

**HUN 2201**  
**Fundamentals of Human Nutrition**  
**Spring 2021**

- Credits:** 3 hours
- Class Meetings:** MWF | Period 3 | 9:35 – 10:25
- Location:** Norman Hall Rm 1020 and online synchronous (live)
- Lecturer:** Ms. Sarah Brunnig, MS, MPH, RDN
- Contact:** Building 120 Room 104B (building next to main FSHN by pond)  
Email: [skbrunnig@ufl.edu](mailto:skbrunnig@ufl.edu) (use mail function in Canvas as best)  
Office Hours: 11:00 – 12:00 Monday and Wednesday. See Canvas Calendar for the link to Office with me. Other times available as needed.
- Teaching Assistants:** Timothy Arbeau; [arbeaut@ufl.edu](mailto:arbeaut@ufl.edu) Supervisory Teacher  
Pearl Ebea; [pearl.ebea@ufl.edu](mailto:pearl.ebea@ufl.edu)  
Megan Engel; [mengel3@ufl.edu](mailto:mengel3@ufl.edu)  
Lucia Eguiguren; [leguiguren@ufl.edu](mailto:leguiguren@ufl.edu)  
Caitlin McDermott; [caitlinmcdermott@ufl.edu](mailto:caitlinmcdermott@ufl.edu)  
Their office hours will be posted to their students.  
Allow 24 – 48 hours for a response to emails
- Prerequisites:** BSC 2007 or BSC 2005 or BSC 2010 or CHM 1025 or CHM 2045 or APK 2100C or APK 2105C or CHM 1030 | Meets General Education – Biological Science
- Textbook:** Understanding Nutrition, 15<sup>th</sup> Ed., Whitney and Rolfes, Cengage, 2019  
This is an AllAccess book which means you can purchase access to the digital text right from the bookstore, it and it will be charged to your account, and you will have access from day one. [UF All Access \(ufl.edu\)](https://ufl.edu/allaccess)
- Synchronous Class:** Both the campus class and the online class will meet at the same time. Those who are in the campus class are asked to bring a tablet/laptop to class to also access the Zoom classroom for certain activities. 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.
  - 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.
- 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's 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 2201
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

**E-mailing:**

## Course Description and Objectives

Fundamentals of Human Nutrition uses principles of biological sciences (e.g.- anatomy, physiology and biochemistry) to provide an overview of dietary guidance, properties, function, deficiencies, toxicities, requirements, and regulation of nutrients and their role in human health and disease.

The successful completion of this course will enable students to:

1. Make informed decisions about foods and dietary supplements by being able to discriminate legitimate from unfounded health recommendations using science-based principles.
2. Explain how nutrient requirements and recommendations in humans are determined and how this information is used to provide dietary guidance for the general population.
3. Evaluate and improve the nutritional quality of a diet using dietary analysis tools.
4. Describe the food sources, chemical forms, digestion, absorption, function, utilization, deficiency, and toxicity of nutrients required by humans.
5. Discuss the relationship between diet, human health and chronic diseases such as obesity, diabetes, cardiovascular disease, hypertension, osteoporosis, cancer, etc.
6. Explain the concepts of energy balance and metabolism.

## Course Activities

### Lectures:

This course used synchronous (LIVE) lectures delivered via Zoom and in the classroom for those students on campus. There will also be assignments accomplished outside of class. All students will receive Zoom links to join the lecture posted on Canvas. It will be the student's responsibility to obtain these materials as they become available. During class, it will 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 TAs will answer and post them on Canvas. To familiarize yourself with Zoom go to <https://elearning.ufl.edu/zoom/>

### Diet Analysis Project:

This will be a major project in which you will keep track of your diet for five days, enter the five days into a diet analysis program and then analyze the information. It is divided into three parts. Each part is turned in in Canvas.

### Discussions:

There will be three Discussion Posts. Your main post will be turned in by Monday evening of the week 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.

### Exams:

There will be four exams, 40 questions each and counting 40 points each covering only the information covered in that Unit. 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 exams will be open from 7:00 AM to 11:59 PM of the exam day. There will be no class on that day. 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 Instructors.

## Course Evaluation

### Grading:

Assessment	Points	Total
Discussions - 3		
Main Post	20	60
Replies –2 each	10	30
Diet Analysis		
Part One	20	20
Part Two	20	20

Part Three	20	20
Exams – four in all	40	160
Total		310

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

<b>Grading Scale</b>	93.34 - 100%	A	90-93.33%	A-	
86.68-89.9%	B+	83.34-86.67%	B	80-83.33%	B-
76.68-79.9%	C+	73.34-76.67%	C	70-73.33%	C-
66.68-69.9%	D+	63.34-66.67%	D	60-63.33%	D-
<60%	E				

## Course Policies

### Course Attendance:

Attendance will be obtained from your participation in class (campus or online). It is your responsibility to attend all lectures, obtain all instructional materials, and follow any class announcements. [Attendance Policies < University of Florida \(ufl.edu\)](#)

### Assignments:

Assignments are turned in through Canvas. Discussions belong in the Discussion Board. The Diet Analysis Project will be uploaded into the appropriate spot in Canvas. 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 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.

### 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 (though be aware that the exam is not open for 24 hours), 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](http://www.honorlock.com/extension/install) When taking an exam, you will need to be in Google Chrome. A practice quiz will be available later 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](mailto: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](mailto: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 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. In addition, a penalty of 10% will be imposed for each day further 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, [Disability Resource Center - Disability \(ufl.edu\)](http://DisabilityResourceCenter.ufl.edu), is the place to go to discuss and have approved any special accommodations. They will send me a letter. You may want to check with me that I have received this letter. 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 back and for enrolled students. 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, be sure to keep your camera off and do not use a profile image. 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, 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.

## Academic Integrity:

**All work must be done individually. There are no group projects, quizzes or exams in this course. NO project or open-ended quiz or exam question should mimic another.**

All students are expected to follow the UF student code of conduct with regard to academic honesty. Academic misconduct is dishonest or unethical academic behavior that includes, but is not limited to, misrepresenting mastery in an academic area (e.g., cheating), intentionally or knowingly failing to properly credit information, research or ideas to their rightful originators or representing such information, research or ideas as your own (e.g., plagiarism). Any violations or breaches of academic integrity will be reported and dealt with by the Dean of Students Office for consideration of disciplinary action.

## 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 \(ufl.edu\)](https://evaluations.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>.

**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>.

**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.

**Services for Students with Disabilities:** 0001 Reid Hall, 352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)  
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.

**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/](http://www.counseling.ufl.edu/cwc/) where the following are available: Counseling Services, Groups and Workshops, Outreach and Consultation, Self-Help Library, Wellness Coaching. Please contact the University Police Department: 352-392-1111 or 9-1-1 for emergencies.
- **U Matter We Care:** Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.
- **Career Resource Center, First Floor JWRU, 392-1601**, [www.crc.ufl.edu/](http://www.crc.ufl.edu/)
- **Sexual Assault Recovery Services (SARS):** Student Health Care Center, 352-392-1161.
- **University Police Department:** 352-392-1111 (or 9-1-1 for emergencies). <http://www.police.edu/>
- **E-learning technical support:** 352-392-4357 (select option 2) or email to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>.
- **Library Support:** <http://cms.uflib.ufl.edu/ask>. Receive assistance with respect to using the libraries or finding resources.
- **University of Florida Complaints Policy:** 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 locations: **Ombuds:** <http://www.ombuds.ufl.edu/>, 31 Tigert Hall, 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/>, 202 Peabody Hall, 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/>