

HUN 3403 - NUTRITION THROUGH THE LIFE CYCLE
Fall 2020 Class number 15397 (2 credits)
T/R | Period 4 (10:40 AM - 11:30 AM) | Online (100%)

Instructor & General Course Information

Instructor: Stacey L. Mobley, PhD, RDN, CNSC

Contact Information: Phone: 352-273-3467
E-mail: stacey.mobley@ufl.edu (best method to contact)
Office Hours: Zoom meetings (link to be posted at later date);
Mondays, 1000 AM or by appointment;

*******PLEASE ALLOW 24-48 HOURS FOR A RESPONSE TO E-MAILS*******

TEACHING ASSISTANT: Azeel

Email:

Office Hours and Location: TBD

DESCRIPTION:

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. Prerequisite: HUN 2201.

COURSE OBJECTIVES:

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.

RECOMMENDED TEXT AND MATERIALS:

Nutrition through the Life Cycle, 7th edition; Cengage Instruction, 2020.

COURSE FORMAT

The course will consist of regular in-class lectures. Your final course grade will be derived from 2 homework assignments, 2 in-class critical thinking exercises, 6 on-line quizzes (lowest dropped) and 2 in-class exams. Extra credit opportunities will be given at the discretion of the instructor throughout the semester. Grades will be posted on Canvas. It is your responsibility to check for any discrepancies in points and report them to your instructor immediately.

ASSIGNMENTS & GRADING:

Assignments: There will be two (2) take-home assignments throughout the semester. Assignments with detailed instructions will be posted to Canvas. These assignments will contribute 30 points each to your final course grade.

Submission of all homework assignments is required at the **start of class** (see *Late Policy*) on the due date and each of these will be used to determine your final course grade. Please be aware that due dates may be adjusted as needed based on lecture schedule.

ASSIGNMENTS WILL NOT BE ACCEPTED VIA E-MAIL!!!!!!!!!!!!

Participation: Two in-class critical thinking exercises will be completed in small groups for 10 participation points. Five points will be given for being in class and participating in each of the 2 exercises (10 points total).

Quizzes: There will be 7 online quizzes worth 5 points each. The lowest quiz score will be dropped for a total of 30 points. Quizzes will be available for 72 hours after the last scheduled lecture for each life cycle stage. The questions used for the quizzes are similar in format and style to those used on the exams. **No make-up quizzes will be available.**

Exams: Two (2) exams will be given in-class and valued equally at **100 points** each. The format of all exams will consist of multiple-choice, true/false, matching, and short answers. ***Students are required to bring a #2 pencil and a non-programmable calculator to each exam.***

Extra Credit: Periodic unannounced “quizzes” or extra credit activities will be administered or assigned during class hours to reinforce material learned. There are no make-ups for extra credit quizzes/activities for any circumstance. If you are late to class or leave early and miss an extra credit quiz or opportunity, you are not permitted to take it later.

Grading Scale & Record of Grades:

There will be no “curve” utilized and your course grade will be calculated as follows.

EXTRA CREDIT POINTS WILL BE ADDED TO YOUR
TOTAL POINTS EARNED DURING THE SEMESTER!!!!!!

GRADING:

Exams:	Possible Pts.
1. Exam #1 (Feb 27 th)	100
2. Exam #2 (Apr 30 th)	100
Assignments:	
1. Assignment #1 (Pregnancy Nutrient Analysis) Due Feb 11 th	30
2. Assignment #2 (Dietary/Herbal Supplements): Due Apr 21 st	30
Quizzes:	
1. 7 Quizzes (lowest dropped; 5 points each)	30
Participation (requires class attendance):	
1. Critical Thinking Exercise 1 (Feb. 18 th -tentative)	5
2. Critical Thinking Exercise 2 (Apr. 9 th - tentative)	5
*Bonus Points:	
TOTAL POINTS:	300

* At discretion of instructor and/or TA

Grade	%		Grade	%
A	93 - 100		C	73 - 76
A-	90 - 92		C-	70 - 72
B+	87 - 89		D+	67 - 69
B	83 - 86		D	63 - 66
B-	80 - 82		D-	60 - 62

C+	77 - 79		F	<60
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Grades and Grade Points: For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Policies

Attendance

Attendance will not be taken, but it will be the student's responsibility to attend all lectures, obtain all instructional materials and abide by any class announcements. It will be the student's responsibility to take his/her own lecture notes as these will be needed to properly prepare for the regularly scheduled exams. Students are encouraged to have "study buddy groups" of two- three individuals that they may call upon in the event of an unexpected absence, and/or to prepare for exams and share notes.

Example: Classmates' Contact Information

- | | | |
|----------|---------|--------|
| 1. Name: | E-mail: | Phone: |
| 2. Name: | E-mail: | Phone: |
| 3. Name: | E-mail: | Phone: |

Absences and Make-Up Work: Requirements for class attendance and make-up work are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Assignment Grading: *Please keep a copy of all of your assignments in the event that it becomes lost during grading.*

Please see a teaching assistant first if you have a question about an assignment grade. If there are still questions, the project will be given to the instructor for a re-grade. However, the entire project will be re-graded and may result in a lower grade. If you choose to compare your project grade to another student's project grade then both projects need to be submitted for re-grading.

Late Policy

Students are expected to submit all assignments on time. 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 that the assignment is late. Late assignments will be collected at the next class meeting unless you make arrangements with the TA to turn in the late assignment before the next scheduled class meeting time.

"The Rules" during Exams and Quizzes: You are responsible for bringing your brain, a #2 pencil and a non-programmable calculator (no cell phone or graphing calculators allowed). NO hats, books, binders, computers, notes, notebooks, note cards, cell phones, pagers, PDAs, MP3 players (e.g. iPod) or any other technology or materials that could cause distractions or encourage unauthorized assistance are permitted during exams or quizzes. You are NOT permitted to leave the room during an exam or quiz without prior approval from the instructor.

Exam Make-Up Policy

Make-up exams may not be provided unless there are extenuating circumstances (e.g. illness, medical, death in family, etc). In which case, contact your **instructor *immediately by*** e-mail (stacey.mobley@ufl.edu) to discuss the situation and to make

suitable arrangements for a make-up exam – *appropriate documentation of the absence must be provided in order to receive a make-up exam*. The make-up exam may be essay.

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 Dr. Mobley. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time.

Email

Throughout the semester, your instructor may communicate important information to the class via e-mail. Importantly, the e-mail address on file with UF (@ufl.edu) will be used for all communications. If you use other e-mail accounts (yahoo, hotmail, gmail, etc), be sure to check your UF e-mail regularly or set-up e-mail forwarding on the university system. Please avoid sending your instructor any messages through Canvas because he does not check those on a frequent basis.

Classroom Etiquette

Class will start promptly as scheduled. Please **TURN OFF** the ringer on cellular telephones during class time. Texting during class is considered disruptive and you may be asked to leave. Please be considerate of classmates during class time by minimizing comments to others, arriving on time, and not leaving before the end of class. Any student who uses a laptop, smartphone or other device for non-class related activities (e-mail, surfing the Internet, social media sites such as Facebook etc.) will be asked to turn off their device and/or leave class.

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.

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

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 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>.

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>.

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/ 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/ 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 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/
- **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.
<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/>

TENTATIVE COURSE OUTLINE

(The instructor reserves the right to make changes to the course schedule if necessary. Other required reading may be assigned for each lecture.)

DATE	TOPIC
January	7 Introduction; Overview
	9 Brief Review, Discuss Pregnancy Assignment
	14 Pregnancy
	16 Pregnancy
	21 Pregnancy
	23 Pregnancy
	24 Lactation
February	30 Lactation
	4 Infancy
	6 Infancy <i>Online quizzes 1 & 2 (Pregnancy; Lactation) open for 72 hours</i>
	11 Infancy- <i>Pregnancy Assignment #1 Due</i>
	13 Infancy
	18 In-class critical thinking exercise #1 <u>Attendance recorded</u>
	20 Childhood <i>Online quiz 3 (Infancy) open for 72 hours</i>
March	25 Childhood
	27 EXAM 1 (Critical Thinking, Pregnancy, Lactation, Infancy)
	3 No Class- Spring Break
	5 No Class- Spring Break
	10 Childhood
	12 Childhood
	17 Childhood In-class critical thinking exercise #2 <u>Attendance recorded</u>
19 Childhood- <i>Online quiz 4 (Childhood) open for 72 hours</i>	
April	24 Adolescence
	26 Adolescence
	31 Adolescence- <i>Online quiz 5 (Adolescence) open for 72 hours</i>
	2 Adulthood
	7 Adulthood
	9 In-class critical thinking exercise #2 <u>Attendance recorded</u> <i>Online quiz 6 (Adulthood) open for 72 hours</i>
	14 Aging
16 Aging	
21 Aging- <i>Online quizzes 7 (Aging) open for 72 hours; Dietary/Herbal Supplement Assignment #2 Due</i>	
23 No Class- Reading Day	
30 FINAL EXAM (EXAM 2) 8:30AM – 9:30AM (Critical Thinking; Toddler/Childhood, Adolescence, Adulthood, and Aging)	