

# Fundamentals of Human Nutrition (HUN 2201, Section 4741) – 3 credits

## 2015 Spring

**Meeting place and time:** Building/Room: McCarthy C room 100 (MCCC100)

Days/Times: Monday 4:05PM until 6:00 PM (9<sup>th</sup> and 10<sup>th</sup> class periods)  
and Wednesday 4:05PM until 4:55PM (9<sup>th</sup> class period)

<http://www.registrar.ufl.edu/soc/classtimes.html>

### **Instructor:**

Agata Kowalewska PhD, RD, Food Science & Human Nutrition Department

Office: McCarty D Bldg., Room 025;

Phone: (352) 273-3473

Office Hours: Monday 9:00AM until 10:30AM and by appointment

Email: [agatak@ufl.edu](mailto:agatak@ufl.edu)

Teaching Assistants: Hannah Allen and Joseph Olivera

Walk-in Office Hours: TBA

FSHN Building, Room 232

Email: TBA

This course will utilize the **Canvas** system for postings of various class materials, as well as scores for exams and assignments. Access to Canvas 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. In order to receive all communication from your instructor and from Canvas/e-Learning it is **recommended** that you use your **UF email account**. Even if your other accounts are registered with university the communication via Canvas is not as streamlined as if you used the UF email address.

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.

**Textbook (required):** Nutrition: Science and Applications, 3rd Edition. Custom UF Edition (Wiley) with Canvas integration code (it is recommended that you purchase it from the UF bookstore or the Wiley publisher)

**Testing and Grading:** All exams are multiple-choice and given in this lecture room. Exams I-III will have 50 questions each. The final exam will have 50 questions on the material covered during the last section of the course plus 25 comprehensive questions covering all course material (75 total). Bring a No. 2 pencil and a picture I.D. to each exam.

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 e-Learning portal (<https://lss.at.ufl.edu/>) 2-3 school days from the date of the exam. You may bring a non-programmable calculator to each exam. Use of programmable calculators, cellphones, headphones, etc., during exams is prohibited, and will be considered cheating.

No grades will be given over the telephone or by email.

**Assignments and Late Assignments:** All assignments are due in class on a day assigned by the instructor. Any assignment that is submitted after the class is over (even if it is still the same day) is considered late. All late assignments late will have a 5% per day deduction of points.

**Grading:**

Exams I, II and III: 300 points (100 points for each exam)

Final exam 150 points

Quiz 40 (2 X 20 quiz) – quiz will open at noon of the day when it is scheduled and will close at 1:00 on the following day

Food label assignment 25 points

Liquid calories assignment 25 points

Diet Analysis project (Wiley Canvas code required) 100 points

Total points: **640**

All points will be given in increments no smaller than 0.5 of a point.

**Grade Assignment:** The University has adopted a new grading policy starting in summer 2009. Information can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

The grade scale is as follows:

Letter Grade	Grade Points	Scale
A	4.0	95-100
A-	3.67	90-94.9
B+	3.33	87-89.9
B	3.0	83-86.9
B-	2.67	80-82.9
C+	2.33	77-79.9
C	2.0	73-76.9
C-	1.67	70-72.9
D+	1.33	67-69.9
D	1.0	63-66.9
D-	0.67	60-62.9
E	0.00	59.9-below

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 (TA) as soon as possible after the exam results are posted. You will have only until the next exam to discuss issues related to an exam with the instructor or the class TA.

NOTE: No extra credit project is available at this point.

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.

Diet analysis project – you have to submit the project in order to complete the course and there is no option for a late submission.

**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 as well as disrespectful to all. Please turn off (or set for silent ringing) all electronic devices prior to entering the classroom. Please try to arrive in the classroom before class. 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.

**Other Information:** Any revisions to this syllabus or class schedule will be announced in class. 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 sit for examinations.

**Academic Honesty:** In 1995 the UF student body enacted a new honor code and voluntarily committed itself to the highest standards of honesty and integrity. When students enroll at the university, they commit themselves to the standard drafted and enacted by students. In adopting this honor code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the university community. Students who enroll at the university commit to holding themselves and their peers to the high standard of honor required by the honor code. Any individual who becomes aware of a violation of the honor code is bound by honor to take corrective action. The quality of a University of Florida education is dependent upon community acceptance and enforcement of the honor code.

**The Honor Code:** We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity. On all work submitted for credit by students at the university, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

The university requires all members of its community to be honest in all endeavors. A fundamental principle is that the whole process of learning and pursuit of knowledge is diminished by cheating, plagiarism and other acts of academic dishonesty. In addition, every dishonest act in the academic environment affects other students adversely, from the skewing of the grading curve to giving unfair advantage for honors or for professional or graduate school admission. Therefore, the university will take severe action against dishonest students. Similarly, measures will be taken against faculty, staff and administrators who practice dishonest or demeaning behavior. Students should report any condition that facilitates dishonesty to the instructor, department chair, college dean or Student Honor Court. (Source: 2014-2015 Undergraduate Catalogs).

It is assumed all work will be completed independently unless the assignment is defined as a group project, in writing by the instructor. This policy will be vigorously upheld at all times in this course.

**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>.

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

**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 UF Counseling and 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.

The Counseling Center is located at 301 Peabody Hall.

Counseling and Wellness Center

[www.counsel.ufl.edu](http://www.counsel.ufl.edu)

3190 Radio Rd.

392-1575

Personal, mental health, sexual assault counseling

Career Resource Center

<http://www.crc.ufl.edu/>

Reitz Union

(First Floor)

392-1601

**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.

Approved 2014-2015 UF Academic calendar <https://catalog.ufl.edu/ugrad/current/Pages/calendar1415.pdf>

## Tentative schedule

Day		Lecture		Reading	e-Learning quizzes	Projects and activities
W	7 Jan	1	Course Introduction; Nutrition: Food for Health and Future Career			
M	12	2-3	Overview of Nutrition; Dietary Guidelines I	Ch1 and Ch2		
W	14	4	Dietary Guidelines II			
M	19		--- No Class-Independence day ---			
W	21	5	Digestion and Absorption I	Ch3	online quiz (chs:1 -2)	
M	26	6-7	Digestion and Absorption II			
W	28	8	Carbohydrate I	Ch4		Food label assignment due
M	2 Feb	9-10	Carbohydrate II			
<b>W</b>	<b>4</b>	<b>11</b>	<b>Exam I (through Carbohydrates)</b>			
M	9	12-13	Lipids I	Ch5		
W	11	14	Lipids II			
M	16	15-16	Proteins I	Ch6		
W	18	17	Proteins II			
M	23	18-19	Water Soluble Vitamins I	Ch8	online quiz (chs:5 - 6)	
W	25	20	Water Soluble Vitamins II			
M	2 Mar		----- Spring Break -----			
W	4		----- Spring Break -----			
M	9	21-22	Fat Soluble Vitamins I	Ch9		
<b>W</b>	<b>11</b>	<b>23</b>	<b>Exam II (through Water Soluble Vitamins)</b>			
M	16	24-25	Fat Soluble Vitamins II/Major Minerals and Bone I	Ch11		
W	18	26	Major Minerals and Bone II			
M	23	27-28	Trace Elements I	Ch12		
W	25	29	Trace Elements II			Liquid kcal assignment due
M	30	30-31	Eating Disorders/ Sports Nutrition	Ps: 304-21		Diet Analysis/I profile project due
<b>W</b>	<b>1 Apr</b>	<b>32</b>	<b>Exam III (through Sports nutrition)</b>			
M	6	33-34	Focus on: Supplements/ Metabolism	Ps: 512-23		
W	8	35	Focus on: Biotechnology	Ps: 716-29		
M	13	36-37	Energy Balance/Weight Management	Ch7		
W	15	38	Focus on: Phytochemicals	Ps: 400-7		
M	20	39-40	Nutrition and Physical Activity	Ch13		
W	22	41	Final Exam Review			
	<b>TBD</b>		<b>Final Exam</b>			