

HUN 3403
Nutrition Thru the Life Cycle
Fall 2023

Credits: 2 hours
Class Meetings: TR | Period 4 | 10:40 – 11:30
Location: Online – Synchronous - Live
Lecturer: Dr. Sarah Brunnig, DCN, RDN
Contact: AFPP Room 104B (small building next to main FSHN by pond)
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)
Office Hours: 1:00 – 3:00 Monday and Wednesday.
12:00 – 1:00 Thursday
In office and also on Zoom - Other times available as needed
Zoom Meeting ID for Office Hours: <https://ufl.zoom.us/j/6037582434>

Teaching Assistants: Danielle Aycart
danielle.aycart@ufl.edu
zoom link:
office hours:
Allow 24 – 48 hours for a response to emails

Prerequisites: Prerequisite: HUN 2201

Textbook: Nutrition Through the Life Cycle by Judith Brown 7th ed Cengage, 2020
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. You may also purchase a physical text if you prefer. Also, a copy of the text is in the Marston Library at the Reserve Desk, and you can read it there using the Ares online course reserve system. [UF All Access \(ufl.edu\)](https://ufl.edu/all-access)

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.
When we have Group Activities then it will be necessary for you to have a device with you to work on such as a tablet or computer. Audio and video are needed. Tests will be in class and on your computer.

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 assistant 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 has Lecture periods twice a week. Attendance in class will be taken and count for points as explained below. It is best to access class on a computer, not your phone. 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 and audio needs to be turned on during Breakout Rooms. 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. Follow the instructions and see the Rubric. **Everyone** will reply in each of the two Discussion Forums. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject. See Rubric. Each is worth 30 points. 60 points.

Critical Thinking Assignment:

There will be a Critical Thinking Assignment in which you will need to use the information we have learned to develop Concepts and justify your reasoning. There will also be a Critical Thinking section on the last test in which you will need to use the information we have learned to come to a conclusion and justify your reasoning. 30 points for assignment portion.

Brochure

You will develop a Brochure for the Life Stage you are doing for the below Diet Analysis Assignment. You will research the stage for some main nutrition concerns and solutions and develop the Brochure to be attractive, interesting and useful to the client. 20 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 observations and their diet. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. 20 points

Weight Stigma Assignment:

There will be a short assignment on weight stigma. 10 points

Attendance and Breakout Rooms:

Attendance in class is important for best learning. To encourage regular attendance, an Attendance grade will be given. There are 27 class days and only 20 of these will be counted towards Attendance in order to give you flexibility and account for some days when you are not able to be there. On days where we have Breakout Rooms your participation in those will take precedence. The next method is that in each class, questions will be asked to be answered in the Chat. From this it will be seen that you attended class. Typing in Good Morning at the beginning, or Thank you at the end, though very nice, do not count towards Attendance. You will need to make comments or ask questions. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 12 classes. There will be a total of 20 at 1 point each = 20 points. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Exams:

There will be three exams. All will be on your computer via HonorLock. The first two will be 50 points 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 with two Essays. For some questions you will need a calculator and to show your work. These will be 100 minutes each. The last Exam will be on the day of the Final and will be 60 points. It will cover the last three chapters and will also have a set of questions on a Critical Thinking scenario. It will be 150 minutes. There will be no cumulative exam. Exams are closed book/closed notes so read each chapter several times and study your notes frequently. Three exams = 160 points

Course Evaluation

Grading:

Assessment	Points	Total
Discussions		
Main Post 2	@ 20	40
Replies – 4	@ 5	20
Diet Analysis -1	@ 20	20

Critical Thinking - 1	@ 30	30
Brochure - 1	@ 20	20
Weight Stigma - 1	@ 10	10
Attendance – 20	@ 1	20
Exams – 3	2@ 50 1@ 60	160
Total		320

There will be no ‘curve’ or rounding up and your course grade will be calculated as follows:

Grading Scale	93 - 100%	A	90 - 92.99%	A-	
87 - 89.99%	B+	83 - 86.99%	B	80 - 82.99%	B-
77 - 79.99%	C+	73 - 76.99%	C	70 - 72.99%	C-
67 - 69.99%	D+	63 - 66.99%	D	60 - 62.99%	D-
<60%	E				

Information on current UF grading policies for assigning grade points may be found [Grades and Grading Policies < University of Florida \(ufl.edu\)](#)

Extra Credit:

There will be Extra Credit offered up to a maximum of 10 points. A list of what is possible will be in Modules > Assignments along with the dropbox.

Course Policies

Course Attendance:

Attendance will be obtained from the Chat and your participation in the Breakout rooms. It is your responsibility to attend all lectures, obtain all instructional materials, and follow any class announcements. Excessive absences will lead to a failing grade being assigned regardless of your grade in class. Excessive means absent over 12 classes. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas dropboxes. 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.

Technology Issues:

A good method for resolving technical issues is to visit the helpdesk website <https://helpdesk.ufl.edu/> or call 352-392-4357. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc.

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 (though be aware that the exam is not open for 24 hours), 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 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. 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. It is also very helpful to contact the Dean of Students office so that they can help with the situation and gather the documentary evidence. 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 when an emergency strikes are much less.

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. Each student will start the semester with three 'tokens' that allow for being late. The token allows for a Discussion Main Post OR Replies to be late by one day. The token allows for other assignments like the Brochure to be late one week. To use the token, you will write your TA and the TA will record it in the discussion/assignment comments and also on a main page. IF you are out of tokens, or past the times allowed by the token, then

the item will revert to the following: Assignments not turned in on time will be subject to a 5% late penalty imposed for each day that the assignment is late to a maximum off of 30%. Assignments not turned in at all will of course receive a zero. 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, ROTC), 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, 0001 Reid Hall, 352-392-8565 [Disability Resource Center - Disability \(ufl.edu\)](#), is the place to go to discuss and have approved any special accommodations. 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. They will send your Instructor a letter. You may want to check with the Instructor that the letter has been received. 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 Office Hour Recordings

Our class sessions will likely not be recorded. But in case they are the following applies. Office hours are subject to be audio visually recorded (though I usually turn that off) 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 check with the Dean of Students to get a waiver. 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 or lecture, 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. See below for more information on recordings of lectures.

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>.

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.

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>.

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 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.

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](#).

[Field and Fork Food Pantry](#): Available for any student, staff, faculty experiencing food insecurity. Bring your Gator1 Card.

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.

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.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

[Student Complaints On-Campus](#): Visit the Student Honor Code and Student Conduct Code webpage for more information.

[On-Line Students Complaints](#): View the Distance Learning Student Complaint Process.

HUN3403 FALL 2023 Class Schedule

(Dr. Brunnig reserves right to make changes including adding additional readings as needed. You will be informed ahead of these changes. Any outside the text readings are shown in the PPs.)

Date	Day of Week	Class Topic	Readings and Assignments
Aug 24	Th	Chapter One - Nutrition Basics	Chapter One For group activities coming up be prepared by having computer video/audio ready to use.
Aug 29	Tu	Chapter Two – Preconception	Chapter Two
Aug 31	Th	Chapter Two – Preconception	Chapter Two Watch recording on Research
Sept 5	Tu	Chapter Two – Preconception Group Activity - Calculations	Chapter Two Have computer video/audio ready to use
Sept 7	Th	Chapter Four – Pregnancy	Chapter Four
Sept 12	Tu	Chapter Four – Pregnancy Group Activity – Preconception	Chapter Four Have computer video/audio ready to use
Sept 14	Th	Chapter Four – Pregnancy	Chapter Four
Sept 18	Mo		Discussion Forum One Reports due in Turnitin Dropbox tonight - this dropbox is only for checking Turnitin – check this before placing in Discussion Forum One by Tuesday Sept 19
Sept 19	Tu	Chapter Six – Lactation	Chapter Six Discussion Forum One Main Posts due after checking with Turnitin
Sept 21	Th	Chapter Six – Lactation Possible Guest Speaker – Dr. Taft	Chapter Six
Sept 22	Fr		Discussion Forum One Replies due tonight
Sept 26	Tu	Group Activity – Pregnancy Weight Gain Review	Have computer video/audio ready to use
Sept 28	Th	EXAM ONE – Chapters 2,4,6 No class meeting	This exam will be taken on your computer with HonorLock – it is closed book and closed notes – only the exam can be open on your computer

Oct 3	Tu	Critical Thinking Chapter Eight – Infants	Critical Thinking PP – no text Chapter Eight
Oct 5	Th	Chapter Eight – Infants Group Activity – Samples of Critical Thinking	Chapter Eight Have computer video/audio ready to use
Oct 10	Tu	Chapter Eight – Infants	Chapter Eight Diet Analysis Assignment is not due until Dec 1 but good idea to plan now who you are going to observe as you might see them over Thanksgiving Holiday
Oct 12	Th	Group Activity Day – critical thinking, calculations, growth charts	Have computer video/audio ready to use
Oct 17	Tu	Chapter Ten – Toddler and Preschooler	Chapter Ten Work on Critical Thinking Assignment due Friday Oct 20
Oct 19	Th	Chapter Ten – Toddler and Preschooler	Chapter Ten Critical Thinking Assignment due tomorrow
Oct 20	Fr		Critical Thinking Assignment due tonight Work on Discussion Forum Two
Oct 23	Mo		Discussion Forum Two Reports due in Turnitin Dropbox tonight - this dropbox is only for checking Turnitin – check this before placing in Discussion Forum Two by Tuesday Oct 24
Oct 24	Tu	Group Activity Toddler/Preschool growth Chapter Twelve – Child and Preadolescent	Have computer video/audio ready to use Chapter Twelve Discussion Forum Two Main Posts due after checking with Turnitin
Oct 26	Th	Chapter Twelve – Child and Preadolescent	Chapter Twelve Work on Brochure Life Stage due Friday Nov 17
Oct 27	Fr		Discussion Forum Two Replies due tonight
Oct 31	Tu	Group Activity - Pediatric Overweight Review	Have computer video/audio ready to use Work on Brochure Life Stage due Friday Nov 17
Nov 2	Th	EXAM TWO – Chapters 8, 10, 12 No class meeting	This exam will be taken on your computer with Honorlock as before

Nov 7	Tu	Chapter Fourteen – Adolescent	Chapter Fourteen Work on Assignment on Weight Stigma due Fri Nov 10 Work on Brochure Life Stage due Friday Nov 17
Nov 9	Th	Chapter Fourteen – Adolescent	Chapter Fourteen
Nov 10	Fr		Assignment on Weight Stigma due
Nov 14	Tu	Group Activity – Adolescent Scenarios Chapter Sixteen – Adults	Chapter Sixteen Have computer video/audio ready to use Work on Brochure Life Stage due Friday Nov 17
Nov 16	Th	Chapter Sixteen – Adults Possible Guest Speaker - Dr. Shelnut	Chapter Sixteen
Nov 17	Fr		Brochure due tonight
Nov 21	Tu	Chapter Sixteen – Adults	Chapter Sixteen Work on Diet Analysis Assignment due Fri Dec 1
Nov 23	Th	THANKSGIVING HOLIDAY	
Nov 28	Tu	Chapter Eighteen – Seniors	Chapter Eighteen
Nov 30	Th	Chapter Eighteen – Seniors	Chapter Eighteen
Dec 1	Fr		Diet Analysis Assignment due tonight
Dec 5	Tu	Overflow Group Activity - Seniors Review	Chapter Eighteen Have computer video/audio ready to use
Dec 7,8	Th, Fr	Reading Days	
Dec 15	FRIDAY	Official time is 12/15/2023 @ 12:30 PM - 2:30 PM – but the exam will be open all day from 7:00 AM to 11:59 PM. EXAM THREE - Chapters 14,16,18 and a section on Critical Thinking	This exam will be taken on your computer with HonorLock – it is closed book and closed notes