

HUN 2201 UFONLINE
Fundamentals of Human Nutrition
Fall 2025

Credits: 3 hours
Class Meetings: asynchronous
Location: online
Lecturer: Dr. Sarah Brunnig, DCN, MS, MPH, RDN
Contact: The AFPP Building 120 Room 104B (next to main FSHN by pond)
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)
Office Hours: 1:00 – 2:00 Monday and Wednesday in office and zoom
9:00 – 10:00 Thursday in office and zoom
7:00 PM – 8:00 PM Monday on zoom
Zoom - See Contact Instructor for the link to Zoom
<https://ufl.zoom.us/j/6037582434>
Other times available as needed.

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, 2nd 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 will need the Publisher's courseware called ACHIEVE in order to accomplish the assignments and exams. A copy of the physical text is in the Marston Library in Reserves and you can read it there.

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 you should start the subject line - (last name): HUN 2201 UFONLINE
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

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, cancer, etc.
6. Explain the concepts of energy balance and metabolism.
7. Demonstrate an understanding of the global food security landscape by analyzing a key challenge such as climate change, population growth, and resource scarcity, and evaluating impacts on food systems.

Course Activities

Lectures:

This course uses asynchronous lectures delivered in Canvas and found in Modules.

Discussions:

There will be a Short or Long Discussion Post each week. The Short Discussions consist of a simple prompt about noting an interesting point you found in the Chapter and then looking up another reference about that point. (10 points each). There are five Long Discussions. These are research based. (25 points) The Main Posts for both types are due on Thursday evening. Then you will reply to at least two other fellow students' posts by Sunday evenings. 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. All writing is to be properly attributed both by in-text citations and by a reference list at the end.

Assignments:

Each week, there will be at least one other Assignment, usually two, and these are due on Sunday evenings. These are practical ways to use the information you are learning. In some you gather information and fill in a 'quiz.' In others you upload a video. In six of the weeks, there will be Assignments that are part of the Diet Analysis where you record and analyze three days of your diet explained below.

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. The Exams will be in there. The AnalyzeMyDiet project is 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 understanding the points. This will be worth 6 points per Quiz. (14 quizzes = 84 pts)

AnalyzeMyDiet Project:

This will be a major project in which you will keep track of your diet for three days, enter the foods into a diet analysis program and then analyze the information. This will be accomplished in ACHIEVE (see below). If you find recording your diet to be uncomfortable, such as due to an eating disorder, then write the Instructor, and you will be sent a sample diet pattern to enter and use. The diet part of the assignment is divided into six parts of 20 points each.

Attendance:

Each video lecture has questions embedded in it (PlayPosit) and these will need to be answered as you go through the videos. An attendance grade will be calculated based on completing these.

Exams:

There will be four exams, about 50 questions each and counting 100 points and 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. For some questions you will need a calculator and HonorLock has a built-in calculator. Exams are OPEN-NOTES, but you will still need to read each chapter several times and study your notes as there will not be time to find all the answers quickly. Also, these NOTES must be on paper as you will not be able to open any other document on your computer. Suggestion is to use the Study Guides found in each Module and to add your own notes to those, study well and remove any points you have down pat to shorten the guide, then printout double-sided (in small print) before taking the test. The library is available for that if you do not have a home printer.

Exams are on the ACHIEVE site, but they will be proctored by Honorlock in Canvas and so you will enter the Exam via HonorLock (this is very important), and you will be audio and/or video recorded. HonorLock only works on the Chrome browser. Once you begin the exam, you must finish it in the time allotted. Keep in mind the clock being used is Eastern Standard Time and if you are in another Time Zone, you need to moderate yourself to finishing in EST. 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. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc. The exam will be open 100 minutes, which is twice as long as class time would be, and this should accommodate most any special accommodations. Discuss any other needs with your Instructor.

Extra Credit:

There will be opportunities for extra credit that can add up to 2% to your grade at the end of the semester. The Instructor will send a listing around of possibilities, and you will upload your document to the Extra Credit dropbox.

Course Evaluation

Grading:

Your grade for this course will be determined according to the following categories:

Assignment Category	Grade Percentage
PlayPosit Video Participation	5%
Discussions (9 short; 5 long)	20%
Assignments	25%
Exams (4)	50%

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

Grading Scale	93 - 100%	A	90 - 92.9%	A-
87 - 89.9% B+	83 - 86.9%	B	80 - 82.9%	B-
77 - 79.9% C+	73 - 76.9%	C	70 - 72.9%	C-
67 - 69.9% D+	63 - 66.9%	D	60 - 62.9%	D-
<60% E				

Course Policies

Course Attendance:

An Attendance grade will be assigned based on completing the questions in the video lectures.

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

Assignments:

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. Also, visuals will be part of some assignments and the .heic format 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 which are to be typed originally on a Google doc. 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 teacher has left you. If you still have questions/concerns then the teacher will answer any of the questions regarding graded assignments.

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 which is found in CANVAS.

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, 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 find it in Honorlock on the left-hand tabs. 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. Clicking 'Launch Proctoring' will begin the HonorLock authentication process, where you will take a picture of yourself and 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 major extenuating circumstances (e.g., illness, medical, death in family, etc), as the test is open for three days and you should be able to take it sometime in that time frame. 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.

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. Assignments not turned in on time will be subject to a 5% late penalty. In addition, a penalty of 5% will be imposed for each day further that the assignment is late up to a maximum of 40% off (so a base of 60%). 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), 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 \(ufl.edu\)](http://DisabilityResourceCenter-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.

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/>

COURSE OUTLINE – LEARNING SCHEDULE – Fall 2025 This course outline helps you pace the material per week. The readings and assignments run week to week and there are items due each Thursday and Sunday evening. The exams are set for certain dates – Friday through Sunday – except the last which is Monday through Wednesday.

UNIT ONE – August 21 – Sept 14 - three full weeks – three chapters			
UNIT ONE – EXAM Sept 12 – Sept 14			
Module	Class Topic/Lecture Recordings	Book Chapter	Assignments
1 Introduction / The Science and Scope of Nutrition	Lecture Recordings Chapter One	Chapter 1	Introductory Discussion due Aug 24 Orientation Quiz due Aug 24 Introductory ACHIEVE quiz (to show how to use it) Short Discussion Main Post Chapter One due Thurs Aug 28, Replies Aug 31 Module One Assignment - The Alphabet Soup of the Dietary Reference Intakes - due by Aug 31 Record Diet for three days by the end of next week Adaptive Reading Quiz in ACHIEVE Chapter 1
2 Healthy Diets	Lecture Recordings Chapter Two Lecture Recording on Research	Chapter 2	Have Food Labels to look at while watching lectures Short Discussion Main Post Chapter Two due Thurs Sept 4, Replies Sept 7 Module Two Assignments (TWO of them) - US Food Patterns and Interactive Nutrition Facts Panel - due by Sept 7 Record Diet for three days in AnalyzeMyDiet in ACHIEVE Adaptive Reading Quiz in ACHIEVE Chapter 2

3 Digestion	Lecture Recordings Chapter Three	Chapter 3	<p>Long Discussion Main Post Cultural Foods due Sept 11, Replies Sept 14</p> <p>Module Three Assignment - Follow That Food - due by Sept 14</p> <p>AnalyzeMyDiet – Food Groups – in ACHIEVE</p> <p>Adaptive Reading Quiz in ACHIEVE Chapter 3</p> <p>All Adaptive Reading Quizzes due by Sept 14 – the goal is to do them before the Exam</p> <p>Take exam Sept 12 – Sept 14</p>
UNIT TWO – Sept 15 - Oct 5 three weeks of class - two chapters plus Spotlight A and B UNIT TWO – EXAM – Oct 3 – Oct 5			
Module	Class Topic/Lecture Recordings	Book Chapter	Assignments
4 Carbohydrates	Lecture Recordings Chapter Four	Chapter 4	<p>Short Discussion Main Post Chapter Four due Sept 18, Replies Sept 21</p> <p>Module Four Assignment - Follow That Food - due by Sept 21</p> <p>Adaptive Reading Quiz in ACHIEVE Chapter 4</p>
5 Nutrition and Diabetes Lipids	<p>Lecture Recordings Spotlight A</p> <p>Lecture Recordings Chapter Five thru Phospholipids</p>	<p>Spotlight A</p> <p>Chapter 5</p>	<p>Long Discussion to include Sugar Show & Tell – Main post due Sept 25, Replies Sept 28</p> <p>AnalyzeMyDiet ACHIEVE - Carbohydrates due Sept 28</p> <p>Adaptive Reading Quiz in ACHIEVE Spotlight A</p>
6 Lipids Lipids in Health and Disease	<p>Lecture Recordings Chapter Five</p> <p>Lecture Recordings Spotlight B</p>	<p>Chapter 5</p> <p>Spotlight B</p>	<p>Short Discussion Main Post Chapter Five due Oct 2, Replies Oct 5</p> <p>Adaptive Reading Quiz in ACHIEVE Chapter 5</p> <p>Adaptive Reading Quiz in ACHIEVE Spotlight B</p> <p>All Adaptive Reading Quizzes due by Oct 5 – the goal is to do them before the Exam</p> <p>Take Exam Oct 3 – Oct 5</p>
UNIT THREE – Oct 6 – Nov 2 – four weeks of class - four chapters UNIT THREE – EXAM – Oct 31 – Nov 2			
Module	Class Topic/Lecture Recordings	Book Chapter	Assignments

7 Protein	Lecture Recordings Chapter Six Lecture Recordings Spotlight C	Chapter 6 Spotlight C	Short Discussion Main Post Chapter Six due Oct 9, Replies Oct 12 Module Seven Assignment – Protein Case Study - due Oct 12 Adaptive Reading Quiz in ACHIEVE Chapter 6 Adaptive Reading Quiz in ACHIEVE Spotlight C First Extra Credit due by Sunday Oct 26 turn one in by Oct 26 then you may turn another in by Wed Dec 10 – if you do not turn one in by Oct 26, then the most you can do is one by Dec 10
8 Metabolism Alcohol	Lecture Recordings Chapter Fifteen Lecture Recordings Chapter Thirteen portion on Alcohol	Chapter 15 Chapter 13 – Alcohol	Long Discussion Phytochemicals and Cancer Main Post due Oct 16, Replies Oct 19 AnalyzeMyDiet - ACHIEVE – Proteins – due Oct 19 Adaptive Reading Quiz in ACHIEVE Chapter 15 No Adaptive Reading Quiz for Alcohol
9 Fat-Soluble Vitamins	Lecture Recordings Chapter Seven	Chapter 7	Short Discussion Chapter Seven Main Post due Oct 23, Replies Oct 26 Assignment - Vitamin D quiz – Due Oct 26 Adaptive Reading Quiz in ACHIEVE Chapter 7 All Adaptive Reading Quizzes due by Oct 26 – the goal is to do them before the Exam First Extra Credit due by Sunday Oct 26 turn one in by Oct 26 then you may turn another in by Wed Dec 10 – if you do not turn one in by Oct 26, then the most you can do is one by Dec 10
10 Water-Soluble Vitamins	Lecture Recordings Chapter Eight	Chapter 8	Short Discussion Chapter Eight Main Post due Oct 30, Replies Oct Nov 2 Adaptive Reading Quiz in ACHIEVE Chapter 8 AnalyzeMyDiet – Vitamins – due Nov 2 All Adaptive Reading Quizzes due by Nov 2 – the goal is to do them before the Exam

			Take EXAM – Oct 31 – Nov 2
UNIT FOUR – Nov 3 – Dec 10 – four weeks of class - four chapters			
UNIT FOUR – EXAM – Dec 8 – Dec 10			
Module	Class Topic/Lecture Recordings	Book Chapter	Assignments
11 Major Minerals and Water	Lecture Recordings Chapter Nine	Chapter 9	Short Discussion Chapter Nine Main Post due Nov 6, Replies Nov 9 Assignment - Reducing Sodium and Increasing Potassium and Magnesium in Your Diet – due Nov 9 Adaptive Reading Quiz in ACHIEVE Chapter 9
12 Trace Minerals and Supplements	Lecture Recordings Chapter Ten Lecture Recordings Spotlight D	Chapter 10 Spotlight D	Short Discussion Chapter Ten Main Post due Nov 13, Replies Nov 16 AnalyzeMyDiet - Minerals - in ACHIEVE Adaptive Reading Quiz in ACHIEVE Chapter 10 Adaptive Reading Quiz in ACHIEVE Chapter Spotlight D
13 Energy Balance and Obesity	Lecture Recordings Chapter Eleven	Chapter 11	Long Discussion - Vitamins/Minerals and You – Main Post due Nov 20, Replies Nov 23 Assignment - Energy Calculations – due Nov 23 Adaptive Reading Quiz in ACHIEVE Chapter 11
14 Global Nutrition	Lecture Recordings Chapter Fourteen	Chapter 14	Long Discussion – Food Sustainability – Main Post due Nov 20, Replies Nov 23 Assignment - How to Lower Your Food Waste – entered as a Discussion - Main Post due Dec 4, Replies due Dec 7 Extra Credit due by Dec 10 All Adaptive Reading Quizzes due by Dec10 – the goal is to do them before the Exam Take EXAM – Dec 8 – Dec 10