

HUN 4445 – NUTRITION AND DISEASE- PART 1
Fall 2024 Class Number 14170 (2 credits)

INSTRUCTOR & GENERAL COURSE INFORMATION

Instructor: **Stacey L. Mobley, PhD, RDN, CNSC**
Contact Information: Phone: 352-273-3467
E-mail: stacey.mobley@ufl.edu (best method to contact)
Office Hours: Mondays, 1200pm -1230pm (<https://ufl.zoom.us/j/92579339098>) or by appointment

****PLEASE ALLOW 24-48 HOURS FOR A RESPONSE TO E-MAILS
AND AVOID SENDING E-MAILS VIA CANVAS*******

Teaching Assistant: Dylan Blaufus E-mail: dblaufus@ufl.edu
Office Hours: Th 230PM-300PM

Course Information: HUN 4445 – Nutrition and Disease- Part 1
Credits: 2
Class Meetings: Tuesday/Thursday | Period 3 (9:35 AM – 10:25 AM)
Location: CSEE119

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: 1) Non-programmable calculator 2) Reliable access to the Internet and to e-Learning (Canvas). Note that Canvas will be used for announcements, grade posting, posting class notes for lectures, recorded lectures, quizzes, exams, and other information. If you are not familiar with Canvas, please review the website: <http://lss.at.ufl.edu> and Access to MS Word, MS PowerPoint, and PDF reader software

Recommended text: Nelms M, Sucher K, Lacey K. (2020). Nutrition Therapy and Pathophysiology, 4th Edition. Boston, MA: Cengage Learning. ISBN-13: 978-0357041710 **or** Nelms M, Sucher K, Lacey K. (2016). Nutrition Therapy and Pathophysiology, 3rd Edition. Boston, MA: Cengage Learning. ISBN-13: 978-1305111967

Course format: The course will consist of in-class lectures and PPT slides that will usually be posted prior to scheduled meeting times (Tu/Th 9:35 AM - 10:25 AM). Your final course grade will be derived from 2 homework assignments, 6 on-line quizzes (lowest dropped), 2 exams and a **cumulative** final exam. Extra credit opportunities may be given at the discretion of the instructor throughout the semester. Grades will be posted on Canvas. It is your responsibility to check for any discrepancies in points and report them to your instructor immediately.

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 regarding 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.

Foundation knowledge and learning outcomes: *Activities in this course are designed to contribute to students achieving the following learning outcomes defined by the Accreditation Council for Education in Nutrition and Dietetics:*

- Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions. (KRDN 1.1) □
- Apply critical thinking skills. (KRDN 1.3)
- Demonstrate effective and professional oral and written communication and documentation. (KRDN 2.1)
- Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services. (KRDN 2.5)
- Use the Nutrition Care Process to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions. (KRDN 3.1)
- Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained. (KRDN 4.3)

ASSIGNMENTS & GRADING:

Assignments: There will be two (2) assignments throughout the semester. Assignments with detailed instructions will be posted and submitted using Canvas. These assignments will contribute 75 points each to your final course grade. Submission of all homework assignments is required by 1159pm (*see Late Policy*) on the due date and each of these will be used to determine your final course grade. Please be aware that due dates may be adjusted as needed based on lecture schedule. ***Also, keep a PRINTED copy of all of your assignments in the event that it becomes lost due to technical failures.*** Please contact a teaching assistant first if you have a question about an assignment grade. If there are still questions, the project will be given to Dr. Mobley for a re-grade. However, the entire project will be re-graded and may result in a lower grade. If you choose to compare your project grade to another student's project grade then both projects need to be submitted for re-grading.

ASSIGNMENTS WILL NOT BE ACCEPTED VIA E-MAIL!!!!!!!!!!!!

Quizzes: There will be 5 online quizzes worth 10 for a total of 50 points. Quizzes will be announced at least 1 week before it is given. There will be a window of 72 hours to complete the quizzes. The questions used for the quizzes are similar in format and style to those used on the exams. No make-up quizzes will be available.

Exams: Two (2) exams will be given in-class. The exams valued equally at 100 points each. A cumulative final exam valued at 200 points will also be given. The format of all exams will consist of multiple-choice, true/false, and matching.

Bonus Points: Bonus points based on learning activities provided by the instructor **WILL BE ADDED TO YOUR TOTAL POINTS EARNED DURING THE SEMESTER!!!!!!**

Grading Scale & Record of Grades:

GRADING:

Exams:	Possible Pts.
Exam #1 (Oct. 10 th)	100
Exam #2 (Nov. 16 rd)	100
Final Exam (Dec. 12 th)	200
Assignments:	
Assignment #1- Research Analysis (Due Oct. 27 th)	75
Assignment #2- Case Study (Due Dec. 1 st)	75
Quizzes:	
5 Quizzes (10 points each)	50
*Bonus Points:	
TOTAL POINTS	600

* Opportunities will be given to earn bonus participation points. Bonus points will be added to your over total points. For example, if you earned 550 points (out of 600) and 10 extra participation points, then your overall point total will be 560 (out of 600).

FINAL COURSE GRADES ARE NOT NEGOTIABLE

Grade	%		Grade	%
A	93 - 100		C	73 - 76
A-	90 - 92		C-	70 - 72
B+	87 - 89		D+	67 - 69
B	83 - 86		D	63 - 66
B-	80 - 82		D-	60 - 62
C+	77 - 79		F	<60

Grades and Grade Points: For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

COURSE POLICIES

Attendance

Attendance will not be taken, but it will be the student's responsibility to attend all lectures, obtain all instructional materials and abide by any class announcements. It will be the student's responsibility to take his/her own lecture notes as these will be needed to properly prepare for the regularly scheduled exams. Students are encouraged to have "study buddy groups" of two- three individuals that they may call upon in the event of an unexpected absence, and/or to prepare for exams and share notes.

Example: Classmates' Contact Information

1. Name: _____ E-mail: _____ Phone: _____

2. Name: _____ E-mail: _____ Phone: _____

3. Name:

E-mail:

Phone:

Absences and Make-Up Work: Requirements for missed exams, class attendance and make-up work are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Assignment Grading: *Please keep a copy of all your assignments in the event that it becomes lost due to technical failures.* Please see a teaching assistant first if you have a question about an assignment grade. If there are still questions, the project will be given to the instructor for a re-grade. However, the entire project will be re-graded and may result in a lower grade. If you choose to compare your project grade to another student's project grade then both projects need to be submitted for re-grading.

Late Policy

Students are expected to submit all assignments on time. All assignments will be collected promptly. Late assignments will be subject to a 5% late penalty. In addition, a penalty of 10% will be imposed for each day that the assignment is late.

“The Rules” during Exams and Quizzes: The exams will be closed-book so **STUDY YOUR NOTES** frequently. You will usually have 50-60 minutes to complete the exam. Once you begin, you must finish it within the allotted time.

Printing, copying, communicating, photographing, snip/sketch, etc. quiz and/or exam questions **ARE STRICTLY PROHIBITED** and subject to academic misconduct. Students who have been approved for accommodations must contact Dr. Mobley the week prior to each exam to ensure that there are no oversights.

Exam Make-Up Policy

Make-up exams may not be provided unless there are extenuating circumstances (e.g. illness, medical, death in family, etc). In which case, contact your instructor *immediately by* e-mail (stacey.mobley@ufl.edu) to discuss the situation and to make suitable arrangements for a make-up exam – *appropriate documentation of the absence must be provided in order to receive a make-up exam.* The make-up exam may be essay.

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 Dr. Mobley. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time. Make-up exams are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Email

Throughout the semester, your instructor may communicate important information to the class via e-mail. Importantly, the e-mail address on file with UF (@ufl.edu) will be used for all communications. If you use other e-mail accounts (yahoo, hotmail, gmail, etc), be sure to check your UF e-mail regularly or set-up e-mail forwarding on the university system. Please avoid sending your instructor any messages through Canvas because he can not track the previous e-mail conversations.

Classroom Etiquette

Class will start promptly as scheduled. Please TURN OFF the ringer on cellular telephones during

class time. Texting during class is considered disruptive and you may be asked to leave. Please be considerate of classmates during class time by minimizing comments to others, arriving on time, and not leaving before the end of class. Any student who uses a laptop, smartphone or other device for non-class related activities (e-mail, surfing the Internet, social media sites such as Facebook etc.) will be asked to turn off their device and/or leave class.

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. **Printing, copying, communicating, photographing, snip/sketch, etc. quiz and/or exam questions ARE STRICTLY PROHIBITED and subject to academic misconduct.**

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.

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. 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>.

OTHER INFORMATION:

Technical Issues or E-learning technical support : Please [visit the helpdesk website](#) or contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Absences 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/ugrad/current/regulations/info/attendance.aspx>.

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>. 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/>

- **Studio:** The Writing Studio is committed to helping University of Florida students meet their academic and professional goals by becoming better writers. Individual assistance is provided and students of all levels and disciplines are welcome (<https://writing.ufl.edu/writing-studio/>). Their main office is 302 Tigert Hall, and their office phone is (352) 846-1138.
- **Other Information:** Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any 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.
- **In-class recordings:** 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.
- **COVID 19 Policy and Procedures**

In response to COVID-19, the following practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to further the health and safety of ourselves, our neighbors, and our loved ones.

 - If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.uflhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.

- You are expected to wear approved face coverings at all times during class and within buildings even if you are vaccinated. Please continue to follow healthy habits, including best practices like frequent hand washing. Following these practices is our responsibility as Gators.
 - Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
 - Hand sanitizing stations will be located in every classroom.

- If you sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the [UF Health Screen, Test & Protect website](#) for more information.
 - Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.
 - If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.

- Continue to regularly visit coronavirus.UFHealth.org and coronavirus.ufl.edu for up-to-date information about COVID-19 and vaccination.

TENTATIVE COURSE OUTLINE

(The instructor reserves the right to make changes to the course schedule if necessary)

Date			Topic
August	Th	22	Introduction; Clinical Foundations of Nutrition and Disease (Nutrition Care Process; Standards of Profession Practice; Evidence Base Medicine/ Clinical Research and Derivation of Clinical Guidelines)
	T	27	Clinical Foundations of Nutrition and Disease (continued)
	Th	29	Malnutrition Screening and Assessment Tools
Sept.	T	3	Anthropometrics, Body Composition, and Physical Examination
	Th	5	Biochemical/Laboratory Tests
	T	10	Clinical Sign, Symptoms, and Observations
	Th	12	Dietary Assessment and Evaluations; <u>On-Line Quiz 1 (Opens Thurs., 9/12 @ 11AM; Closes Sun., 9/15 @ 1159PM)</u>
	T	17	Energy, Protein, and Fluid Assessment
	Th	19	Enteral Nutrition Assessment and Diagnosis
	T	24	Enteral Nutrition Implementation and Formulations
	Th	26	Enteral Nutrition Monitoring and Evaluation; <u>On-Line Quiz 2 (Opens Thurs., 9/26 @ 11AM; Closes Sun., 9/29 @ 1159PM)</u>
October	T	1	Parenteral Nutrition Assessment, Diagnosis, and Formulations
	Th	3	Parenteral Nutrition Implementation, Monitoring, and Evaluation
	T	8	Pharmacology and Nutritional Implications
	Th	10	EXAM 1
	T	15	Nutritional Genomics
	Th	17	Nutritional Genomics
	Tu	22	Nutritional Genomics
	Th	24	Metabolic Alterations of Inflammatory and Disease States (cont.) <u>On-Line Quiz 3 (Opens Thurs., 10/24 @ 11AM; Closes Sun., 10/27@1159PM); Assignment #1- Research Analysis Due Sun., 10/27@1159PM)</u>
	T	29	Metabolic Alterations of Inflammatory and Disease States (cont.)
	Th	31	Metabolic Alterations of Inflammatory and Disease States (cont.)
November	T	5	Critical Care (Sepsis and Respiratory Distress);
	Th	7	Critical Care (Trauma, Surgery, and Burns); <u>On-Line Quiz 4 (Opens Thurs., 11/7 @ 11AM; Closes Sun., 11/10 @ 1159PM)</u>
	Tu	12	Critical Care (cont.)
	Th	14	EXAM 2
	T	19	Cancer Statistics and Molecular/Biochemical Basis of Neoplasms;
	Th	21	Cancer Prevention and Nutrition
	T	26	THANKSGIVING BREAK- NO CLASS
	Th	28	THANKSGIVING BREAK- NO CLASS

Dec	T	3	Cancer Treatment; Assignment #2- Case Study Due Sun., 12/1 @ 1159PM; <u>On-Line Quiz 5</u> (Opens Thurs., 11/28 @ 11AM; Closes Sun., 12/1 @ 1159PM)
	Th	7	No class (Reading Day)
	Th	12	FINAL EXAM (1000AM-1200PM)