

**HUN 4936
PREVENTATIVE HEALTH EXPERIENCE
Fall 2014 – Sections 031A and 031B**

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Class meeting time: MON and/or WED: 8:30-9:20 AM and/or On-Line. This is a hybrid course with live sessions approximately every other class.

Attendance: Required
Location: McCarty B, G086
Credits: 2

Course Description and Prerequisites: This course introduces students to healthy lifestyle behaviors with a focus on nutrition and physical activity for chronic disease prevention. Students will implement strategies known to improve health behaviors as they review the evidence behind successful lifestyle prevention of many chronic diseases.

Prerequisites: None

Course Goals/Competencies: Upon completion of this course, students should be able to:

1. Identify nutrition, physical activity, and behavioral strategies and techniques that encourage long-term adherence to a healthy lifestyle for the purpose of chronic disease prevention. The course will focus on risk reduction strategies for the prevention of obesity, cardiovascular disease, cancer, and diabetes mellitus.
2. Describe various health behavior theories and specific strategies that incorporate these theories.
3. Set realistic health behavior change goals and begin to adopt these changes for the long-term.
4. Use self-monitoring tools to track progress and evaluate adherence to personal health goals.
5. Use knowledge gained in class to promote positive lifestyle changes in others.

Required Materials:

- Daily access to the internet and Canvas.
- Course information and materials posted on Canvas.

Recommended Materials:

- None

How to Access Canvas:

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>.

Once you have created a Gatorlink account, access e-Learning Support Services homepage at <https://lss.at.ufl.edu>. Select “eLearning - Canvas”. Log in using your Gatorlink ID. HUN 4936 should be listed under “Courses”. If you are unfamiliar with Canvas, select “Tutorials” from the “Services” menu, then “e-Learning in Canvas” and finally, “Student Tutorials”.

Class Attendance and Demeanor: Students are expected to attend all classes, to arrive on time and to leave when dismissed by the instructor. Students are expected to show courtesy to their classmates and instructor by turning cell phones off before the class period begins and refraining from using a computer (or other type of personal device) for any purpose other than taking notes. Each student is expected to participate in class discussions and to refrain from engaging in personal conversations during class.

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>

Student Evaluation: Multiple assignments, self-assessments, completion of self-monitoring exercises, individual physiological assessments, class attendance, and a final paper will be used to evaluate student performance. All assignments and assessments must be completed as scheduled. Failure to submit or complete as assignment/assessment will result in a score of “0” unless there are unavoidable extenuating circumstances (subject to my discretion) that can be documented to my satisfaction. Extenuating circumstances include unavoidable, unplanned situations such as illness (chart note from physician or clinic; vague notes such as “was seen” are not acceptable); family death (dated obituary); accident (police report); etc. University approved absences should be brought to the instructor’s attention in advance so that acceptable arrangements can be made. Extra credit projects will **NOT** be available.

Physiological assessments: Each student will complete a physiological assessment and learn how to conduct these measures yourself. The assessments will be in the Clinical Nutrition Lab, 227 FSHN Bldg, during the first two weeks of class and again at the end of the semester. Students will be allowed to schedule their assessment at a convenient time, but are required to be fasting for two hours prior to their visit. The course instructor or assistant will schedule these on the first or second class meeting. To receive full credit for the assessment, all aspects must be completed. Any students wishing not to know their own weight, body composition or other measurements will be provided with sample values to use for the associated assignments.

Assignments: Detailed information for completing each assignment for this course will be distributed separately. The assignment due dates are listed along with weekly topics on the calendar in this document. There will be at least one assignment each week and some weeks have multiple assignments. Assignment materials will be posted on Canvas and available according to the calendar. Unless otherwise stated, all assignments must be submitted on Canvas by the time and date specified. Failure to submit the assignment on the designated due date will result in a grade of “0”.

Self-monitoring Activities: Students will be introduced to a variety of self-monitoring approaches to encourage long-term adoption of healthful behaviors. Self-monitoring activities will occur primarily on our class site on Nutriinfo.com. Students will be expected to fully complete each week’s activities to receive full points.

In Class Participation: In class participation will be evaluated through attendance records and by regular participation in group discussions. Each class session will include a number of open ended discussion questions. Each student is expected to respond to at least one of these questions in a thoughtful and respectful manner to receive full credit.

++Because this course involves setting individual health behavior goals, respecting your fellow students is paramount as we will be dealing with real life situations. Information shared in class discussion should be respected rather than shared outside of class.++

Evaluation of Performance/Grading

Performance Indicators	Points
Physiological Assessments at start and end of semester: 2 @ 20 points each	40
Assignments:	
Family Health History Assignment	40
24 hour Recalls: 6 @ 10 points each	60
Final Paper Assignment	40
Other weekly assignments: 10 @ 10 points each	100
Weekly self-monitoring: 10 weeks @ 10 points each	100
Class Participation: 12(out of 14) weeks @ 5 points each	60
Total	440

Grading Scale: Grades will be posted on Canvas. Grades are not curved and are not negotiable.

A = 410-440 93.34-100%	A ⁻ = 396-409 90-93.33%	B ⁺ = 381-395 86.68-89.9%	B = 366-380 83.34-86.67%	B ⁻ = 352-365 80-83.33%	C ⁺ = 337-351 76.68-79.9%
C = 323-336 73.34-76.67%	C ⁻ = 308-322 70-73.33%	D ⁺ = 293-307 66.68-69.9%	D = 279-292 63.34-66.67%	D ⁻ = 264-278 60-63.33%	E = <264 <60%

Supplementary Information: Supplementary information, announcements, reminders, sample test questions, and critical thinking exercises will be posted on CANVAS or the class listserv.

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>.

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/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.

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/

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	www.counseling.ufl.edu/cwc/	<ul style="list-style-type: none"> ▪ Counseling Services ▪ Groups and Workshops ▪ Outreach and Consultation ▪ Self-Help Library ▪ Wellness Coaching

Service	Location	Phone	Web site	Services provided
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

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.

Fall 2014 Tentative Class Schedule* Assignments and Date Changes will be announced

Week	Day	Date	Topic	Assignments
1	M and W	Aug. 25 Aug. 27	Course Introduction The Evidence: A Healthy Lifestyle for the Prevention of Chronic Disease	<ul style="list-style-type: none"> • Sign up for physiological assessment and begin self-assessments (listed week 2)
2	W	Sept. 3	The Evidence: A Healthy Lifestyle for the Prevention of Chronic Disease (cont'd) Monday: No Class-HOLIDAY Everyone meets Wednesday	<ul style="list-style-type: none"> • Physiological Health Assessments in Clinical Lab (227 FSHN) • Quizzes on Canvas • Three 24-hour recalls on ASA-24 (2 weekdays/1 weekend day) • Begin Family health history tree

				– due Wed, Sept 10 th .
3	M or W	Sept. 8 or 10	Intro to Nutrition: Internal vs. External Cues Setting Goals: From the Big Picture to the Fine Print.	<ul style="list-style-type: none"> • Due: All assessments <u>and</u> Family health history tree by Wed Sept. 10th • POUNDS LOST article. (Due Wednesday, Sept 17th.) • Begin self-monitoring on Nutriinfo.com. 7 days/week • <i>Class participation points begin</i>
4	M or W	Sept. 15 or 17	Nutritional Competence: Creating Balanced Meals. Avoiding Portion Distortion.	<ul style="list-style-type: none"> • Due: POUNDS LOST assignment (1). • Physical activity article (Due Wednesday, Sept 24th.) • Self-monitor: Nutriinfo.com:
5	M or W	Sept. 22 or 24	Physical and Lifestyle Activity: Type, Amount, and Intensity for Disease Prevention.	<ul style="list-style-type: none"> • Due: Activity article assign. (2) • Stages of Change Theory assign. (Due Wednesday, Oct. 1st.) • Self-Monitor: Nutriinfo.com
6	M or W	Sept. 29 or Oct. 1	Trans-theoretical Model Stages of Change Theory Refine goals	<ul style="list-style-type: none"> • Due: Stages of Change assignment (3) • Environment evaluation assignment (Due in class on Oct 6th or 8th) • PA and psychology article. (Due Oct 8th.) • Self-Monitor: Nutriinfo.com
7	M or W	Oct. 6 or 8	Zip code vs. Genetic code: Environment and Environmental Interventions.	<ul style="list-style-type: none"> • Due: Environment evaluation assignment. Bring environment assignment to class. (4) • Cook and Click assignment (Due Wednesday, Oct. 15th.) • Self-monitor: Nutriinfo.com
8	M or W	Oct. 13 or 15	Eating Out, On Campus. Dealing with Social Situations Cooking and Shopping 101.	<ul style="list-style-type: none"> • Due: Cook and Click assign (5) • Stress and disease assign (Due Wed Oct 22nd) • Self-monitor: Nutritinfo.com
9	M or W	Oct. 20 or 22	Mental health/Stress and Chronic Disease Refine goals	<ul style="list-style-type: none"> • Due: Stress and disease assign (6) • Self-monitoring assign. (Due Oct 29rd.) • Self-monitor: Nutritinfo.com
10	M or	Oct. 27	Self-monitoring – The Evidence	<ul style="list-style-type: none"> • Due: Self-monitoring assign

	W	or 29		<p>(7).</p> <ul style="list-style-type: none"> • Health Behavior Theory assignment. (Due Nov. 5th) • Self-monitor: Nutritinfo.com
11	M or W	Nov. 3 or 5	Body Image/Weight Discrimination	<ul style="list-style-type: none"> • Due: Behavior Theory assignment (8) • Interview Assign (Due Nov 12th) • Self-monitor: Nutritinfo.com
12	M or W	Nov. 10 or 12	Problem Solving for Health Promotion.	<ul style="list-style-type: none"> • Due: Interview Assign (9) • Problem solving assignment. (Due Nov 19th) • Self-monitor: Nutriinfo.com
13	M or W	Nov. 17 or 19	Social Support to Prevent Relapse: Lifestyle means Lifetime Refine Goals.	<ul style="list-style-type: none"> • Due: Problem Solving Assignment (10) • Begin Final Paper • Schedule Physiological Assessment
14	M	Nov. 24	Counseling Techniques/Motivational Interviewing <i>Everyone meets on Monday (Wednesday)</i> NO CLASS- Thanksgiving Holiday	<ul style="list-style-type: none"> • Physiological Assessment-including Canvas questionnaires • 3 24-hour recalls on ASA24 • Continue working on Final Paper
15	M or W	Dec. 1 or 3	Counseling Techniques/Motivational Interviewing	<ul style="list-style-type: none"> • Physiological Assessment-including Canvas questionnaires • 3 24-hour recalls on ASA24 • Continue working on Final Paper
16	M or W	Dec.8 or 10	Looking forward: Self-assessment and long-term goals	Final Paper DUE in class.