

HUN 4446 (13470) ~ Section 3F66

Nutrition and Disease ~ Part 2 ~ Spring 2022

INSTRUCTOR AND GENERAL COURSE INFORMATION

Instructor: Stacey L. Mobley, PhD, RDN, CNSC

Office: 520 Newell Drive
Building 120, Room 104C

Contact Information: Phone: 352-273-3467
E-mail : stacey.mobley@ufl.edu (**best method to contact**)
Office Hours: Mon., 1230PM-100PM (Via Zoom) or by appointment
<https://ufl.zoom.us/j/97833537024>

*****Please do not send e-mails via Canvas Messaging*****

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

Teaching Assistant: TBA

Course Information: HUN 4446- Nutrition and Disease 2 | Class Number 13470 | Section 3F66
Credits: 3
Class Meetings: Tu | Period 7 (1:55 PM – 2:45 PM)
Th | Period 7-8 (1:55 – 3:50)
Locations: Tu | Matherly Hall (MAT 0018)
Th | Mech and Aero Engineering B (MAEB 0211)

Course Description and Prerequisites: Part 2 of a two-semester sequence that focuses on the biochemical and pathophysiological bases of diseases/conditions that require nutrition support/medical nutrition therapy. Prerequisites: HUN 4445; BCH 3025 or BCH 4024; APK 2105C or PCB 4723C.

Course Goals/Competencies: Upon completion of this course, students should be able to:

1. Describe the risk factors, etiology, symptoms, clinical findings, and pathophysiology associated with diseases/conditions covered in this course.
2. Describe the diagnostic tests/procedures and the intervention strategies used in the treatment of diseases/conditions covered in this course.
3. Evaluate the impact of selected food/nutrient-drug interactions on nutritional status/drug efficacy and recommend appropriate intervention strategies.
4. Relate the theoretical bases for nutrition/medical intervention strategies with the anatomical, physiological, and/or biochemical changes that occur in diseases/conditions covered in this course.
5. Identify examples of nutrient-gene interactions, apply concepts related to nutrigenetics/ nutrigenomics and epigenetics, and describe the potential impact of genomic and epigenomic research on nutrition and medical practice.

6. Identify appropriate recommendations for the management of patients with diseases/conditions covered in this course.

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, 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 Materials:

Nutrition Therapy and Pathophysiology (4th edition) by Nelms, Sucher, Lacey and Ross, 2020.

Course Format: The lectures will primarily be in-person. Your final course grade will be derived from 2 homework assignments, participation, 6 on-line quizzes (lowest dropped), 3 in-class exams, and a cumulative in-class final exam. The course will consist of PPT slides that will usually be posted prior to the beginning of class (MWF 1:55 PM). Grades will be posted on Canvas. Extra credit opportunities based on extra participation 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.

ASSIGNMENTS & GRADING:

Assignments: There will be two (2) take-home assignments throughout the semester. Assignments with detailed instructions will be posted to Canvas. These assignments will contribute 50 points each to 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!!!!!!!!!!!!

Late Policy

Students are expected to submit all assignments on time. All assignments will be collected promptly in class. Assignments not turned in at this time 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. Late assignments will be collected at the next class meeting unless you make arrangements with the TA to turn in the late assignment before the next scheduled class meeting time.

Participation: Periodic participation activities will be administered or assigned to reinforce material learned. There are no make-ups for participation activities unless there are extenuating circumstances.

Quizzes: There will be 5 online quizzes worth 10 points each. 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: There will be 3 in-class exams valued equally at 100 points each and a cumulative in-class final exam valued at 200 points. The format of all exams will consist of multiple-choice, true/false, matching, and possibly short answers. Calculators and scratch paper will be allowed.

“The Rules” during Exams and Quizzes

The exams will be in-class. 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 (e.g.- discussing exam questions with others before closing of the exam), 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.

For those of you who have special accommodations, you must notify Dr. Mobley ASAP so I can clarify them and make the proper accommodations.

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>.

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. 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). Printing, copying, communicating (e.g.- discussing exam questions with others before closing of the exam), photographing, snip/sketch, etc. quiz and/or exam questions ARE STRICTLY PROHIBITED and subject to academic

misconduct. Any violations or breaches of academic integrity will be reported and dealt with by the Dean of Students Office for consideration of disciplinary action.

Extra credit or bonus points

* Opportunities will be given to earn extra (bonus) participation points. Extra (bonus) points will be added to your over total points. For example, if you earned 640 points (out of 700) and 10 extra participation points, then your overall point total will be 650 (out of 700).

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>

Grading Scale & Record of Grades:

GRADING:

| Exams: | Possible Pts. |
|--------------------------------------|---------------|
| Exam #1 (Thur., 2/3) | 100 |
| Exam #2 (Thur., 3/3) | 100 |
| Exam #3 (Thur., 4/7) | 100 |
| Final Exam (Wed., 4/27) | 200 |
| Assignments: | |
| Assignment #1 (Due Sun., 2/27 @1159) | 50 |
| Assignment #2 (Due Wed., 4/20 @1159) | 50 |
| Quizzes: | |
| 5 Quizzes (10 points each) | 50 |
| Participation | 50 |
| * Extra (bonus) Participation | |
| Total | 700 |

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 |

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: _____

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 e-mail messages through Canvas. The preferred e-mail is stacey.mobley@ufl.edu.**

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.

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:

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/>

- **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. Other required reading may be assigned for each lecture.)

| DATE | TOPIC |
|---------------------|--|
| Week 1 (1/5-1/9) | Course Introduction; Nutritional Genomics: The Future of Nutrition and Medical Practice |
| Week 2 (1/10-1/16) | Nutritional Genomics: The Future of Nutrition and Medical Practice (continued) Diseases/Disorders of the Upper GI Tract <u>On-Line Quiz 1 (Opens Thurs., 1/13 @ 3 PM EST; Closes Sun., 1/16 @ 1159PM)</u> |
| Week 3 (1/17-1/23) | Diseases/Disorders of the Upper GI Tract (cont.) |
| Week 4 (1/24-1/30) | Diseases/Disorders of the Upper GI Tract (cont.); Diseases/Disorders of the Lower GI; <u>On-Line Quiz 2 (Opens Thurs., 1/27 @ 3PM EST; Closes 1/30 @ 1159PM)</u> |
| Week 5 (1/31-2/6) | Diseases/Disorders of the Lower GI Tract (cont.) Tract; <u>EXAM 1 (In-class; Thurs., 2/3 @ 155 PM)</u> |
| Week 6 (2/7-2/13) | Diseases/Disorders of the Lower GI Tract (cont.); |
| Week 7 (2/14-2/20) | Diseases/Disorders of the Lower GI Tract; Liver Disease; No class Fri., 10/8 (Homecoming) <u>On-Line Quiz 3 (Opens Thurs., 2/17 @ 3PM EST; Closes 2/20 @ 1159PM)</u> |
| Week 8 (2/21-2/27) | Liver Disease (cont.); Diseases of the Gallbladder and Pancreas; <u>Assignment 1 Due 2/27 before 1159PM</u> |
| Week 9 (2/28-3/6) | Diseases of the Gallbladder and Pancreas <u>EXAM 2 (In-class; Thurs., 3/3 @ 155PM)</u> |
| Week 10 (3/7-3/13) | No Classes; SPRING BREAK |
| Week 11 (3/14-3/20) | Diseases of the Gallbladder and Pancreas; Diabetes Mellitus |
| Week 12 (3/21-3/27) | Diabetes Mellitus (cont.) <u>On-Line Quiz 4 (Opens Thurs., 3/24 @ 3PM EST; Closes 3/27 @ 1159PM)</u> |
| Week 13 (3/28-4/3) | Diabetes Mellitus (cont.) |
| Week 14 (4/4-4/10) | Cardiovascular Disease; <u>EXAM 3 (In-class; Thurs., 4/7 @ 155PM)</u> |
| Week 15 (4/11-4/17) | Cardiovascular Disease; Hypertension |
| Week 16 (4/18-4/24) | Cardiovascular Diseases; Hypertension; <u>On-Line Quiz 5 (Opens Tues. @ 2PM EST; Closes Wed., 4/20 @ 1159PM); Assignment 2 Due 4/20 Wed., before 1159PM;</u> |

FINAL EXAM (In-class; 4/27 @ 730AM- 930AM)