

HUN6331
Vitamins in Human Nutrition
Spring 2016, 3 Credits

Class: **Monday**, Periods 6-7 (12:50 – 1:40 pm; 1:55 – 2:45 pm) McCarty B, Rm 2102
Thursday, Periods 6-7 (12:50 – 1:40 pm; 1:55 – 2:45 pm) McCarty B, Rm 2102
Instructor: Mitchell Knutson, PhD, 459 FSHN, 392-1991, ext. 204, mknutson@ufl.edu
Office hours: By appointment

The objective of this course is to focus on molecular, cellular, and metabolic aspects of vitamins and their roles in human nutrition, health, and disease. Emphasis will be placed on the current research literature.

Course Syllabus (*Subject to change*)

Meeting	Date	Day	Topic
1	01/11	Mon	Introduction to course
2	01/14	Thurs	History of vitamins/Vitamin B1
-	01/18	Mon	No class; MLK Holiday
3	01/21	Thurs	Vitamin B1 (written assignment due)
4	01/25	Mon	Vitamin B2
5	01/28	Thurs	Vitamin B3
6	02/01	Mon	Vitamin B6
7	02/04	Thurs	Vitamin B6 (Dr. Gregory)
8	02/08	Mon	Folate
9	02/11	Thurs	Folate (Dr. Gregory)
10	02/15	Mon	Vitamin B12
11	02/18	Thurs	Vitamin B12
12	02/22	Mon	MIDTERM EXAM (B1 – B12)
13	02/25	Thurs	Vitamin C
14	02/29	Mon	Vitamin C
15	03/03	Thurs	Vitamin A
16	03/07	Mon	Vitamin A
17	03/10	Thurs	Vitamin D
18	03/14	Mon	Vitamin D
19	03/17	Thurs	Vitamin E
20	03/21	Mon	Vitamin E
21	03/24	Thurs	Vitamin K
22	03/28	Mon	Vitamin K
23	03/31	Thurs	Review
24	04/04	Mon	FINAL EXAM (Vitamin C – K + comprehensive)

Course philosophy and specific objectives

This discussion-based course will focus on critical analysis of some of the most recent research relating to vitamins and human nutrition. Primary scientific research articles will be discussed in detail, focusing on the background, methods, results, as well as broader implications for human nutrition, health, and disease. One of the most important skills of a graduate student is the ability to read original research critically. This involves not only analyzing and critiquing research articles, but also entails a substantial amount of self-directed, self-initiated learning. For relevant and required background on individual vitamins, readings from the required textbook (see below) along with discrete learning objectives will be assigned.

Textbook

The Vitamins, 4th edition, by Gerald F. Combs, 2012

Grades and Grade Points

	<u>% of Final Grade</u>
Class participation	35
Quizzes	30 (6, 25-point quizzes; can drop lowest)
Midterm	15
Final Exam	20

<u>Final %</u>	<u>Final Grade</u>
90 - 100	A
88 - 89	B+
80 - 87	B
78 - 79	C+
70 - 77	C
68 - 69	D+
60 - 67	D
< 60	E

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Expectations for Performance in the Class

- 1) To be punctual to class
- 2) To arrive prepared for class
- 3) To participate in discussions
- 4) To consult the instructor when having difficulties
- 5) To inform the instructor in advance of any scheduling issues
- 6) To be inquisitive, enthusiastic, motivated, and dedicated
- 7) To be responsible for getting the reading assignments

Absences and Make-Up Work

Since this 3-credit course meets 4 hours per week, the course will end early (i.e., in mid-November). As a result, attendance at each class meeting is mandatory. Missed classes will need to be made up by written summaries of the relevant readings (due within one week after the missed class).

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 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>.

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
 - Training Programs
 - Community Provider Database
- *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/