

**FUNDAMENTALS OF HUMAN NUTRITION (HUN 2201)**  
**SPRING SEMESTER 2014 SYLLABUS**

**CREDITS:** 3

**Building/Room:** MCCC 100

**Days/Times:** Mon. 4:05-5:50 p.m., Wed. 4:05-4:55 p.m.

**INSTRUCTOR:** James F. Collins, Ph.D., Associate Professor; Food Science & Human Nutrition Department

Office: FSHN Bldg., Room 441 (inside the lab, 2<sup>nd</sup> door on the left); Phone: 392-1991, x 289

Walk-In Office Hours: Mondays from 10:00-11:30 a.m. and Wednesdays from 12:30-2:00 p.m. **or by prior arrangement.**

This course will utilize the Sakai system for postings of various class materials, as well as scores for exams and other assignments. Access to Sakai requires a Gatorlink account. To establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>. Once you have created an account, access the e-learning homepage at <http://lss.at.ufl.edu>. Continue with **e-Learning Login** and using your Gatorlink ID. HUN 2201 should be on the gray tab.

**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.

**Prerequisites (one of the following or equivalent):** BSC 2007/2009/2010; CHM 1025/1030/2045; APK 2100C/2105C.

**COURSE OBJECTIVES:**

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.

**TEACHING ASSISTANT:** Inbar Schapsis, MS/DI student. Walk-in Office Hours: Tuesdays/Thursdays from 9:00-10:30 a.m. and Fridays from 12:00-1:30 p.m. **or by prior arrangement.** FSHN Building, Room 232; Email: ischapsis@ufl.edu

**TEXT AND SOFTWARE:**     *Nutrition: Science and Applications, 3rd Edition.* Custom UF Edition (Wiley)  
                                  *iProfile* Diet Analysis software (available via Wiley PLUS web site)  
                                  *Top Hat Student Response System* (<http://www.tophat.com/>)

**TESTING AND GRADING:** All exams are multiple choice and given in this lecture room. Exams I-III will have 50 questions each. Exam IV will have 50 questions on the material covered during the last section of the course plus 25 comprehensive questions (75 total). Bring a No. 2 pencil and a picture I.D. **No makeup exams are scheduled.** Exam questions are taken from material in the text as well as from material covered during lectures. It is essential that you keep up with the reading assignments and take good notes. Testing is designed to determine both your knowledge of basic nutrition facts and your ability to apply them in practical ways. Grades will be posted on the Sakai System (<https://lss.at.ufl.edu/>) 2-3 school days after the date of the exam. Review and practice exam questions, lecture slides and skeletal lecture outlines will be posted on Sakai. **You must bring a non-programmable calculator and a picture ID to each exam.** *Use of programmable calculators during exams is prohibited, and will be considered cheating.* No grades will be given over the telephone or by email.

Weekly Pre-Concept Quizzes: These are designed to encourage you to review the material for an upcoming class. There will be 12 quizzes, which will be accessed via the Wiley Plus web site: <http://edugen.wileyplus.com/edugen/class/cls372984/>. Each will be due by 11:00 p.m. on Sunday prior to Monday's class. You will have 20 minutes to complete each quiz, so you should review the material beforehand. Each question will be worth 0.5 points and each quiz will have 10 questions (5 points total).

In Class Surveys: During the semester, 30 questions will be posed to the class during lecture and answered by students using the *Top Hat Monocle Classroom Response System*. These questions are designed to assess your understanding of difficult topics as well as to track attendance. Each question will be worth 1 pt.; 0.5 pts for answering correctly and 0.5 pts just for answering. The course website is: <https://app.tophat.com/e/655384>. **You must register on the web site to participate.**

<u>Grading:</u>	<u>Activity</u>	<u>Points</u>
	Exams I-III*	300 (100 each exam)
	Exam IV	150
	Diet analysis project	60
	Online quizzes	60 (5 points for each of 12 weekly quizzes)
	<u>In-class survey questions</u>	<u>30 (1 point each; 0.5 for answering , 0.5 if answered correctly)</u>
		<b>600</b> (Total Points Available)

\*Exams may have more than one version and if so, scores will be adjusted so the averages are identical.

Final grades will be assigned according to total points accumulated:

<b>A</b> = 600-540.00	<b>B+=</b> 539.99-528.00	<b>B</b> = 527.99-480.00	<b>C+</b> = 479.99-468.00
<b>C</b> = 467.99-420.00	<b>D+=</b> 419.99-408.00	<b>D</b> = 407.99-360.00	<b>E</b> = 359.99 or less

**Grades are not curved and are not negotiable.** Should you have concerns or questions about your exam performance, please see your Instructor or Teaching Assistant as soon as possible after the exam results are posted. You will have until the next exam to discuss issues related to an exam with the instructor or the class TA. **Do not wait until the end of the semester!** NOTE: No extra credit projects will be available. For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

**No make-up exams are scheduled;** absence from an exam will result in a score of zero unless an emergency situation prevented the student from taking the exam at the scheduled time. If such circumstances can be documented to the satisfaction of the Instructor, then a make-up exam will be scheduled. In cases of emergency, the Instructor **MUST** be notified via phone or email prior to the exam time for a make-up to be considered. Examples of acceptable documentation of emergency situations include: 1) police report from an accident, 2) physician's note or hospital discharge notice indicating inability to attend class due to illness or injury (a vague note about being "seen" in the Student Health Care Center is NOT acceptable), 3) dated obituary for a death in the family. **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>.

**EXPECTATIONS:** Regular attendance is expected and encouraged. You are responsible for all material presented in class, all information in the text and for any assignments made for out-of-class work. If you miss a class, it is your responsibility to get lecture notes from another student.

**CLASSROOM POLICIES:** Noise from cell phones is a disruption to everyone in the classroom, and is disrespectful to the Instructor. Please turn off (or set for silent ringing) all electronic devices prior to entering the classroom. **The use of electronic devices during lecture is strictly prohibited. The only exceptions are for the use of lap top computers or smart phones for taking notes and for texting answers to in-class questions.** Please try to arrive in the classroom before class begins. Tardiness is disruptive to those students you must climb over to find an empty seat. Although there will be ample opportunities for asking questions in class and a number of times for discussion, please remember that this is primarily a lecture course. As a courtesy to those around you, and to the Instructor, ***please do not talk during lecture.*** If you must discuss something with another student, please wait until the end of class or leave the classroom. Remember that eating, drinking, and smoking are not permitted in University of Florida classrooms. Students who habitually disregard these policies will be asked to leave the classroom.

**DIET ANALYSIS PROJECT:** This required project is a self-analysis of current dietary intake. The Diet Analysis Project is worth 60 points toward your final grade. You will keep a four-day food record and analyze the nutrient composition of that food record using the *iProfile* Diet Analysis software. Detailed instructions for the project will be posted on Sakai. Please do not begin the project before a tutorial is given in class (on Jan. 15th). A hard copy of the project must be turned in by 4:05 p.m. by **Monday April 14. No late assignments will be accepted- NO EXCEPTIONS.** Students that turn in the project by 4:05 p.m. on **Monday, Mar 31** will receive five bonus points on the score for this assignment (added directly to their score out of 60 points). Please do not wait until 4 days before the assignment is due to begin, as you may discover glitches in the online system etc., which could prevent you from completing it on time.

## Tentative Class Schedule<sup>#</sup>

<u>DATE</u>	<u>TOPIC</u>	<u>ASSIGNED READING</u>
<b>JAN.</b> 6 (M) <sup>†</sup>	Course Introduction; Overview of Nutrition	[Course Syllabus; Chapter 1]
8 (W)	Dietary Guidelines	[Chapter 2]
13 (M) <sup>§</sup>	Dietary Guidelines II; Digestion and Absorption	[Chapters 2 & 3]
15 (W)	Digestion and Absorption II	
	<i>Diet Analysis Project Intro</i>	
20 (M) <sup>§</sup>	<b>HOLIDAY- NO CLASS</b>	
22 (W)	Carbohydrates	[Chapter 4]
27 (M) <sup>§</sup>	Carbohydrates II	
29 (W)	<b><u>Exam I (through Carbohydrates)</u></b>	
<b>FEB.</b> 3 (M) <sup>§</sup>	Lipids	[Chapter 5]
5 (W)	Lipids II	
10 (M) <sup>§</sup>	Proteins	[Chapter 6]
12 (W)	Proteins II	
17 (M) <sup>§</sup>	Metabolism	[Focus On; before appendix]
19 (W)	Water Soluble Vitamins	[Chapter 8]
24 (M) <sup>§</sup>	Water Soluble Vitamins II	
26 (W)	<b><u>Exam II (through Water Soluble Vitamins)</u></b>	
<b>MAR.</b> 3-7	<b>SPRING BREAK- NO CLASS</b>	
10 (M) <sup>§</sup>	Fat Soluble Vitamins	[Chapter 9]
12 (W)	Fat Soluble Vitamins II	
17 (M) <sup>§</sup>	Water and the Major Minerals	[Chapters 10 & 11]
19 (W)	Water and the Major Minerals II	
24 (M) <sup>§</sup>	Trace Minerals	[Chapter 12]
26 (W)	Trace Minerals II	
31 (M) <sup>§</sup>	Energy Balance/ Weight Management	[Chapter 7]
	<i>DA Project Early Deadline</i>	
<b>APR.</b> 2 (W)	<b><u>Exam III (through Trace Minerals)</u></b>	
7 (M)	Energy Balance/ Weight Management II	
9 (W)	Nutrition and Physical Activity	[Chapter 13]
14 (M) <sup>§</sup>	Nutrition and Physical Activity II	
	<i>DA Project Deadline</i>	
16 (W)	Alcohol and Nutrition	[Focus On, pg. 202]
21 (M) <sup>§</sup>	Eating Disorders	[Focus On, pg. 304]
23 (W)	Final Exam Review	

**Final Exam- Thursday, May 1<sup>st</sup> from 5:30-6:45 p.m.**

<sup>#</sup>Subject To Change

<sup>†</sup> (M) = Monday; (W) = Wednesday

<sup>§</sup> Online pre-concept quiz due by **11:00 p.m. on Sunday** (the day prior to the date listed here)

## HUN 2201 Online (Wiley Plus) Quiz Schedule- Spring Semester, 2014

*Quizzes are open from 5:00 p.m. Wed to 11:00 p.m. on the following Sunday evening (the day before the date listed here)*

<u>Date*</u>	<u>Quiz Topic</u>	<u>Reading Assignment</u>
Jan. 13**	Overview of Nutrition; Dietary Guidelines	Chapters 1 and 2
Jan 20	Digestion and Absorption	Chapter 3
Jan. 27	Carbohydrates	Chapter 4
Feb. 3	Lipids	Chapter 5
Feb. 10	Proteins	Chapter 6
Feb. 17	Metabolism	Focus on Metabolism (before appendix)
Feb. 24	Water Soluble Vitamins	Chapter 8
Mar . 10	Fat Soluble Vitamins	Chapter 9
Mar. 17	Water and Major Minerals	Chapters 10 and 11
Mar. 24	Trace Minerals	Chapter 12
Mar. 31	Energy Balance/ Weight Management	Chapter 7
Apr. 7	<b>NO QUIZ</b>	
Apr. 14	Nutrition and Physical Activity	Chapter 13
Apr. 21	Eating Disorders/Alcohol	Focus On, pg. 202 and 304

\*Quizzes close on Sunday at 11:00 p.m. the day prior to this date. For example, the Jan 13<sup>th</sup> quiz opens on Wed., Jan. 8<sup>th</sup> at 5:00 p.m. and closes on Sunday Jan. 12<sup>th</sup> at 11:00 p.m.

\*\* Practice quiz not for credit

## 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>.

## 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/](http://www.counseling.ufl.edu/cwc/)*  
Counseling Services  
Groups and Workshops  
Outreach and Consultation  
Self-Help Library  
Training Programs  
Community Provider Database
- *Career Resource Center, First Floor JWRU, 392-1601, [www.crc.ufl.edu/](http://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

0001 Reid Hall, 352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)

## 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.

**Other Information:** Lecture materials and other 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 exams.

*We the members of the University of Florida community pledge to hold ourselves and our peers to the highest standards of honesty and integrity.*