

HUN 3403
Nutrition Thru the Life Cycle
Fall 2021

- Credits:** 2 hours
- Class Meetings:** TR | Period 4 | 10:40 – 11:30
- Location:** online synchronous (live)
- Lecturer:** Ms. Sarah Brunnig, MS, MPH, RDN
- Contact:** AFPP Room 104B (building next to main FSHN by pond)
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)
Office Hours: 1:00 – 3:00 Monday and Wednesday.
12:00 – 2:00 Thursday
In office and also on Zoom - See Canvas Modules Getting Started for the link to Zoom with me. Other times available as needed
- Teaching Assistants:** Will be added before class starts
Allow 24 – 48 hours for a response to emails
- Prerequisites:** Prerequisite: HUN 2201
- Textbook:** Nutrition Through the Life Cycle by Judith Brown 7th ed Cengage, 2020
This is an AllAccess book which means you can purchase access to the digital text right from the bookstore, and it will be charged to your account, and you will have access from day one. You may also purchase a physical text if you prefer. [UF All Access \(ufl.edu\)](https://ufl.edu/allaccess)
- Synchronous Class:** This is an online, synchronous class. We meet just like a campus class, only online. It is very important to arrive to class on time which means at least several minutes before so that you are accessing Zoom several minutes ahead of class.
- Zoom Etiquette:**
- This course will use UFs Zoom platform to deliver lectures and exams. PLEASE FAMILIARIZE YOURSELF WITH THIS PLATFORM.
 - Do not share your Zoom classroom link or password with others.
 - Students should turn their cameras ON. In case bandwidth is a problem, the instructor will ask you to turn cameras off.
 - Even though you may be alone at home, your professor and classmates can see you! While attending class in your pajamas is tempting, you need to dress appropriately, and behave like in class.
 - Your Lecturer and classmates can also see what is behind you, so be aware of your surroundings. Make sure the background is not distracting or something you would not want your classmates to see.

- When in doubt use a virtual background. Some examples from IFAS can be found [Virtual Backgrounds - UF/IFAS \(ufl.edu\)](https://www.ufl.edu/ifas/virtual-backgrounds/) If you choose to use one, you should test the background out first to make sure your device can support it.
- Your background can express your personality but be sure to avoid using backgrounds that may contain offensive images and language.
- Mute is needed on your computer. Keep your microphone off. This is important to do. Only turn on if asking a question in class and for the Break-Out rooms.
- If you want to speak, you can raise your hand (click the 'raise hand' button at the center bottom of your screen) and wait to be called upon. Frankly, though, the best way to ask questions will be by using the Chat in Zoom. The TA will monitor and let me know any questions that look generally useful.
- The Chat feature in Zoom is for questions and comments related to class. It is not for chatting with other students. The Chat space must remain professional.
- All correspondence should be via E-mail through the Canvas class (use student email only if Canvas not available – do not use personal email).
- When you send an email to your instructor or teaching assistants you should start the subject line - (last name): HUN 3403
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

E-mailing:

Course Description and Objectives

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.

The successful completion of this course will enable students to:

1. Discuss physical/cognitive development during pregnancy, lactation, infancy, adolescence, adulthood, and aging.
2. Describe physiological changes that occur throughout the lifecycle.
3. Relate physical/cognitive development and physiological changes to the determination of nutrient requirements and recommendations of individuals at different stages of the life cycle.
4. Describe the major nutrition-related concerns at each stage of the life cycle.
5. Discuss the impact of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
6. Identify resources for delivery of nutrition care in community programs.
7. Utilize computers for nutrient analysis and literature searching.
8. Apply the elements of reasoning and critical thinking techniques to in-class examples, assignments, and exams.

Course Activities

Lectures:

This course used synchronous (LIVE) lectures delivered via Zoom. All students will receive Zoom links to join the lecture posted on Canvas Calendar and can also reach it through Zoom Conferences on the left-hand tabs in class site. You are expected to be in class and treat it just like a campus class being on time, dressed appropriately, and not eating. Your camera needs to be turned on. During class, it may be difficult for the instructor to respond to questions, therefore, students are encouraged to submit their questions in the chat box in Zoom and the instructor and TA will answer and post them on Canvas. To familiarize yourself with Zoom go to <https://elearning.ufl.edu/zoom/>

Discussions:

There will be three Discussion Posts. Each student will be selecting one of the chapters and finding a narrow topic to research. You will research your topic and summarize three peer-reviewed articles. Your main post will be turned in by Monday evening of the week yours is due followed by replying to two other students by Friday evening of the week. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject. Report = 25 points, Replies 2 each for 3 Forums = 6 replies at 3 points each = 18 points. Total Discussion points are 43 points.

Diet Analysis Assignment:

You will be observing a meal eaten by an individual of one of the assigned Life Stages. You will be recording their diet and observations. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. 25 points

Critical Thinking Assignment:

There will be a Critical Thinking Assignment in which you will need to use the information we have learned to come to a conclusion and justify your reasoning. 25 points

Attendance and Break-out Rooms:

Attendance in class is important to best learning. To encourage regular attendance, an Attendance grade will be given. In each regular lecture day, class poll(s) will be given to answer or question(s) will be asked to be answered in the Chat. From this it will be seen that you attended class. There are about 22 of these regular lecture days and only 12 of these will be counted towards Attendance in order to give you flexibility and account for some days when you are not able to be there. There will be a total of 12 at 1 point each = 12 points. Five times we will have a class time devoted to practicing the concepts learned by interacting in a Break-Out Room with other classmates. Each of these will be worth 3 points for a total of 15 points. Total attendance points are 27 points.

Exams:

There will be three exams, about 50 questions each and counting 50 points each covering only the information covered in that Unit. There will be no cumulative exam. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice. For some questions you will need a calculator. Exams will be proctored by Honorlock in Canvas and you will be audio and/or video recorded (see below for more information). Exams are closed-book so read each chapter several times and study your notes frequently. The first two

semester exams will be open from 6:00 AM to 11:59 PM of the exam day. There will be no class on that day. The last exam will be given during the scheduled time during finals week. Once you begin the exam, you must finish it in the time allotted. The clock is on the UF Server and once you begin it continues to run even if your system crashes so try logging back in and call **UF HELP DESK at (352) 392-4537** for help. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc. The exam will be open 100 minutes which is twice as long as class time and this should accommodate most any special accommodations. Discuss any other needs with your Instructor. Three at 50 pts each = 150 points

Course Evaluation

Grading:

Assessment	Points	Total
Discussions		
Report - 1	@ 25	25
Replies – 6	@ 3	18
Diet Analysis -1	@ 25	25
Critical Thinking - 1	@ 25	25
Break-out rooms - 5	@ 3	15
Attendance – 12	@ 1	12
Exams – 3	@ 50	150
Total		270

There will be no ‘curve’ or rounding up and your course grade will be calculated as follows:

Grading Scale	93 - 100%	A	90 - 92.99%	A-	
87 - 89.99%	B+	83 - 86.99%	B	80 - 82.99%	B-
77 - 79.99%	C+	73 - 76.99%	C	70 - 72.99%	C-
67 - 69.99%	D+	63 - 66.99%	D	60 - 62.99%	D-
<60%	E				

Information on current UF grading policies for assigning grade points may be found [Grades and Grading Policies < University of Florida \(ufl.edu\)](#)

Course Policies

Course Attendance:

Attendance will be obtained from your participation in class. It is your responsibility to attend all lectures, obtain all instructional materials, and follow any class announcements. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 10 classes as determined by polls/questions answered in class. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas. Discussions belong in the Discussion Board. It is up to you to check that your assignment is in/uploaded and that it is the correct version, meaning do not upload just the instructions thinking you have uploaded your answers. Acceptable file types include .docx and .pdf. The MAC file type of .pages is not acceptable. You have to 'save as' to an acceptable file type. Keep a copy of all that you do including your Discussion Posts. This is useful in case an error happens and also for future needs. Do not email assignments.

Assignment Grading:

Please keep a digital copy of all of your assignments. After grading, read all notes the TA or Instructor has left you. If you still have questions/concerns then your TA will answer any of the questions regarding graded assignments. If there are still questions, then the Instructor will review for a re-grade. Be mindful that the entire assignment will be re-graded and may result in a lower grade. If you choose to compare your assignment grade to another student's assignment grade, then both assignments will need to be submitted for re-grading.

Technology Issues:

A good method for resolving technical issues is to visit the helpdesk website <https://helpdesk.ufl.edu/> or call 352-392-4357. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc.

Online Proctoring:

Honorlock will proctor your exams this semester. You DO NOT need to create an account or schedule an appointment in advance. Honorlock is available 24/7, and all that is needed is a computer, a working webcam, and a stable internet connection. To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at www.honorlock.com/extension/install. When taking an exam, you will need to be in Google Chrome. A practice quiz will be available for all students to prepare their computers for the exams. When you are ready to take the practice quiz, log into Canvas, go to your course, and click on the exam. Clicking 'Launch Proctoring' will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it is on a secondary device. Honorlock support is available 24/7/365. If you encounter any issues you may contact them by live chat, phone (855-828-4004), and/or email (support@honorlock.com).

Exam Make-up Policy:

Make-up exams may not be provided unless there are extenuating circumstances (e.g., illness, medical, death in family, etc). Contact your instructor immediately by Canvas mail or email (skbrunnig@ufl.edu) to provide appropriate documentation of the absence and discuss the situation and to make suitable arrangements for a make-up exam. The make-up exam may be in a different format than the one provided to your classmates. If you have been doing your studying and assignments regularly and ahead of time, then the chances of not being prepared when an emergency strikes are much less.

Late Policy:

Students are expected to submit all assignments on time. Work ahead so that you are not racing to finish at the last minute. Assignments not turned in on time will be subject to a 5% late penalty imposed for each day that the assignment is late. Late assignments may or may not be accepted at the discretion of the instructor.

If you must miss an exam due to a University-approved reason (e.g., university sanctioned athletics, competition), you may complete the exam **after** your absence if documentation of the anticipated absence is provided to your instructor. The scheduled make-up exam (date and time) is at the discretion of Ms. Brunnig. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time.

Special Accommodations:

The Disability Resource Center, 0001 Reid Hall, 352-392-8565 [Disability Resource Center - Disability \(ufl.edu\)](#), is the place to go to discuss and have approved any special accommodations. 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. They will send your Instructor a letter. You may want to check with the Instructor that the letter has been received. Tests are going to be open double time (100 minutes) anyways, so that will cover most needs for longer testing periods. If there is anything about the course that you are having trouble accessing, please let your Instructor/TA know.

Lecture and HonorLock Recordings

Our class sessions will be audio visually recorded for students in the class to refer to. Office hours are subject to be audio visually recorded and students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, then check with the Dean of Students to get a waiver. Likewise, students who un-mute during office hours and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during office hours or lecture, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. See below for more information on recordings of lectures.

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/sccr/process/student-conduct-honor-code>.

In-Class Recording:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Other Information

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 professional and respectful feedback on the quality of instruction in this course using a standard set of university and college criteria. Guidance on how to give feedback in a professional and respectful manner is available at [Students - Faculty Evaluations - University of Florida \(ufl.edu\)](#) 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>.

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.

Health and Wellness:

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care](#) website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).

Field and Fork Food Pantry: Available for any student, staff, faculty experiencing food insecurity. Bring your Gator1 Card.

University Police Department: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

[Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

[Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

[Student Complaints On-Campus](#): Visit the Student Honor Code and Student Conduct Code webpage for more information.

[On-Line Students Complaints](#): View the Distance Learning Student Complaint Process.

HUN3403 Fall 2021 Class Schedule

(Ms. Brunnig reserves right to make changes including adding additional readings as needed. You will be informed ahead of these changes)

Date	Day of Week	Class Topic	Readings and Assignments
Aug 24	Tu	Chapter One - Nutrition Basics	Chapter One (separate full recording of Chapter One available) Fill in Discussion Report Excel sheet with chapter wanted
Aug 26	Th	Research and Critical Thinking	Research and Critical Thinking PP – no text Chapter Assignment for Discussion Forum will be set by Friday
Aug 31	Tu	Chapter Two – Preconception	Chapter Two
Sept 02	Th	Chapter Two – Preconception	Chapter Two
Sept 07	Tu	Chapter Four – Pregnancy	Chapter Four
Sept 09	Th	Chapter Four – Pregnancy	Chapter Four
Sept 14	Tu	Chapter Four – Pregnancy	Chapter Four
Sept 16	Th	Breakout session	
Sept 21	Tu	Chapter Six – Lactation	Chapter Six Discussion Forum One Reports due Monday Sept 20 – only those scheduled for Forum One
Sept 23	Th	Chapter Six – Lactation	Chapter Six Replies due Friday Sept 24 - everyone makes replies
Sept 28	Tu	Breakout Session and Review	

Sept 30	Th	EXAM ONE – Chapters 2,4,6 – no class meeting	
Oct 5	Tu	Chapter Eight – Infants	Chapter Eight Work on Critical Thinking Assignment due Oct 15
Oct 7	Th	Chapter Eight – Infants	Chapter Eight
Oct 12	Tu	Chapter Eight – Infants	Chapter Eight
Oct 14	Th	Breakout Session	Critical Thinking Assignment due Friday Oct 15
Oct 19	Tu	Chapter Ten – Toddler and Preschooler	Chapter Ten
Oct 21	Th	Chapter Ten – Toddler and Preschooler	Chapter Ten
Oct 26	Tu	Chapter Twelve – Child and Preadolescent	Chapter Twelve Discussion Forum Two Reports due Monday Oct 25 - only those scheduled for Forum Two
Oct 28	Th	Chapter Twelve – Child and Preadolescent	Chapter Twelve Replies due Friday Oct 29 - everyone makes replies
Nov 2	Tu	Breakout Session and Review	Diet Analysis Assignment due Nov 19 – need to plan now who you are going to observe
Nov 4	Th	EXAM TWO – Chapters 8, 10, 12 - no class meeting	
Nov 9	Tu	Chapter Fourteen – Adolescent	Chapter Fourteen Work on Diet Analysis Assignment due Nov 19
Nov 11	Th	Veterans Day Holiday	
Nov 16	Tu	Chapter Fourteen – Adolescent	Chapter Fourteen
Nov 18	Th	Chapter Sixteen - Adults	Chapter Sixteen Diet Analysis Assignment due Friday Nov 19
Nov 23	Tu	Chapter Sixteen – Adults	Chapter Sixteen
Nov 25	Th	Thanksgiving Holiday	
Nov 30	Tu	Chapter Eighteen – Seniors	Chapter Eighteen Discussion Forum Three Reports due Monday Nov 29 - only those scheduled for Forum Three
Dec 2	Th	Chapter Eighteen – Seniors	Chapter Eighteen Replies due Friday Dec 3 - everyone makes replies
Dec 7	Tu	Breakout Session and Review	
Dec 9,10	Th, Fr	Reading Days	

Dec 15	Wed	Group 15A, 7:30 a.m - 9:30 a.m. Time of Class Exams: TR 4	
EXAM THREE - Chapters 14,16,18			