b>		
	<b>Optional Final Exam:</b> Wednesday, April 26, 3:00-5:00pm			