

HUN 3403 - NUTRITION THROUGH THE LIFE CYCLE

Spring 2016 - SECTION 4933 (2 credits)

Tuesdays and Thursdays period 10 (5:10 – 6:00 p.m.)

MCCA G186

INSTRUCTOR:

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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 392-1991 ext. 220 to schedule or email at [mindye@ufl.edu](mailto:mindy@ufl.edu))

TEACHING ASSISTANT:

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Office Hours: Mondays 3:00 to 4:00 p.m., Thursdays 10:00 a.m. to noon, and other times by appointment.

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:

Nutrition Through the Life Cycle, J.E. Brown and Langkamp-Henken, Course Pack wrapped with Diet Analysis Plus, ISBN: 9781337043946. 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 is included on E-Learning in Canvas. Assignments are due on or before the date given. Assignments not received by the beginning of class 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. No 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
	7 Discuss Critical Thinking Scenario, Brief Review, Discuss Pregnancy Assignment
	12 Pregnancy
	14 Pregnancy
	19 Pregnancy
	21 Pregnancy
	26 Pregnancy <i>online quiz (Pregnancy) open for 72 hours</i>
	28 In-class critical thinking exercise - Pregnancy Assignment Due
February	2 Lactation
	4 Lactation – <i>online quiz (Lactation) open for 72 hours</i>
	9 Infancy
	11 Infancy and In-class critical thinking exercise
	16 Infancy
	18 Infancy – <i>online quiz (Infancy) open for 72 hours</i>
	23 The Research Process / Discuss PubMed Assignment
25 In-class critical thinking exercise – Part 1 of PubMed Assignment Due	
March	1 SPRING BREAK – NO CLASS
	3 SPRING BREAK – NO CLASS
	8 EXAM 1 (Critical Thinking, Review, Pregnancy, Lactation, Infancy)
	10 Childhood
	15 Childhood – Part 2 of PubMed Assignment Due
	17 Childhood – <i>online quiz (Childhood) open for 72 hours</i>
	22 Adolescence
	24 Adolescence – <i>online quiz (Adolescence) open for 72 hours</i>
	29 Adulthood
31 Adulthood	
April	5 Adulthood
	7 Adulthood
	12 Adulthood / Aging <i>online quiz (Adulthood) open for 72 hours</i>
	14 Aging <i>online quiz (Aging) open for 72 hours</i>
	19 EXAM 2 (Childhood, The Research Process, Adolescence, Adulthood, and Aging)
FINAL EXAM	
Wed. April	27 3:00 p.m. to 4:00 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/scsr/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. 0001 Reid Hall, 352-392-8565, www.dso.ufl.edu/drc/