

**HUN4445**  
**Nutrition and Disease – Part I: Summer 2024**

**Instructor**

Dr. Laura Acosta  
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Office Hours on Zoom – Mondays 2-3pm

**Teaching Assistant**

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**Course Location & Meeting Times**

This is an online, synchronous course with additional asynchronous material to view throughout each week. We will meet on Zoom on Mondays and Wednesdays 11:00am-12:15pm

**Zoom Classroom:**

<https://ufl.zoom.us/j/92654668755?pwd=cDArd214dDFEcVh4TDDBaWc4N2ROZz09>  
Meeting ID: 926 5466 8755  
Passcode: 975912

**Recording Policies**

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. 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. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Students are allowed to record their own video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide

access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

### **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 installed
  - 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

### **Readings**

While there is no required text for the course, required readings from the scholarly literature will be posted on Canvas for each unit. Readings will primarily come from the following journals:

*Journal of Parenteral and Enteral Nutrition*

*Nutrition in Clinical Practice*

*Journal of the Academy of Nutrition and Dietetics*

*European Journal of Clinical Nutrition*

*Clinical Nutrition*

*Practical Gastroenterology*

### **Course Format**

We will use a “flipped classroom” model in this course. Course content will be posted on Fridays for the upcoming week. Students are expected to watch recorded lectures and come to class prepared to discuss the material and participate in course activities.

### **Attendance**

Attendance is required for this course. “Attendance” is more than just logging into class on Zoom. It means being attentive and engaged, and not working on other tasks. Come to class in a quiet space without distractions. You should not be working at a job, traveling, “multitasking”, etc. **You must have your camera on in order to be counted as “present”**. If you must keep your camera off for some reason, **communicate with the course TA about this ahead of time (with cc to Dr. Acosta)**.

**Each student is allowed 1 absence** that will not count against your grade. After that, there will be a 5 point deduction for each absence. Tardiness is unacceptable in the workplace and therefore also inappropriate in the classroom. Students who are more than 10 minutes late will lose 2 points from their attendance grade each time they are tardy.

### **Student Evaluation**

Final grades will be based on attendance, in-class activities, weekly online quizzes, and three unit exams.

Quizzes: Quizzes will be given in Canvas. They are due on Thursdays at 11:59pm.

Exams: Exams will be given on Canvas, using HonorLock. They will be given every other Friday, and will be available from 8am-8pm. Exams are designed to take 60 minutes. However, everyone will be given double time (120 minutes) for exams. Failure to take an exam will result in a score of 0.

**Extra credit projects will not be available.**

### **Performance Indicators**

Attendance	20
In-class Activities (must be present in class to participate)	30
5 Weekly Quizzes (20 points each, lowest score dropped)	80
Evidence Based Practice Project	20
Exams 1, 2 & 3 @ 150 points each	450
<b>Total</b>	<b>600</b>

**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/>

#### **Attendance 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/>

#### **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. Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at: <https://gatorevals.aa.ufl.edu/students/>. 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 <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at: <https://gatorevals.aa.ufl.edu/public-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 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: <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**

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.

0001 Reid Hall, 352-392-8565, <https://disability.ufl.edu/>

### **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.

University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575,  
[www.counseling.ufl.edu](http://www.counseling.ufl.edu)

- Counseling Services
- Groups and Workshops
- Outreach and Consultation
- Self-Help Library
- Wellness Coaching

U Matter We Care, [www.umatter.ufl.edu/](http://www.umatter.ufl.edu/)

Career Connections Center, First Floor JWRU, 392-1601, <https://career.ufl.edu/>

Student Success Initiative, <http://studentsuccess.ufl.edu>

Student Complaints:

- Residential Course: <https://sccr.dso.ufl.edu/policies/student-honor-code-studentconduct-code/>  
Online Course: <https://pfs.tnt.aa.ufl.edu/state-authorization-status/#student-complaint>

### **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.

### **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.

### Summer 2024 Class Schedule

	<b>Date</b>	<b>Class Meetings (11:00am-12:15pm unless otherwise noted)</b>	<b>Topics</b>	<b>Optional Textbook Readings (Nelms, Sucher)</b> Additional supplemental readings will be posted on Canvas	<b>Quizzes and Exams</b>
Week 1	Monday May 13 through Friday May 17	Monday, May 13 Wednesday, May 15	Syllabus and Expectations The Nutrition Care Process Nutrition Screening Anthropometrics Body Composition Malnutrition	Chapters 2 and 3	Week 1 quiz due Thursday, May 16
Week 2	Monday May 20 through Friday May 24	Monday, May 20 Wednesday, May 22  <i>Optional Review Session:</i> Thursday, May 23 – Time TBA	Dietary Assessment Estimating Energy Needs Estimating Protein Needs Estimating Fluid Needs Interpreting Labs	Chapters 2 and 3	Week 2 quiz due Thursday, May 23  EXAM 1: FRIDAY, MAY 24 (8am- 8pm, HonorLock)
Week 3	Monday May 27 through Friday May 31	(*No class meeting on Monday, May 27, Memorial Day) Wednesday, May 29	Enteral Nutrition	Chapter 5	Week 3 quiz due Thursday, May 30

Week 4	Monday June 3 through Friday June 7	Monday, June 3 Wednesday, June 5  <i>Optional Review Session:</i> Thursday, June 6 – Time TBA	Parenteral Nutrition	Chapter 5	Week 4 quiz due Thursday, June 6  EXAM 2: FRIDAY, JUNE 7 (8am-8pm, HonorLock)
Week 5	Monday June 10 through Friday June 14	Monday, June 10 Wednesday, June 12	Evidence Based Practice Cancer	Chapters 11, 22, and 23	Week 5 quiz due Thursday, June 13
Week 6	Monday June 17 through Friday June 21	Monday, June 17 <i>(*No class meeting on Wednesday, June 19, Juneteenth)</i>  <i>Optional Review Session:</i> Thursday, June 20 – Time TBA	Critical Care Pharmacology		Evidence-Based Practice Project Due Thursday, June 20  EXAM 3: FRIDAY, JUNE 21 (8am-8pm, HonorLock)