

HUN 2201
Fundamentals of Human Nutrition
Fall 2025

Credits:	3 hours
Class Meetings:	MWF Period 5 11:45 AM – 12:35 PM
Location:	Online synchronous (live)
Lecturer:	Dr. Sarah Brunnig, DCN, RDN
Contact:	Office: Building 120 (AFPP) Rm 104B (building next to main FSHN by pond) Email: skbrunnig@ufl.edu (use mail function in Canvas as best) Office Hours: 1:00 – 2:00 Mon and Wed (in-person/zoom) 9:00 – 10:00 Thurs (in-person/zoom) 7:00 PM – 8:00 PM Mon evenings (maybe)(zoom only) In office and also on Zoom - https://ufl.zoom.us/j/6037582434 Other times available as needed.
Teaching Assistant	<p>Valeria Gomez Email: valeriagomez@ufl.edu Office Hours: ,,, Zoom link: ,,,, Allow 24 – 48 hours for a response to emails</p> <p>Sitara Sriram Email: sitara.sriram@ufl.edu Office Hours: Zoom link: Allow 24 – 48 hours for a response to emails</p>
Prerequisites:	BSC 2007 or BSC 2005 or BSC 2010 or CHM 1025 or CHM 2045 or APK 2100C or APK 2105C or CHM 1030 Meets General Education – Biological Science
Textbook:	Nutrition for a Changing World, Macmillan Press, 2 nd edition 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)
Synchronous Class:	This is an online, synchronous class. We meet just like a campus class, only online. 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. Use a computer to access. You will need audio and visual on days we do activities in class.
Zoom Etiquette:	<ul style="list-style-type: none">• Students should turn their cameras ON during Breakout Rooms.

- Even though you may be alone at home, your professor and classmates can see you! While attending class in your pajamas is tempting, you need to dress appropriately, and behave like in class. Do not lounge in bed.
- Your Lecturer and classmates can also see what is behind you, so be aware of your surroundings. Make sure the background is not distracting or something you would not want your classmates to see. Avoid using backgrounds that may contain offensive images and language.
- Mute is needed on your computer. Keep your microphone off. This is important to do. Only turn on if asking a question in class and for the Break-Out rooms.
- The best way to ask questions will be by using the Chat in Zoom. The TA's will monitor and let the Instructor know any questions that look generally useful, and we will aim to answer all questions.
- The Chat feature in Zoom is for questions and comments related to class only. It is not for chatting with other students except as pertaining to class content. The Chat space must remain professional.
- All correspondence should be via E-mail through the Canvas class (use student email only if Canvas not available – do not use personal email).
- When you send an email to your instructor or teaching assistants you should start the subject line - (last name): HUN 2201
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

E-mailing:

Course Description and Objectives

Fundamentals of Human Nutrition uses principles of biological sciences (e.g.- anatomy, physiology and biochemistry) to provide an overview of dietary guidance, properties, function, deficiencies, toxicities, requirements, and regulation of nutrients and their role in human health and disease.

The successful completion of this course will enable students to:

1. Make informed decisions about foods and dietary supplements by being able to discriminate legitimate from unfounded health recommendations using science-based principles.
2. Explain how nutrient requirements and recommendations in humans are determined and how this information is used to provide dietary guidance for the general population.
3. Evaluate and improve the nutritional quality of a diet using dietary analysis tools.
4. Describe the food sources, chemical forms, digestion, absorption, function, utilization, deficiency, and toxicity of nutrients required by humans.
5. Discuss the relationship between diet, human health and chronic diseases such as obesity, diabetes, cardiovascular disease, hypertension, osteoporosis, cancer, etc.
6. Explain the concepts of energy balance and metabolism.
7. Understand the fundamentals of Food Systems and Sustainability.

Course Activities

Lectures:

This course uses synchronous (LIVE) lectures delivered via Zoom. All students will receive Zoom links posted on Canvas Calendar to join the lecture 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 and dressed appropriately. Your camera needs to be turned on during Breakout Rooms and you will be using audio too. During class, it will 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 TAs will answer and post answers in Canvas. PLEASE make sure your Zoom 'name' that shows onscreen includes at least your first initial and your last name so I can identify you have been in class. To familiarize yourself with Zoom go to <https://elearning.ufl.edu/zoom/>

AnalyzeMyDiet Project:

This will be a major project in which you will keep track of your diet for three days, enter the day into a diet analysis program and then analyze the information. This will be accomplished in ACHIEVE (see below). The diet part of the assignment is divided into six parts of 20 points each. (120 points)

Discussions:

There will be four Discussion Posts. Your main post (20 points) will be turned in by Monday evening of the week followed by replying to two other students (2.5 points each for 5 points) by Sunday evening of the week. You are expected to write clear, detailed posts and replies showing knowledge, analysis and interest in the subject. Your writing is expected to be your own and not to be from anything similar to Artificial Intelligence - This includes but is not limited to generative artificial intelligence, large language models, content generation bots, or other non-human intelligence or digital tools. You may of course use editing programs to check spelling and grammar. All writing is to be properly attributed both by in-text citations and by a reference list at the end. You may be asked to write the post in Google Docs first and upload the URL (100 points)

Other Assignments:

There will be an Introductory Discussion (2.5 pts) and Introductory Quiz on the Syllabus (2.5 pts). There is also a Second Week 'quiz' (5 pts). In addition, an Intro 'Quiz' and Checkpoint 'Quiz' in ACHIEVE are 5 pts each. (20 points)

ACHIEVE:

Macmillan publishing has a set of Courseware that accompanies our textbook. ACHIEVE will be integrated right into CANVAS so you will not have to be jumping back and forth between Learning Systems. You may read the text online in there. There are Adaptive Reading Quizzes to be taken as you finish each chapter. These are designed to help you move through the Chapter to understand the points. This will be worth 6 points per Quiz. (15 quizzes = 90 pts)

Extra Credit:

There will be two Extra Credits offered, each worth five points, and you may do two of these for a maximum of 10 points. A list of what is possible will be in Modules > Assignments along with the dropbox.

Attendance:

We meet 37 times, not including exam days. To encourage regular attendance, an Attendance grade will be given. Think of it as extra credit just for showing up to class. There are several methods for showing Attendance. The main method will be via participation in iClicker. This is an app you will download on your phone, then you use it to answer the questions asked during the Lecture. In each Lecture there will be a few questions that will be multiple choice. Your answers will be recorded. A back-up 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. **Only 30 days** will be counted towards Attendance in order to give you flexibility and account for some days when you are not able to be there. Each day up to 30 will be counted as 1 point for a total of 30 points. Some students will feel they can just watch the Recordings and not attend class, but excessive absences will lead to a failing grade being assigned. Excessive means absent over 16 classes as determined by participation in class. As per UF Attendance Policy, after due warning, an instructor can prohibit further attendance and subsequently assign a failing grade for excessive absences.

[Attendance Policies < University of Florida \(ufl.edu\)](#) (30 pts)

Exams:

There will be four exams, 100 points each of about 50 questions each and covering only the information covered in that Unit. There will be no cumulative exam. Exams will cover lecture material, the text, any readings, and class activities including calculations and will be predominately multiple-choice. For some questions you will need a calculator and HonorLock provides one. Exams are on the ACHIEVE site but they will be proctored by Honorlock in Canvas and so you will **enter the Exam via HonorLock**, and you will be audio and/or video recorded (see below for more information). Exams are closed book so read each chapter several times and study your notes frequently. The exams will be open from 7:00 AM to 11:59 PM of the exam day. There will be no class on that day. The last exam will be given during the scheduled day during finals week. Once you begin the exam, you must finish it in the time allotted. The clock is on the UF Server and once you begin it continues to run even if your system crashes so try logging back in and call **UF HELP DESK at (352) 392-4537** for help. The exam will be open 100 minutes which is twice as long as class time and this should accommodate most any special accommodation. Discuss any other needs with your Instructor. (400 points)

Course Evaluation

Grading:

Assessment	Points	Total
Discussions - 4		
Main Post	20	80
Replies (2) – 2.5 each	5	20
AnalyzeMyDiet		
(6) @ 20 points each	20	120
Adaptive Reading Quizzes (15) – 6 points each	6	90
Other Assignments Intro Discussion and Syllabus Quiz (2.5 each),		

and Second Week Quiz, (5), Intro Quiz and Checkpoint Quiz (5 each)	20	20
Attendance (30 at 1 each)	30	30
Exams – 4	100	400
Total		760

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 \(ufl.edu\)](#)

Course Policies

Course Attendance:

Attendance will be obtained from your participation in class. 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. Excessive means absent over 16 classes as determined by participation/questions answered in class via iClicker. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas dropboxes or in ACHIEVE which is connected to CANVAS. Discussions belong in the Discussion Board. It is up to you to check that your assignment is in/uploaded and that it is the correct version, meaning do not upload just the instructions thinking you have uploaded your answers. Acceptable file types include.docx and .pdf. The MAC file type of .pages is not acceptable. You have to ‘save as’ to an acceptable file type. Often visuals are needed as part of an assignment. .JPEG works well, .HEIC does not work. 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 Instructor/TA 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. ACHIEVE has ways to contact them and also iClicker.

Online Proctoring:

Honorlock will proctor your exams this semester. You DO NOT need to create an account or schedule an appointment in advance. All that is needed is a computer, a working webcam, a stable internet connection, and your ID. 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 find it in Modules > Getting Started. When ready to take the real Exam, go to HonorLock and look for the Exam. The Exam is actually in ACHIEVE but HonorLock will connect to it. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it is on a secondary device. Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (855-828-4004), and/or email (support@honorlock.com).

Exam Make-up Policy:

Make-up exams may not be provided unless there are extenuating circumstances (e.g., illness, medical, death in family, etc). Contact your instructor immediately by Canvas mail or email (skbrunnig@ufl.edu) to provide appropriate documentation of the absence and discuss the situation and to make suitable arrangements for a make-up exam. The make-up exam may be in a different format than the one provided to your classmates. If you have been doing your studying and assignments regularly and ahead of time, then the chances of not being prepared when an emergency strikes are much less. Since the Exam is open all day, that should give you time to take it sometime during that day.

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. ACHIEVE assignments not turned in on time will be subject to a late penalty imposed for each day that the assignment is late up to a certain amount. 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 assignment or 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 the Instructor. Contact your Instructor well in advance to coordinate a mutually convenient alternative exam time.

Other Information

Here is the link for other pertinent information related to Academic Policies, Academic Honesty, Academic Resources, and Campus Health and Wellness Resources. This is a great site to look over.

<https://syllabus.ufl.edu/syllabus-policy/uf-syllabus-policy-links/>

HUN2201 Fall 2025 Class Schedule

(Dr. Brunnig reserves right to make changes as needed. You will be informed ahead of these changes.
Readings outside of the Text are posted in the PPs and Discussions)

Date	Day of Week	Class Topic	Reading and Assignments
Aug 22	F	Chapter One: Introduction to CANVAS and ACHIEVE, Food Provides Nutrients and Energy, Calculations Setting up iClicker	Chapter One Participate in the iClicker questions in each lecture to show attendance – also contribute to the CHAT at least several times as a back-up that you are here A good pattern is to lightly read the text sections before each class, then to go back for a more thorough study. At the end of each Chapter, you then do the Adaptive Reading Quiz for that Chapter.
Aug 25	M	Chapter One: Nutrient and Energy Recommendations	Chapter One -Introductory Discussion Post within your Discussion Group -Introductory Syllabus Quiz -Intro Survey ACHIEVE -Second Week 'Quiz' -All due by Sunday Aug 31
Aug 27	W	Chapter One: Nutrition Science and Research, Nutrition Misinformation, My Background	Chapter One Do the Chapter One Adaptive Reading Quiz – this is an assignment – best done right as we finish each chapter instead of waiting till right before the Exam
Aug 29	F	Chapter Two: Ultra-Processed Foods, Healthy Diets, Dietary Guidelines	Chapter Two Reminder to participate in the iClicker questions – also contribute to the CHAT -Introductory Discussion Post within your Discussion Group -Introductory Syllabus Quiz -Intro Survey ACHIEVE -Take Second Week 'Quiz' - this is just to make sure you know how class operates All due by Sunday Aug 31
Sept 1	M	HOLIDAY	

Sept 3	W	<p>Introduce AnalyzeMyDiet Project/ How to record foods</p> <p>Chapter Two: MyPlate, Portion Sizes</p>	<p>Chapter Two</p> <p>Library Research – video to watch in Modules</p> <p>Collect several food labels to have ready for class Friday (complete box, package, not just the Nutrient Facts Panel)</p> <p>After today, Record Three Days of Food - have this done before Sunday Sept 14 as you then have to enter the foods and do an assignment with the information – one weekend day and two week days is a good arrangement</p> <p>There is a Practice Breakout Room on Friday - be on your computer (not phone) and with audio and visual</p> <p>Prepare Discussion Post One for Monday</p>
Sept 5	F	<p>Chapter Two: Food Labels</p> <p>Practice Breakout Room – be on your computer (not phone) - have audio/visual on – know your Group number, learn how to manipulate slide, and turn it in</p>	<p>Chapter Two</p> <p>Have Food Labels with you today</p> <p>Do the Chapter Two Adaptive Reading Quiz as we finish this Chapter</p> <p>Discussion One Main Post due on Sept 8 Monday</p>
Sept 8	M	<p>Class Activity Breakout Rooms on Chapter One and Two</p> <p>Chapter Three: Overview and Mechanical and Chemical Digestion</p>	<p>Breakout Room PP</p> <p>Chapter Three</p> <p>Breakout Rooms Today – be on your computer (not phone) and with audio and visual</p> <p>Record Three Days of Food - have this done before Sunday Feb 14 so you can do the AnalyzeMyDiet Food Groups Assignment by Sunday Sept 14</p> <p>Turn in Discussion One Main Post</p>
Sept 10	W	Chapter Three: Path of Digestion, Small Intestine	Chapter Three

Sept 12	F	Chapter Three: Gut Microbiome	Chapter Three Adaptive Reading Quizzes Chapters 1,2,3 due Wednesday Sept 15 before exam Discussion Replies by Sunday Sept 14 AnalyzeMyDiet Food Groups Assignment due Sunday Sept 14
Sept 15	M	Chapter Three: Common Digestive Disorders	Chapter Three Do the Chapter Three Adaptive Reading Quiz as we finish this Chapter Adaptive Reading Quizzes Chapters 1,2,3 due Wednesday Sept 15 before exam
Sept 15	W	Exam One – Chapters 1,2,3 – no class meeting	Exam open one full day – you enter Exam through HonorLock
Sept 17	F	HOLIDAY - HOMECOMING	
Sept 22	M	Chapter Four: What are Carbohydrates, Whole Grains	Chapter Four Print-out copy of Carb Digestion found in Unit Two to have for class on Wednesday Checkpoint Survey One due Sept 28
Sept 24	W	Chapter Four: Digestion, Glucose in the Body, Added Sugars, Sugar Alternatives	Chapter Four Have print-out with you for class
Sept 26	F	Chapter Four: Fiber, Intake Recommendations	Chapter Four Do the Chapter Four Adaptive Reading Quiz as we finish this Chapter Checkpoint Survey One due Sept 28
Sept 29	M	Spotlight A: Diabetes	Spotlight A Do the Spotlight A Adaptive Reading Quiz as we finish this Spotlight Prepare for Discussion Two on Diabetes Sugar Show & Tell for next Monday -

			<p>this takes gathering some supplies and making a short presentation, either visual or video, and summarizing an article</p> <p>Work on AnalyzeMyDiet Carbohydrate Assignment due Sunday Oct 5</p>
Oct 1	W	Chapter Five: What are Lipids	<p>Chapter Five</p> <p>This is the hardest chapter in the text</p>
Oct 3	F	Chapter Five: Digestion, Absorption, Transport	<p>Chapter Five</p> <p>AnalyzeMyDiet Carbohydrate Assignment due Sunday Oct 5</p>
Oct 6	M	Chapter Five: Essential Fatty Acids, Trans Fats, Recommendations	<p>Chapter Five</p> <p>Do the Chapter Five Adaptive Reading Quiz as we finish this Chapter</p> <p>Work on AnalyzeMyDiet Lipid Assignment due Oct 12</p> <p>Turn in Discussion Two Main Post</p>
Oct 8	W	<p>Spotlight B: Lipids in Health and Disease</p> <p>Breakout Room on Chapter Four and Five</p>	<p>Spotlight B</p> <p>Breakout Rooms Today – be on your computer (not phone) and with audio and visual</p> <p>Do the Spotlight B Adaptive Reading Quiz as we finish this Spotlight</p>
Oct 10	F	Chapter Fourteen: Chapter Fourteen: First section on Food and Nutrition Security	<p>Chapter Fourteen - not being tested on this but this information is setting stage for our Discussion in Unit Three – it also gives a buffer before the Exam</p> <p>Discussion Replies by Sunday Oct 12</p> <p>AnalyzeMyDiet Lipid Assignment due Sunday Oct 12</p> <p>Adaptive Reading Quizzes Chapters 4 and 5 and Spotlights due Monday Oct 13 before exam</p>
Oct 13	M	Exam Two – Chapters 4, 5, and Spotlights – no class meeting	Exam open one full day – you enter Exam through HonorLock

Oct 15	W	Chapter Six: Structure, Synthesis, Functions	Chapter Six
Oct 17	F	Chapter Six: Sources, Quality, Deficiency, High-Protein	Chapter Six Do the Chapter Six Adaptive Reading Quiz as we finish this Chapter
Oct 20	M	Spotlight C – Plant-Based Diets, Cancer, Phytochemicals	Spotlight C Do Spotlight C Adaptive Reading Quiz as we finish this Spotlight First Extra Credit due by Sunday Nov 2– if you turn one in by Nov 2 then you may turn another in by Wed Dec 10– if you do not turn one in by Nov 2, then the most you can do is one by Dec 10
Oct 22	W	Chapter Fifteen (only online): Introduction, Overview of Energy Metabolism, Breakdown of Glucose	Chapter Fifteen (only online) Work on AnalyzeMyDiet Protein Assignment due Sunday Oct 26
Oct 24	F	Chapter Fifteen (only online): Fatty Acid Oxidation, Ketogenesis, Amino Acids, Feasting/Fasting, Inborn Errors	Chapter Fifteen (only online) Do the Chapter Fifteen Adaptive Reading Quiz as we finish this Chapter AnalyzeMyDiet Protein Assignment due Sunday Oct 26
Oct 27	M	Breakout room on Protein and Metabolism Chapter Thirteen: Alcohol section	Breakout Room – on a computer – have audio/video Chapter Thirteen
Oct 29	W	Chapter Fourteen: Chapter Fourteen: Second Section	Chapter Fourteen - not being tested on this but this information is setting stage for our Discussion this week
Oct 31	F	Chapter Seven: Introduction, Vitamin A, Antioxidants	Chapter Seven Turn in Discussion Three Main Post on Monday
Nov 3	M	Chapter Seven: Vitamin D, Vitamin E and K	Chapter Seven
Nov 5	W	Chapter Eight: Introduction, begin B-vitamins	Chapter Eight Work on AnalyzeMyDiet Vitamin Assignment due Nov 9
Nov 7	F	Chapter Eight: Folate and B12, Vitamin C	Chapter Eight

			<p>Do the Chapter Eight Adaptive Reading Quiz as we finish this Chapter</p> <p>Adaptive Reading Quizzes Chapters 6, 15, 7 and 8 and Spotlight C due Sunday before exam</p> <p>AnalyzeMyDiet Vitamin Assignment due Sunday Nov 9</p> <p>Discussion Post Replies Due Sunday Apr 6</p>
Nov 10	M	Exam Three – Chapters 6, 15, 7, 8 and Spotlight C, Alcohol – no class meeting	Exam open one full day – you enter Exam through HonorLock
Nov 12	W	Chapter Nine: Overview, Calcium, Magnesium	Chapter Nine
Nov 14	F	Chapter Nine: Sodium, Potassium, Water	<p>Chapter Nine</p> <p>Do the Chapter Nine Adaptive Reading Quiz as we finish this Chapter</p> <p>Prepare Discussion Post Four for Monday</p>
Nov 17	M	Chapter Ten: Overview, Iodine, Iron	<p>Chapter Ten</p> <p>Turn in Discussion Four Main Post</p>
Nov 19	W	Chapter Ten: Iron, Zinc	<p>Chapter Ten</p> <p>Work on AnalyzeMyDiet Mineral Assignment due Sunday Nov 23</p> <p>Do the Chapter Ten Adaptive Reading Quiz as we go finish this Chapter</p>
Nov 21	F	<p>Chapter Ten Spotlight on Supplements</p> <p>Breakout Room on Minerals</p>	<p>Spotlight D (no adaptive quiz for this)</p> <p>Discussion Post Replies due Sunday Nov 23</p> <p>AnalyzeMyDiet Mineral Assignment due Sunday Nov 23</p>
Nov 24 – 30	M - F	THANKSGIVING HOLIDAY	
Dec 1	M	Chapter Eleven: Energy In/Out, Hunger	Chapter Eleven

Dec 3	W	Chapter Eleven: Weight Gain, Energy Balance, NEAT	Chapter Eleven adaptive Do the Chapter Eleven Adaptive Reading Quiz as we finish this Chapter
Dec 4,5	Th/F	READING DAYS	Extra Credit due by Wednesday Dec 10 Adaptive Reading Quizzes Chapters 9, 10, 11 due Tuesday Dec 9 – idea is to do these before taking the exam
Dec 9	Tuesday	Final Exam: Tuesday 12/09/2025 @ 10:00 AM - 12:00 PM is our Official Testing Date - I will open it for all day Final – Exam Four - Chapters 9, 10, 11, Spotlight D	Exam open all day