Credits: 3 hours  
Class Meetings: asynchronous  
Location: online  
Lecturer: Ms. Sarah Brunnig, MS, MPH, RDN  
Contact: The AFPP Building 120 Room 104B (next to main FSHN by pond)  
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)

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

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. UF All Access (ufl.edu)  
ISBN: 9780357666593

Zoom:  
- This course will use UF's Zoom platform to deliver lectures and exams. PLEASE FAMILIARIZE YOURSELF WITH THIS PLATFORM.  
- Do not share your Zoom classroom link or password with others.

E-mailing:  
- 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 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

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, cancer, etc.
6. Explain the concepts of energy balance and metabolism.

Course Activities

Lectures:
This course used asynchronous lectures delivered via Zoom recordings. The Zoom links will be in each Chapter in Modules. It will be the student's responsibility to obtain these materials as they become available. To familiarize yourself with Zoom go to https://elearning.ufl.edu/zoom/

Assignments:
In most chapters (for a total of 12), there will be an Assignment due by the end of the Unit. These assignments have a variety of activities, usually involving a Case Study to answer questions about and a crossword puzzle to help you familiarize yourself with the needed vocabulary. Once you have the questions answered, you will put the answers into a quiz for grading purposes. Each of these assignments is worth ten points and they are due at the end of the Unit There is also one assignment which is a quiz over the syllabus information worth 5 points and one Intro Discussion worth 5 points which together make the 13th assignment.

Discussions:
There will be ten Discussion Posts. These are found in most Chapters in Modules and consist of a simple prompt about noting an interesting point you found in the Chapter and then looking up another reference about that point. Then you will reply to at least one other fellow student’s post. The Main Post is 7 points and the Reply is 3 points. These are due by the time the Unit ends, though would be much better to do as you read each chapter and watch the lecture recordings.

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. One part is due in each of Unit’s 2, 3, and 4.

Exams:
There will be four exams, 50 questions each and counting 100 points and 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 open-book, but you will still need to read each chapter several times and study your notes as there will not be time to find all the answers quickly. Exams One, Two and Three will be open from 7:00 AM Friday to 11:59 PM Sunday. Exam Four has to be finished by Friday, Aug. 6, so it will be open from 7:00 AM Thursday to 11:59 PM Friday of that week. Once you begin the exam, you must finish it in the time allotted.
Keep in mind the clock being used is Eastern Standard Time and if you are in another Time Zone, you need to moderate yourself to finishing in EST. 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.

Course Evaluation

Grading:

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<th>Points</th>
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<tbody>
<tr>
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<td>10</td>
<td>100</td>
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<tr>
<td>Assignments - 13</td>
<td>10</td>
<td>130</td>
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<tr>
<td>Diet Analysis</td>
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<td></td>
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<tr>
<td>Part One</td>
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<td>20</td>
</tr>
<tr>
<td>Part Two</td>
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<td>Part Three</td>
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<td>Exams – 4</td>
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<tr>
<td>Total</td>
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<td>700</td>
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There will be no ‘curve’ or rounding up and your course grade will be calculated as follows:

<table>
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<tr>
<th>Grading Scale</th>
<th>93 - 100%</th>
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<td>60 - 62.9%</td>
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Course Policies

Course Attendance:
Attendance will be obtained from your participation turning in assignments, doing discussion posts and taking exams. Attendance Policies < University of Florida (ufl.edu)

Assignments:
Assignments and the Diet Analysis Project 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 teacher has left you. If you still have questions/concerns then the teacher will answer any of the questions regarding graded assignments.

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](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 on Google, 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 major extenuating circumstances (e.g., illness, medical, death in family, etc), as the test is open for three days and you should be able to take it sometime in that time frame. 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.

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 your Instructor. 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)](https://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**

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](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/scrr/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/