

**HUN4445**  
**Nutrition and Disease – Part I: Spring 2021**  
**Class Numbers 14015 (in person) and 26758 (online)**

**Instructor**

Laura Acosta, MS, RDN, LDN  
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Office Hours:

- Office hours will be held on Zoom
- “Drop in” hour is from **11:30am-12:30pm on Fridays**
  - Zoom link for drop-in office hours:  
<https://ufl.zoom.us/j/94897967505?pwd=SVE2VUVGYWVpODFrVjhKMkIMMzd5Zz09>
  - Meeting ID: 948 9796 7505
  - Password: 637126
- If you are not available at this time, please email me for an appointment at another time

**Teaching Assistant**

Danielle Aycart  
Email: [danielle.aycart@ufl.edu](mailto:danielle.aycart@ufl.edu)  
Office Hours: TBA

**Course Location & Meeting Times**

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

**Tuesdays are for discussion and activity. Everyone will be on Zoom on Tuesdays.**

Tuesday Zoom Classroom:

<https://ufl.zoom.us/j/97845201871?pwd=RUVWRml1TzA0Ly9lVW40L3JCc0ZxQT09>

Meeting ID: 978 4520 1871

Password: 200616

**Thursdays are for lecture. Depending on which section you registered for, you will either attend online or in person. Those in class #14015 will attend in person, and those in class #26758 will attend online.**

Thursday physical classroom for those attending in-person (class #14015):

Newins-Ziegler Hall, room 0112

Thursday Zoom classroom for those attending online (class #26748):

<https://ufl.zoom.us/j/99622339025?pwd=STJQTWxtWksrYUE0Szd0VkVtWmx6UT09>

Meeting ID: 996 2233 9025

Password: 815706

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. 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 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.

### **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:

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

**Attendance**

Your attendance and participation are vital to your success in this course. We expect that you will be present and engaged for class meetings as scheduled. We will not “take attendance”, but there will be in-class activities and opportunities for bonus points throughout the semester, and you must be present “live” (either on Zoom or in person, depending on the section you registered for) to participate.

**COVID-19 Safety**

For those in the in-person section (Class #14015), we will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.

- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- 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.
- Follow your instructor’s guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.
- If you are experiencing COVID-19 symptoms ([Click here for guidance from the CDC on symptoms of coronavirus](#)), please use the UF Health screening system and follow the instructions on whether you are able to attend class. [Click here for UF Health guidance on what to do if you have been exposed to or are experiencing Covid-19 symptoms](#).
- 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. [Find more information in the university attendance policies](#).

**Student Evaluation**

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

Quizzes: Quizzes will be given in Canvas. They will open on Friday afternoons, and close on Thursdays (the following week) at 11:59pm.

Interprofessional Case Study: This project includes both group and individual components. It is due on the date indicated on the syllabus. Late submissions 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 Fridays, and must be completed by the following Monday at 11:59pm. Exams are designed to take 50 minutes. However, everyone will be given “double time” (100 minutes) for exams. 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 “live” (either physically present in the classroom or on Zoom) to take advantage of these opportunities.

#### Performance Indicators

In-class Activities	20
10 Weekly Quizzes (6 points each)	60
Case Study	80
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/>

#### 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.bluera.com/ufl/](http://ufl.bluera.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.

### Spring 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
Week 1: Thursday Jan 14 – Tuesday Jan 19	Tuesday January 12	Syllabus and Expectations Introduction to The Nutrition Care Process		
	Thursday January 14	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 January 19	Nutrition Screening Activity and Review	3 <sup>rd</sup> : Chapter 3 (pg. 37) 4 <sup>th</sup> : Chapter 3 (pg. 44)	
Week 2: Thursday Jan 21 – Tuesday Jan 26	Week 1 Quiz Due by 11:59pm on Thursday, January 21			
	Thursday January 21	Malnutrition	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 January 26	Malnutrition and Anthropometry Activity and Review		



Week 3: Thursday Jan 28 – Tuesday Feb 2	Week 2 Quiz due by 11:59pm on Thursday, January 28			
	Thursday January 28	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 February 2	Dietary Assessment and Energy Needs Activity and Review		
Week 4: Thursday Feb 4 – Tuesday Feb 9	Week 3 Quiz due by 11:59pm on Thursday, February 4			
	Thursday February 4	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 February 9	Protein, Fluids, and Labs Activity and Review		
Week 5: Thursday Feb 11 – Tuesday Feb 16	Week 4 Quiz due by 11:59pm on Thursday, February 11			
	Thursday February 11	Review for Unit 1 Exam		
	<b>Complete By Monday...</b>	<b>Unit 1 Exam: Nutrition Assessment (Due Monday, February 15 at 11:59pm)</b>		<b>UNIT 1 EXAM</b>
	Tuesday February 16	Introduction to Enteral Nutrition		

Week 6: Thursday Feb 18 – Tuesday Feb 23	No quiz due this week			
	Thursday February 18	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 February 23	Enteral Nutrition Activity and Review		
Week 7: Thursday Feb 25 – Tuesday Mar 2	Week 6 Quiz due by 11:59pm on Thursday, February 25			
	Thursday February 25	SPRING RECHARGE DAY – NO CLASS *Don't forget about your quiz!		
	<b>Watch for Tuesday...</b>	Parenteral Nutrition (Part 1)	3 <sup>rd</sup> : Chapter 5 (pgs. 103-113) 4 <sup>th</sup> : Chapter 5 (pgs. 108-120)	
	Tuesday March 2	Parenteral Nutrition Review and Activity		
Week 8: Thursday Mar 4 – Tuesday Mar 9	Week 7 Quiz due by 11:59pm on Thursday, March 4			
	Thursday March 4	Parenteral Nutrition (Part 2)		
	<b>Watch for Tuesday...</b>	Finish Parenteral Nutrition (Part 2)		<b>UNIT 2 EXAM</b>
	Tuesday March 9	Introduction to Interprofessional Case Study		
Week 9: Thursday Mar 11 – Tuesday Mar 16	Week 8 Quiz due by 11:59pm on Thursday, March 11			
	Thursday March 11	Review for Unit 2 Exam		
	<b>Complete by Monday</b>	<b>Unit 2 Exam: Nutrition Support (Due Monday, March 15 at 11:59pm)</b>		
	Tuesday March 16	Interprofessional Case Study		

Week 10: Thursday Mar 18 – Tuesday Mar 23	No quiz due this week			
	Thursday March 18	Introduction to Nutrition and Cancer	3 <sup>rd</sup> : Chapter 23 4 <sup>th</sup> : Chapter 23	
	<b>Watch for Tuesday...</b>	Nutrition and Cancer (Parts 2 and 3)		
	Tuesday March 23	Nutrition and Cancer Activity and Review		
Week 11: Thursday Mar 25 – Tuesday Mar 30	Week 10 Quiz due by 11:59pm on Thursday, March 25			
	Thursday March 25	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>	Finish Critical Care 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 March 30	Critical Care and Pharmacology Activity and Review		
Week 12: Thursday April 1 – Tuesday April 6	Week 11 Quiz due by 11:59pm on Wednesday, November 18			
	Thursday April 1	Review for Unit 3 Exam		
	<b>Complete By Monday...</b>	<b>Unit 3 Exam: Cancer, Critical Care, and Pharmacology (Due Monday, April 5)</b>		<b>UNIT 3 EXAM</b>
	Tuesday April 6	TBA		
Week 13: Thursday Apr 8 – Tuesday Apr 13	No quiz due this week			
	Thursday April 8	TBA		
	<b>Watch for Tuesday...</b>	Nutrition for HIV/AIDS		

	Tuesday April 13	HIV/AIDS Activity and Review		
Week 14: Thursday Apr 15 – Tuesday Apr 20	Week 13 Quiz due by 11:59pm on Thursday, April 15			
	Thursday April 15	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 April 20  <b>LAST DAY OF CLASS</b>	Review for Cumulative Final Exam		
<b>FINAL EXAM</b>	Thursday April 29	The Final Exam is a 2-hour, cumulative exam. It will cover ¼ new material (since the Unit 3 Exam) and ¾ previous material. It will be open from 8am to 8pm.		<b>FINAL EXAM</b>