

HUN4445
Nutrition and Disease – Part I
Summer 2025
Online Synchronous, 3 credits
Class Number 15229
Section ND61

Instructor

Dr. Laura Acosta

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Office Hours on Zoom – Mondays 1:30-3:00pm – please email ahead of time to let me know you're coming so I can reserve time for you and ensure a private meeting.

[Zoom Link to Join Office Hours](#)

Meeting ID: 929 8340 8236

Password: 416929

Teaching Assistant

TBA

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 Period 3 (11:00am-12:15pm) and Wednesdays Periods 3-4 (11:00am-1:45pm)

[Zoom Classroom Link](#)

Meeting ID: 997 2313 5656

Passcode: 933958

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. Identify key structures within and related to the gastrointestinal anatomy.

5. Integrate knowledge of digestive and absorptive physiology to evaluate the appropriateness of nutrition support interventions for various patients.
6. Integrate foundational knowledge of data analysis to interpret nutritionally-relevant laboratory values.
7. 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.
8. Evaluate the impact of food/nutrient-drug interactions on nutritional status and drug efficacy and recommend appropriate intervention strategies.
9. Describe research designs used in nutrition research and discuss their strengths and limitations and the features that increase confidence that results are valid.

Optional Text

- Nelms M, Sucher K. (2020). Nutrition Therapy and Pathophysiology, 4th Edition. Boston, MA: Cengage Learning. ISBN-13: 978-0357041710

Readings

While there is no required text for the course, 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.

Graded Course Elements and Activities

Attendance: 20 points

Attendance is required for this course. Attendance is more than just being present 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** and **stay for the entire class period** in order to be counted as present. If you have a situation arise where you must have your camera off, and/or if you must arrive late or leave early, please contact the course TA ahead of time with cc to Dr. Acosta. Students who miss class due to illness, family emergency, or other extenuating circumstance should complete the [Instructor Notification Process through the Dean of Students Office](#) to be eligible for an excused absence.

We understand that sometimes “life happens” and you may occasionally miss class due to circumstances that are not necessarily documentable emergencies. For this reason, we will allow **up to 2** absences for the semester with no documentation needed and no questions asked. Absences beyond the allowed 2 will require notification from the Dean of Students

Office (DSO) per above. If DSO notification is provided, the absence will be excused. Your grade will not be penalized, and you will be eligible to make up any graded in-class work you may have missed. Absences (beyond the allowed 2) that are not excused with appropriate DSO notification per above will result in a deduction of **5 points** from the attendance grade, in addition to a **grade of 0** for any graded in-class work that was missed.

In-Class Activities: 40 points

In-class activities are interactive activities completed during our scheduled class time, intended to synthesize and reinforce counseling concepts, skills, and techniques. They will be graded on completion and (if applicable) accuracy, and will contribute a total of 40 points toward your final grade. You must be present in class to participate in the in-class activities, unless you have an excused absence per the Dean of Students Office Instructor Notification Process (as outlined above under Attendance). If you have an officially excused absence, reach out to the course TA with cc to Dr. Acosta, and we will assist you if you wish to make up a missed in-class activity.

Quizzes: 120 points (6 at 20 points each)

There will be a quiz each week to reinforce key concepts. Quizzes are open-book, open-note. Quizzes are not intended to be tricky or difficult. They are intended to provide accountability to stay on top of the course material and to engage with it on a regular basis. They also serve as an excellent study tool for the Exams. They are due each Thursday at 11:59pm.

Quiz Dates and Topics:

Quiz	Due	Topics Included
1	Thursday, May 15 at 11:59pm	<ul style="list-style-type: none">• The Nutrition Care Process• Nutrition Screening• Anthropometrics• Body Composition• Malnutrition
2	Thursday, May 22 at 11:59pm	<ul style="list-style-type: none">• Dietary Assessment• Estimating Energy Needs• Estimating Protein Needs• Estimating Fluid Needs• Interpreting Labs
3	Thursday, May 29 at 11:59pm	<ul style="list-style-type: none">• GI Anatomy and Physiology• Enteral Nutrition
4	Thursday, June 5 at 11:59pm	<ul style="list-style-type: none">• Enteral Nutrition (continued)• Parenteral Nutrition
5	Thursday, June 12 at 11:59pm	<ul style="list-style-type: none">• Evidence Based Practice Cancer
6	Thursday, June 19 at 11:59pm	<ul style="list-style-type: none">• Critical Care• Pharmacology

Unit 1 Project – Laboratory Data Analysis Project: This is an individual project. It is due on the date indicated on the syllabus. Late submissions will be penalized 10% for each day late.

Unit 2 Project – Nutrition Support 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.

Unit 3 Project – Evidence-Based Practice Project: This is an individual project. It is due on the date indicated on the syllabus. Late submissions will be penalized 10% for each day late.

Exams: 600 points

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 are not available. However, there will be a few opportunities to earn bonus points throughout the semester.

Final Course Grade Determination

This course has 900 possible points:

Attendance	20
In-class Activities (must be present in class to participate)	40
6 Weekly Quizzes (20 points each)	120
Unit 1 Project: Laboratory Data Analysis Project	40
Unit 2 Project: Nutrition Support Case Study	40
Unit 3 Project: Evidence-Based Practice Project	40
<u>Exams 1, 2 & 3 @ 200 points each</u>	<u>600</u>
Total	900

Grades are not negotiable and will be assigned according to the following scale:

837-900	93.0-100.0%	A	603-629	67.0-69.9%	D+
810-836	90.0-92.9%	A-	567-602	63.0-66.9%	D
783-809	87.0-89.9%	B+	540-566	60.0-62.9%	D-
747-782	83.0-86.9%	B	<540	<60%	E
720-746	80.0-82.9%	B-			
693-719	77.0-79.9%	C+			
657-692	73.0-76.9%	C			
630-656	70.0-72.9%	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/>

Dropping Courses and Withdrawals

For information on current UF policies regarding dropping or withdrawing from courses, see <https://catalog.ufl.edu/UGRD/academic-regulations/dropping-courses-withdrawals/>

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.bluer.com/ufl/>. Summaries of course evaluation results are available to students at: <https://gatorevals.aa.ufl.edu/public-results/>.

Academic Honesty

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.” On all work submitted for credit by students 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.”

The Conduct Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [See the UF Conduct Code website for more information](#). If you have any questions or concerns, please consult with the instructor or TAs in this class.

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). 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://policy.ufl.edu/regulation/4-040/>

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.

Whole Gator App

- The Whole Gator website and app connects UF students with resources dedicated to supporting overall health and well-being. In addition to many of the resources below it also has strategies to practice self-care. <https://one.ufl.edu/whole-gator/topics>

Health and Wellness

- U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).
- University Police Department: [Visit UF Police Department website](#) or call 352 392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).
- GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, [visit the GatorWell website](#) or call 352-273- 4450.
- Student Success Initiative, <http://studentsuccess.ufl.edu>.

Academic Resources

- E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-392 4357 or via e-mail at helpdesk@ufl.edu.
- [Career Connections Center](#): Reitz Union Suite 1300, 352-392- 1601. Career assistance and counseling services.
- [Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources. Call 866-281-6309 or email ask@ufl.libanswers.com for more information.
- [Teaching Center](#): 1317 Turlington Hall, 352-392-2010 or to make an appointment 352- 392- 6420. General study skills and tutoring.
- [Writing Studio](#): Daytime (9:30am-3:30pm): 2215 Turlington Hall, 352-846-1138 | Evening (5:00pm-7:00pm): 1545 W University Avenue (Library West, Rm. 339). Help brainstorming, formatting, and writing papers.
- Academic Complaints: Office of the Ombuds; [Visit the Complaint Portal webpage for more information](#).
- Enrollment Management Complaints (Registrar, Financial Aid, Admissions): [View the Student Complaint Procedure webpage](#) for more information.

Student Complaints

- Residential Course: <https://www.ombuds.ufl.edu/complaint-portal/>
- Online Course: <https://pfs.tnt.aa.ufl.edu/state-authorization-status/#student-complaint>

Accommodations 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. See the [“Get Started With the DRC”](#) webpage on the Disability Resource Center site. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

In-Class Recording

Students are allowed to record 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.

Use of Artificial Intelligence (AI) Tools

If students use AI tools in preparing assignments for this course, it is the students’ responsibility to ensure the information credibility, abide by the UF Honor Code, and acknowledge in writing (in a footnote on the assignment) which AI tools were used and specifically how they were used on that particular assignment. AI tools are not allowed for quizzes or exams in this course. For the Nutrition Education Project, students are permitted to use AI tools to check grammar and brainstorm ideas. However, it is not acceptable to have AI write the article or video content for you.

Summer 2025 Class Schedule

	Date	Class Meetings	Topics	Optional Textbook Readings (Nelms, Sucher) Additional supplemental readings will be posted on Canvas	Quizzes, Projects, and Exams
Week 1	Monday May 12 through Friday May 16	Monday, May 12 (11:00am-12:15pm) Wednesday, May 14 (11:00am-1:45pm)	Syllabus and Expectations The Nutrition Care Process Nutrition Screening Anthropometrics Body Composition Malnutrition	Chapters 2 and 3	Week 1 quiz due Thursday, May 15
Week 2	Monday May 19 through Friday May 23	Monday, May 19 (11:00am-12:15pm) Wednesday, May 21 (11:00am-1:45pm) <i>Optional Review Session:</i> Thursday, May 22 (11:00am-12:15pm)	Dietary Assessment Estimating Energy Needs Estimating Protein Needs Estimating Fluid Needs Interpreting Labs	Chapters 2 and 3	Unit 1 Project due Wednesday, May 21 Week 2 quiz due Thursday, May 22 EXAM 1: FRIDAY, MAY 23 (8am-8pm, HonorLock)
Week 3	Monday May 26 through Friday May 30	(*No class meeting on Monday, May 26, Memorial Day) Wednesday, May 28 (11:00am-1:45pm)	GI Anatomy and Physiology Enteral Nutrition	Chapter 5	Week 3 quiz due Thursday, May 29

Week 4	Monday June 2 through Friday June 6	<p>Monday, June 2 (11:00am-12:15pm)</p> <p>Wednesday, June 4 (11:00am-1:45pm)</p> <p><i>Optional Review Session:</i> Thursday, June 5 (11:00am-12:15pm)</p>	Enteral Nutrition (continued) Parenteral Nutrition	Chapter 5	<p>Unit 2 Project due Wednesday, June 4</p> <p>Week 4 quiz due Thursday, June 5</p> <p>EXAM 2: FRIDAY, JUNE 6 (8am-8pm, HonorLock)</p>
Week 5	Monday June 9 through Friday June 13	<p>Monday, June 9 (11:00am-12:15pm)</p> <p>Wednesday, June 11 (11:00am-1:45pm)</p>	Evidence Based Practice Cancer	Chapters 11, 22, and 23	Week 5 quiz due Thursday, June 12
Week 6	Monday June 16 through Friday June 20	<p>Monday, June 16 (11:00am-12:15pm)</p> <p>Wednesday, June 18 (11:00am-1:45pm)</p> <p><i>Due to the Juneteenth holiday, in lieu of an optional review session a recorded review session will be posted on Thursday, June 19</i></p>	Critical Care Pharmacology		<p>Unit 3 Project due Wednesday, June 18</p> <p>Week 6 quiz due Friday, June 20 (<i>one day extension past the typical Thursday due date, due to the Juneteenth holiday</i>)</p> <p>EXAM 3: FRIDAY, JUNE 20 (8am-8pm, HonorLock)</p>