

**HUN4445**  
**Nutrition and Disease – Part I: Fall 2021**

**Instructor**

Laura Acosta, MS, RDN, LDN

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Email (preferred contact method): [ljacosta@ufl.edu](mailto:ljacosta@ufl.edu)

Virtual Office Hours:

- 9:00-10:00am on Tuesdays by appointment (email for appointment time).
  - Zoom Link for Tuesday office hours:
  - <https://ufl.zoom.us/j/92152318628?pwd=b0tOTkF4WjYydFQ5WFN2NDdySFFWdz09>
  - Meeting ID: 921 5231 8628
  - Passcode: 403039
- I may also be able to accommodate occasional appointments on Thursdays. Please email if you need a Thursday time.
- All office hours will be held on Zoom.

**Teaching Assistant**

Danielle Aycart

Email: [danielle.aycart@ufl.edu](mailto:danielle.aycart@ufl.edu)

Office Hours: TBA

**Course Location & Meeting Times**

Tuesday and Wednesday 1:55-2:45pm (7<sup>th</sup> period)

Location: 100% online in Zoomland ☺

See Canvas site for Zoom links

**Recording Policies**

Note that our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, 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. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Students are allowed to record their own 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.

### **Course Description**

Part one of a two-semester sequence that focuses on assessing the nutritional status of individuals and on the biochemical and pathophysiological bases of diseases and conditions that require specialized nutrition support or medical nutrition therapy.

Prerequisites: Fundamentals of Human Nutrition (HUN2201) and Organic Chemistry 2 (CHM2211)

Corequisites: Biochemistry (BCH3025 or BCH4024) and Physiology (APK2015C or PCB4723C)

**Credits: 2**

### **Required Materials**

- Computer with reliable internet access, webcam, and microphone
- Access to e-Learning (Canvas): <https://elearning.ufl.edu/>
- Access to Zoom: <https://ufl.zoom.us>
- Google Chrome browser with the HonorLock extension for quizzes and exams
  - Chrome can be downloaded here: <https://www.google.com/chrome>
  - The HonorLock Extension can be downloaded here: <https://static.honorlock.com/install/extension>
- Access to MS Word, MS PowerPoint, and PDF reader software

### **Course Objectives**

Upon completion of this course, students should be able to:

1. Describe how to conduct a comprehensive nutrition assessment
2. Describe the etiology, symptoms, clinical findings and pathophysiology associated with diseases and conditions covered in this course.
3. Describe the nutritional management of the diseases and conditions covered in this course.
4. Differentiate between enteral and parenteral nutrition; identify appropriate situations for using these feeding modalities; calculate the energy, protein and fluid content of formulas; and make appropriate recommendations with regard to initiation and monitoring of enteral and parenteral solutions.

5. Evaluate the impact of food/nutrient-drug interactions on nutritional status and drug efficacy and recommend appropriate intervention strategies.
6. Describe research designs used in nutrition research and discuss their strengths and limitations and the features that increase confidence that results are valid.

### **Recommended Text**

- Nelms M, Sucher K. (2020). Nutrition Therapy and Pathophysiology, 4<sup>th</sup> Edition. Boston, MA: Cengage Learning. ISBN-13: 978-0357041710
- OR**
- Nelms M, Sucher K, Lacey K. (2016). Nutrition Therapy and Pathophysiology, 3<sup>rd</sup> Edition. Boston, MA: Cengage Learning. ISBN-13: 978-1305111967

### **Course Format**

We will use a “flipped classroom” model in this course. The general pattern will be:

- Wednesday: Lecture to introduce new concepts and set the stage for the week.
- Thursday through Monday: Online content to review independently (this may consist of videos, readings, etc.)
- Tuesday: Discuss and synthesize concepts; wrap up the topic.

### **Attendance**

Attendance is required for this course. “Attendance” is more than just logging into class on Zoom. It means being attentive and engaged, and not working on other tasks. Come to class in a quiet space without distractions. You should not be working at a job, traveling, “multitasking”, etc. **You must have your camera on in order to be counted as “present”**. If you must keep your camera off for some reason, communicate with Danielle and Mrs. Acosta about this ahead of time.

Each student is allowed 3 absences that will not count against your grade. After that, there will be a 5 point deduction for each absence. Tardiness is unacceptable in the workplace and therefore also inappropriate in the classroom. Students who are more than 10 minutes late will lose **2 points** from their attendance grade each time they are tardy.

### **Student Evaluation**

Final grades will be based on attendance, in-class activities, weekly online quizzes, one case study, three unit exams, and a cumulative final exam.

Quizzes: Quizzes will be given in Canvas. They will open on Thursday afternoons, and close on Wednesdays at 11:59pm.

Case Study: Due on the date indicated on the syllabus. Late assignments will be penalized 10% for each day late.

Exams: Exams will be given on Canvas, using HonorLock. In the weeks that we have exams, they will open on Thursdays, and must be completed by the following Monday at 11:59pm. You will have 50 minutes to take each exam. Failure to take an exam will result in a score of 0.

**Extra credit projects will not be available.** However, there will be opportunities to earn “bonus points” throughout the semester. You must be present on Zoom to take advantage of these opportunities.

### Performance Indicators

Attendance	20
In-class Activities	20
11 Weekly Quizzes (6 points each, lowest score dropped)	60
Case Study	60
Exams 1, 2 & 3 @ 100 points each	300
Final exam (3/4 comprehensive + 1/4 new material)	<u>150</u>
Total	600

**Grades are not negotiable and will be assigned according to the following scale:**

560-600	93.34-100%	A	400-419	66.68-69.9%	D+
540-559	90-93.33%	A-	380-399	63.34-66.67%	D
520-539	86.68-89.9%	B+	360-379	60-63.33%	D-
500-519	83.34-86.67%	B	<360	<60%	E
480-499	80-83.33%	B-			
460-479	76.68-79.9%	C+			
440-459	73.34-76.67%	C			
420-439	70-73.33%	C-			

### Grades and Grade Points

For information on current UF policies for assigning grade points, see

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

### 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/UGRD/academic-regulations/attendance-policies/>

### COVID-19 Safety

In response to COVID-19, the following practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to further the health and safety of ourselves, our neighbors, and our loved ones.

- If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.uflhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.
- You are expected to wear approved face coverings at all times during class and within buildings even if you are vaccinated. Please continue to follow healthy habits, including best practices like frequent hand washing. Following these practices is our responsibility as Gators.

- Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
  - Hand sanitizing stations will be located in every classroom.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email [covid@shcc.ufl.edu](mailto:covid@shcc.ufl.edu)) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the [UF Health Screen, Test & Protect website](#) for more information.
  - Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.
  - If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.
- Continue to regularly visit [coronavirus.UFHealth.org](https://coronavirus.UFHealth.org) and [coronavirus.ufl.edu](https://coronavirus.ufl.edu) for up-to-date information about COVID-19 and vaccination.

### **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 by abiding by the Student Honor Code."* 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: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-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 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	Phone	Web site	Services provided
University Counseling and Wellness Center	352-392-1575	<a href="https://counseling.ufl.edu/">https://counseling.ufl.edu/</a>	<ul style="list-style-type: none"> <li>• Counseling Services</li> <li>• Groups and Workshops</li> <li>• Outreach and Consultation</li> <li>• Self-Help Library</li> <li>• Wellness Coaching</li> </ul>
U Matter We Care	<a href="mailto:umatter@ufl.edu">umatter@ufl.edu</a> 352-392-1575	<a href="http://www.umatter.ufl.edu/">http://www.umatter.ufl.edu/</a>	Support for students in distress
Career Connections Center	352-392-1601	<a href="https://career.ufl.edu/">https://career.ufl.edu/</a>	Career development assistance and counseling

### Services for Students with Disabilities

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center (DRC). The DRC coordinates needed accommodations, including accommodations within the classroom, adaptive computer equipment, interpretation services, and mediation for faculty-student disability related issues. Here is the link to get started with the DRC:

<https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructors and discuss their access needs as early as possible in the semester.

### Online Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. [Click here for guidance on how to give feedback in a professional and respectful manner](#). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via [ufl.bluer.com/ufl/](http://ufl.bluer.com/ufl/). [Summaries of course evaluation results are available to students here](#).

### Writing Studio

The Writing Studio is committed to helping University of Florida students meet their academic and professional goals by becoming better writers. Individual assistance is provided and students of all levels and disciplines are welcome (<https://writing.ufl.edu/writing-studio/>). Their main office is 302 Tigert Hall, and their office phone is (352) 846-1138.

### Course Material Copyright and Confidentiality

All course material is the property of the University of Florida and the course instructor, and **may not** be posted online for any commercial or non-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.

### **Filing a Complaint**

The University of Florida believes strongly in the ability of students to express concerns regarding their experiences at the University. The University encourages its students who wish to file a written complaint to submit that complaint directly to the department that manages that policy.

A student who is unsure as to the official responsible for handling his or her particular complaint may contact the Ombuds office or the Dean of Students Office. For complaints that are not satisfactorily resolved at the department level or which seem to be broader than one department, students are encouraged to submit those complaints to one of the following offices:

Ombuds: <http://www.ombuds.ufl.edu/>  
352-392-1308

The purpose of the Ombuds office is to assist students in resolving problems and conflicts that arise in the course of interacting with the University of Florida. By considering problems in an unbiased way, the Ombuds works to achieve a fair resolution and works to protect the rights of all parties involved.

Dean of Students Office: <http://www.dso.ufl.edu/>  
352-392-1261

The Dean of Students Office works with students, faculty, and families to address a broad range of complaints either through directly assisting the student involved to resolve the issue, working with the student to contact the appropriate personnel, or referring the student to resources or offices that can directly address the issue. Follow up is provided to the student until the situation is resolved.

Additionally, the University of Florida regulations provide a procedure for filing a formal grievance in Regulation 4.012: <http://regulations.ufl.edu/regulations/uf-4-student-affairs/>

### **Email**

Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

### Fall 2021 Class Schedule

	Date	Topic	Optional Textbook Readings (Nelms, Sucher) 3 <sup>rd</sup> = Third Edition 4 <sup>th</sup> = Fourth Edition Additional supplemental readings will be posted on Canvas	Major Assignments and Exams
Introduction Tuesday Aug 24	Tuesday August 24	Syllabus and Expectations Introduction to The Nutrition Care Process		
Week 1: Wednesday Aug 25 – Tuesday Aug 31	Wednesday August 25	The Nutrition Care Process (continued)	3 <sup>rd</sup> : Chapter 2 4 <sup>th</sup> : Chapter 2	
	<b>Watch for Tuesday...</b>	Nutrition Screening		
	Tuesday August 31	Nutrition Screening Activity and Review	3 <sup>rd</sup> : Chapter 3 (pg. 37) 4 <sup>th</sup> : Chapter 3 (pg. 44)	
Week 2: Wednesday Sept 1 – Tuesday Sept 7	Week 1 Quiz Due by 11:59pm on Wednesday, Sept. 1			
	Wednesday September 1	Malnutrition and the Nutrition-Focused Physical Exam	3 <sup>rd</sup> : Chapter 3 (pgs. 49-56 and 67-68) 4 <sup>th</sup> : Chapter 3 (pgs. 51-59, 65-66 and 71-72)	
	<b>Watch for Tuesday...</b>	Anthropometrics and Body Composition		
	Tuesday September 7	Nutrition-Focused Physical Exam Activity and Review		



Week 3: Wednesday Sept 8 – Tuesday Sept 14	Week 2 Quiz due by 11:59pm on Wednesday, September 8			
	Wednesday September 8	Dietary Assessment	3 <sup>rd</sup> : Chapter 3 (pgs. 41-49 and 62-66) 4 <sup>th</sup> : Chapter 3, Sections 3.4, 3.5, and 3.10 (pgs. 45-50 and 67-70)	
	<b>Watch for Tuesday...</b>	Estimating Energy Needs		
	Tuesday September 14	Dietary Assessment and Energy Needs Activity and Review		
Week 4: Wednesday Sept 15 – Tuesday Sept 21	Week 3 Quiz due by 11:59pm on Wednesday, September 15			
	Wednesday September 15	Protein Needs	3 <sup>rd</sup> : Chapter 3 (pgs. 56-61 and 66-67) and Chapter 7 (pg. 130) 4 <sup>th</sup> : Chapter 3 (pg. 60-64, 70) and Chapter 9 (pg. 142)	
	<b>Watch for Tuesday...</b>	Fluid Needs Interpreting Labs		
	Tuesday September 21	Protein, Fluids, and Labs Activity and Review		
Week 5: Wednesday Sept 22 – Tuesday Sept 28	Week 4 Quiz due by 11:59pm on Wednesday, September 22			
	Wednesday September 22	Review for Unit 1 Exam		
	<b>Complete By Monday...</b>	<b>Unit 1 Exam: Nutrition Assessment (Due Monday, September 27 at 11:59pm)</b>		<b>UNIT 1 EXAM</b>
	Tuesday September 28	Introduction to Enteral Nutrition		

Week 6: Wednesday Sept 29 – Tuesday Oct 5	No quiz due this week			
	Wednesday September 29	Enteral Nutrition (Part 2)	3 <sup>rd</sup> : Chapter 5 (pgs. 88-103) 4 <sup>th</sup> : Chapter 5 (pgs. 92-108)	
	<b>Watch for Tuesday...</b>	Enteral Nutrition (Part 3)		
	Tuesday October 5	Enteral Nutrition Activity and Review		
Week 7: Wednesday Oct 6 – Tuesday Oct 12	Week 6 Quiz due by 11:59pm on Wednesday, October 6			
	Wednesday October 6	Introduction to Parenteral Nutrition	3 <sup>rd</sup> : Chapter 5 (pgs. 103-113) 4 <sup>th</sup> : Chapter 5 (pgs. 108-120)	
	<b>Watch for Tuesday...</b>	Parenteral Nutrition (Part 2)		
	Tuesday October 12	Parenteral Nutrition Activity and Review		
Week 8: Wednesday Oct 13 – Tuesday Oct 19	Week 7 Quiz due by 11:59pm on Wednesday, October 13			
	Wednesday October 13	Review for Unit 2 Exam		
	<b>Complete By Monday...</b>	<b>Unit 2 Exam: Nutrition Support (Due Monday, October 18 at 11:59pm)</b>		<b>UNIT 2 EXAM</b>
	Tuesday October 19	Introduction to Interprofessional Case Study		
Week 9: Wednesday Oct 20 – Tuesday Oct 26	No quiz due this week			
	Wednesday October 20	Interprofessional Case Study		
	<b>Watch for Tuesday...</b>	Nutrition and Cancer (Parts 1 and 2)	3 <sup>rd</sup> : Chapter 23 4 <sup>th</sup> : Chapter 23	

	Tuesday October 26	Nutrition and Cancer (Part 3) and Review		
Week 10: Wednesday Oct 27 – Tuesday Nov 2	Week 9 Quiz due by 11:59pm on Wednesday, October 27			
	Wednesday October 27	Introduction to Critical Care	3 <sup>rd</sup> : Chapter 22 4 <sup>th</sup> : Chapter 22	<b>INTERPROFESSIONAL CASE STUDY DUE</b>
	<b>Watch for Tuesday...</b>	TBA		
	Tuesday November 2	Critical Care Review		
Week 11: Wednesday Nov 3 – Tuesday Nov 9	Week 10 Quiz due by 11:59pm on Wednesday, November 3			
	Wednesday November 3	TBA		
	<b>Watch for Tuesday...</b>	Nutrition and Pharmacology	3 <sup>rd</sup> : Chapters 11 and 24 4 <sup>th</sup> : Chapter 11, and Chapter 22 Section 22.11 (pgs. 693-698)	
	Tuesday November 9	Nutrition and Pharmacology Activity and Review		
Week 12: Wednesday Nov 10 – Tuesday Nov 16	Week 11 Quiz due by 11:59pm on Wednesday, November 10			
	Wednesday November 10	Review for Unit 3 Exam		
	<b>Complete By Monday...</b>	<b>Unit 3 Exam: Cancer, Critical Care, and Pharmacology (Due Monday, November 15 at 11:59pm)</b>		<b>UNIT 3 EXAM</b>
	Tuesday November 16	HIV/AIDS		

Week 13: Wednesday Nov 17 – Tuesday Nov 23	No quiz due this week			
	Wednesday November 17	HIV/AIDS Activity and Review		
	Tuesday November 23	<b>NO CLASS: THANKSGIVING</b>		
Week 14: Wednesday Nov 24 – Tuesday Nov 30	No quiz this week			
	Wednesday November 24	<b>NO CLASS: THANKSGIVING</b>		
	<b>Watch for Tuesday...</b>	TBA		
	Tuesday November 30	TBA		
Week 15: Wednesday Dec 1 – Tuesday Dec 7	Week 14 Quiz due by 11:59pm on Wednesday, December 1			
	Wednesday December 1	Introduction to Renal Nutrition	3 <sup>rd</sup> : Chapter 18 4 <sup>th</sup> : Chapter 18	
	<b>Watch for Tuesday...</b>	Renal Nutrition (Part 2)		
	Tuesday December 7	Renal Nutrition (Part 3)		
Week 16: Wednesday Dec 8	Week 15 Quiz due by 11:59pm on Wednesday, December 8			
	Wednesday December 8	Review for Cumulative Final Exam		
	LAST DAY OF CLASSES			

FINAL EXAM	Friday December 17	<b>You will have 2 hours to take the exam. It will be open from 8am to 8pm.</b>		<b>FINAL EXAM</b>
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