HUN 3403
Nutrition Thru the Life Cycle
Summer 2021

Credits: 2 hours
Class Meetings: MTWTh | Period 2 | 9:30 – 10:45
Location: online synchronous (live)
Lecturer: Ms. Sarah Brunnig, MS, MPH, RDN
Contact: AFPP Room 104B (building next to main FSHN by pond)
           Email: 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: Pearl Ebea; pearl.ebea@ufl.edu
Allow 24 – 48 hours for a response to emails

Prerequisites: Prerequisite: HUN 2201

           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)

Synchronous Class: Class is online and synchronous. 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 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.
- 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) 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 and for the Break-Out rooms.

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 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.

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 or teaching assistants you should start the subject line - (last name): HUN 3403

Please be brief and very specific - write professionally

Do not send messages to all your classmates

Course Description and Objectives

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.

The successful completion of this course will enable students to:

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.

Course Activities

Lectures:

This course used synchronous (LIVE) lectures delivered via Zoom. All students will receive Zoom links to join the lecture posted on Canvas Calendar and can also reach it through Zoom.
Conferences on the left-hand tabs in class site. You are expected to be in class and treat it just like a campus class being on time, dressed appropriately, and not eating. Your camera needs to be turned on. During class, it may 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 TA will answer and post them on Canvas. To familiarize yourself with Zoom go to https://elearning.ufl.edu/zoom/

Discussions:
There will be two Discussion Posts. Each student will be selecting one of the chapters and finding a narrow topic to research. You will sign up through the TA. You will research your topic and summarize three peer-reviewed articles. One can be a peer-reviewed Review article and the other two must be Research articles. Your main post will be turned in by Monday evening of the week yours is due followed by replying to two other students by Sunday evening of the week. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject. Report = 30 points, Replies 2 each for 2 Forums = 4 replies at 5 points each = 20 points for a total of 50 points

Diet Analysis Assignment:
You will be observing a meal eaten by an individual of one of the assigned Life Stages. You will be recording their diet and observations. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. 40 points

Critical Thinking Assignment:
There will be a Critical Thinking Assignment in which you will need to use the information we have learned to come to a conclusion and justify your reasoning. 30 points

Attendance and Break-out Rooms:
Most class days, we will be doing an activity in class. Your attendance in these activities will be recorded. On the weeks when we have four classes, two of these break-out rooms will count towards a grade. On the weeks when we have three classes, one of these break-out rooms will count towards a grade. There will be a total of 10 at 6 points each = 60 points

Exams:
There will be six quizzes (drop lowest grade), 40 questions each and counting 40 points each covering only the information covered in that week. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice with several short-answer questions. 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 Friday to 11:59 PM Sunday of the exam week. 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 90 minutes which is longer than class time and this should accommodate most any special accommodations. Discuss any other needs with your Instructor. Five at 40 pts each = 200 points
Course Evaluation

Grading:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Points</th>
<th>Total</th>
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<tbody>
<tr>
<td>Discussions</td>
<td></td>
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<tr>
<td>Report - 1</td>
<td>@ 30</td>
<td>30</td>
</tr>
<tr>
<td>Replies – 4</td>
<td>@ 5</td>
<td>20</td>
</tr>
<tr>
<td>Diet Analysis -1</td>
<td>@ 40</td>
<td>40</td>
</tr>
<tr>
<td>Critical Thinking - 1</td>
<td>@ 30</td>
<td>30</td>
</tr>
<tr>
<td>Break-out rooms-10</td>
<td>@ 6</td>
<td>60</td>
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<tr>
<td>Quizzes – 6 (drop lowest)</td>
<td>@ 40</td>
<td>200</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>380</td>
</tr>
</tbody>
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There will be no ‘curve’ or rounding up and your course grade will be calculated as follows:

<table>
<thead>
<tr>
<th>Grading Scale</th>
<th>93 - 100%</th>
<th>A</th>
<th>90 - 92.99%</th>
<th>A-</th>
</tr>
</thead>
<tbody>
<tr>
<td>87 - 89.99%</td>
<td>B+</td>
<td></td>
<td>80 - 82.99%</td>
<td>B-</td>
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<tr>
<td>77 - 79.99%</td>
<td>C+</td>
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<td>70 - 72.99%</td>
<td>C-</td>
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<tr>
<td>67 - 69.99%</td>
<td>D+</td>
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<td>60 - 62.99%</td>
<td>D-</td>
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<td>&lt;60%</td>
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Course Policies

Course Attendance:
Attendance will be obtained from your participation in class and a grade will be assigned for the activities accomplished in class. 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. 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 or Instructor 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, 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 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).

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) 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. Also the quizzes are available over three days, so sufficient to get the exam in.

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), 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, then obtain a waiver from the Dean of Students Office. 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 in office hours 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). 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/
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](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/](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/](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/](http://regulations.ufl.edu/regulations/uf-4-student-affairs/)