

HUN 3403 - NUTRITION THROUGH THE LIFE CYCLE
Spring 2017 - SECTION 4933 (2 credits)
Tuesdays and Thursdays period 10 (5:10 – 6:00 p.m.) – G186 MCCA

INSTRUCTOR:

Bobbi Langkamp-Henken, Ph.D., R.D.

Office: FSHN Building, Room 309

Phone: 352-294-3721

Email: henken@ufl.edu

Office Hours: Tuesdays 2:30 to 4:00 p.m. (walk-in); Wednesdays 1:30 to 3:00 p.m. (by appointment call Mindy at 352-294-3700 to schedule or email at [mindye@ufl.edu](mailto:mindy@ufl.edu))

TEACHING ASSISTANT:

Jennifer Dennis

Office: FSHN Building, Room 309

Email: jennifercdennis@ufl.edu

Office Hours: Wednesdays 11:00 a.m. to 12:00 p.m. and Thursdays 9:00 a.m. to 10:00 a.m.

DESCRIPTION:

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.

Prerequisite: HUN 2201.

COURSE OBJECTIVES:

1. Determine nutrient requirements/needs of individuals at different stages of the life cycle.
2. Describe the major nutrition-related concerns at each stage of the life cycle.
3. Discuss the impact of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
4. Become acquainted with resources for delivery of nutrition care in community programs.
5. Gain experience with using computers for nutrient analysis and literature searching.
6. Apply the elements of reasoning and critical thinking techniques to in-class examples, assignments, and exams.

REQUIRED TEXT AND MATERIALS:

LMS Integrated for MindTap® Nutrition, 1 term (6 months) Printed Access Card for Brown's Nutrition through the Life Cycle, 6th edition and Diet and Wellness Plus (diet analysis software) ISBN: 9781305862821. Additional readings/resources are on e-Learning in Canvas: <http://elearning.ufl.edu>.

TESTING:

There will be 7 online quizzes worth 5 points each. The lowest quiz score will be dropped for a total of 30 points. Quizzes will be available for 72 hours after the last scheduled lecture for each life cycle stage (see page 2). The questions used for the quizzes are similar in format and style to those used on the exams. No make-up quizzes will be available.

There will be 2 exams during the semester plus a cumulative final exam. The 3 exams will be weighted equally and the lowest exam score will be dropped. Bring a No. 2 pencil and a picture ID to the exam. The instructor will provide students with a simple 4-function calculator at each exam. Students may *not* use their own calculator.

No old exams have been released for this course. Reviewing exams from previous semesters is not allowed. Exam questions are taken from material in lectures, the textbook, and assigned readings. It is essential that you keep up with the reading assignments and take good notes. You will only have two weeks from the date an exam was administered to refute exam questions or scores.

ASSIGNMENTS:

Two assignments will be required worth 50 points in total. Detailed information for completing each assignment and grading rubrics are included on E-Learning in Canvas. Assignments are due on or before the date given. Assignments not received by 11:59 p.m. on the due date will be considered late. Three points will be deducted for every day late.

GRADING:

There will be 3 exams (100 points each) over the course of the semester. Only 2 exam scores (200 points total) will count toward your final score; therefore you may opt to not take the cumulative final exam. Note: if >85% of the class completes the online course evaluations before the second exam, then you may bring in one 8.5"x11" paper of notes to use for the final exam. The point distribution will be Exams = 200 points, Assignments = 50 points (Pregnancy Assignment = 30 points and PubMed Assignment = 20 points), quizzes = 30 points. The final grading scale will be: A = 93.34% to 100%, A- = 90% to < 93.34%, B+ = 86.68% to < 90%, B = 83.34% to < 86.68%, B- = 80% to < 83.34%, C+ = 76.68% to < 80%, C = 73.34% to < 76.68%, C- = 70% to < 73.34%, D+ = 66.68% to < 70%, D = 63.34% to < 66.68%, D- = 60% to < 63.34%, E < 60%. No extra credit projects will be available. A few bonus points may be given on random days to reward class attendance. Exams that conflict with religious holidays or professional school interviews may be taken before the in-class exams. Documentation is required. Please discuss this with Dr. Henken. No late make-up exams will be given; however, one exam score may be dropped.

DATE

TOPIC

Note: reading assignments for each lecture topic can be found on your course outline on E-Learning in Canvas

January	5	Introduction / Critical Thinking
	10	Discuss Critical Thinking Scenario, Brief Review, Discuss Pregnancy Assignment
	12	Pregnancy
	17	Pregnancy
	19	Pregnancy
	24	Pregnancy
	26	Pregnancy
	31	In-class critical thinking exercise <u>Attendance recorded</u> Online quiz (Pregnancy) open for 72 hours
February	2	Lactation Pregnancy Assignment Due
	7	Lactation – online quiz (Lactation) open for 72 hours
	9	Infancy
	14	Infancy and In-class critical thinking exercise <u>Attendance recorded</u>
	16	Infancy
	21	Infancy – online quiz (Infancy) open for 72 hours
	23	The Research Process / Discuss PubMed Assignment
	28	In-class critical thinking exercise <u>Attendance recorded</u> Part 1 of PubMed Assignment Due
March	2	EXAM 1 (Critical Thinking, Review, Pregnancy, Lactation, Infancy)
	7	Spring break – no class
	9	Spring break – no class
	14	Childhood
	16	Childhood – Part 2 of PubMed Assignment Due
	21	Childhood – online quiz (Childhood) open for 72 hours
	23	Adolescence
	28	Adolescence – online quiz (Adolescence) open for 72 hours
April	30	Adulthood
	4	Adulthood
	6	Adulthood
	11	Adulthood / Aging – online quiz (Adulthood) open for 72 hours
	13	Aging – online quiz (Aging) open for 72 hours
	18	EXAM 2 (Childhood, The Research Process, Adolescence, Adulthood, and Aging)
FINAL EXAM		
Mon., April	24	5:30 – 6:30 p.m. CUMULATIVE FINAL (optional – drop lowest exam score)

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>

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>.

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 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>.

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.

University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575, www.counseling.ufl.edu/cwc/ Counseling Services, Groups and Workshops, Outreach and Consultation, Self-Help Library, Wellness Coaching. U Matter We Care, www.umatter.ufl.edu/

Career Resource Center, First Floor JWRU, 392-1601, www.crc.ufl.edu/

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.

The Dean of Students Office, 0001 Reid Hall, 352-392-8565, www.dso.ufl.edu/drc/

University of Florida Complaints Policy: The University of Florida believes strongly in the ability of students to express concerns regarding their experiences at the University. The University encourages its students who wish to file a written complaint to submit that complaint directly to the department that manages that policy. A student who is unsure as to the official responsible for handling his or her particular complaint may contact the Ombuds office or the Dean of Students Office. For complaints that are not satisfactorily resolved at the department level or which seem to be broader than one department, students are encouraged to submit those complaints to one of the following locations: Ombuds: <http://www.ombuds.ufl.edu/> 31 Tigert Hall, 352-392-1308. The purpose of the Ombuds office is to assist students in resolving problems and conflicts that arise in the course of interacting with the University of Florida. By considering problems in an unbiased way, the Ombuds works to achieve a fair resolution and works to protect the rights of all parties involved. Dean of Students Office: <http://www.dso.ufl.edu/> 202 Peabody Hall, 352-392-1261. The Dean of Students Office works with students, faculty, and families to address a broad range of complaints either through directly assisting the student involved to resolve the issue, working with the student to contact the appropriate personnel, or referring the student to resources or offices that can directly address the issue. Follow up is provided to the student until the situation is resolved. Additionally, the University of Florida regulations provide a procedure for filing a formal grievance in Regulation 4.012:

<http://regulations.ufl.edu/regulations/uf-4-student-affairs/>.

U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.