

HUN 2201

Fundamentals of Human Nutrition

Spring 2026

Online Synchronous, 3 credits

Instructor

Dr. Sarah Brunnig, DCN, RDN

Office Location: Building 120 (AFPP) Rm 104B (building next to main FSHN by pond)]

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MWF | Period 3 9:35 AM - 10:25 AM

Teaching Assistant

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Course Description

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.

Course Learning Objectives

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 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

Textbooks, Learning Materials, and Supply Fees

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 may also purchase a physical text if you prefer. Also, a copy of the text is in the Marston Library at the Reserve Desk, and you can read it there using the ARES online course reserve system. [UF All Access \(ufl.edu\)](https://ufallaccess.ufl.edu)

Required Technology & How to Obtain the Technology

Class will use the textbook publisher's digital learning platform called ACHIEVE. This will come with your etext. Class will also use iClicker to aid in keeping track of Attendance and this is an app that is downloaded. Class will also make use of Perusall which will be built into the CANVAS class. HonorLock will be used and it is built into the class site.

Technical skills

- Using the learning management system (Canvas)
- Using email with attachments
- Accessing, reading, creating and submitting files in Word, PDF, and PowerPoint
- Downloading and installing software
- Using presentation and graphics programs
- Using apps in digital devices
- Using Zoom for web conferencing
- Using basic video editing tools to take a video on phone and upload it

Digital information literacy skills

- Using online libraries and databases to locate and gather relevant information
- Using computer networks to locate and store files or data
- Using online search tools for specific academic purposes, including the ability to use search criteria, keywords, and filters
- Analyzing digital information for credibility, currency, and bias (e.g., disinformation, misinformation)
- Properly citing information sources in American Medical Association (AMA) format

Communication Guidelines

- 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

Class Demeanor/Expectations

- Even though you may be alone at home, your professor and classmates can see you! 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.
- Students should turn their cameras and audio ON during Breakout Rooms.

General Education and Student Learning Outcomes

Student Learning Outcomes (SLOs)	General Knowledge (content)	Skills (critical thinking & communication)	SLO Assessment/Assignments
	Students demonstrate competence in the terminology, concepts, methodologies and theories used within the subject area.	Students carefully and logically analyze information from multiple perspectives and develop reasoned solutions to problems within the subject area. Students clearly and effectively communicate knowledge, ideas, and reasoning in written or oral forms appropriate to the subject area.	All the Assignments

Technical Support

UF Computing Help Desk & Ticket Number: All technical issues require a UF Helpdesk Ticket Number. The UF Helpdesk is available 24 hours a day, 7 days a week. <https://helpdesk.ufl.edu/> | 352-392-4357

Weekly Course Schedule

See Modules > Getting Started for a more complete Schedule

Week	Topic	Assessment	Due Dates
1	Chapter One: Introduction to Nutrition, Energy, Nutrients, Science and Research, Misinformation	- Introductory Syllabus Quiz - Introductory Discussion	Jan 18
2	Chapter Two: Healthy Diets, Federal Government Involvement,	- Orientation in ACHIEVE - Intro Survey in ACHIEVE - Take Second Week 'Quiz'	Jan 25
3	Chapter Two: Food Labels Chapter Three: Digestion	- Discussion One in Perusall	Jan 26, 29
4	Chapter Three: Digestion	- Adaptive Reading Quizzes Chapters 1,2,3 - Exam One	Thursday Feb 5 Feb 6
5	Chapter Four: Carbohydrates	- AnalyzeMyDiet Food Groups	Feb 15
6	Spotlight A: Diabetes Chapter Five: Lipids	- AnalyzeMyDiet Carbohydrates	Feb 22
7	Chapter Five: Lipids Spotlight B: Lipids in Health and Disease Chapter Fourteen: Sustainability, Global Nutrition	- Discussion Two - AnalyzeMyDiet Lipids - Adaptive Reading Quizzes Chapters 4, 5, and Spotlights	Feb 23 and 26 Mar 1
8	Chapter Six	- Exam Two	Mar 2
9	Spotlight C: Plant-based diets Chapter Fifteen: Metabolism	- AnalyzeMyDiet Protein	Mar 15
10	Chapter Fourteen Chapter Seven: Fat Soluble Vitamins		
11	Chapter Seven: Fat-Soluble Vitamins Chapter Eight: Water Soluble Vitamins	- Discussion Three - AnalyzeMyDiet Vitamins - Adaptive Reading Quizzes Chapters 7,15,7,8 and Spotlight C	May 30, Apr 2 Apr 5
12	Chapter Nine: Major Minerals	- Exam Three	Apr 6
13	Chapter Ten: Trace Minerals	- Discussion Four in Perusall - AnalyzeMyDiet Minerals	Apr 13, 16 Apr 19
14	Chapter Eleven: Energy Balance, Weight Control		
15	Finals Week	- Adaptive Reading Quizzes Chapters 9, 10, 11 - Exam Four	Apr 28 Apr 29

Grading Policy

Course grading is consistent with [UF grading policies](#).

Course Grading Structure

Assignment Type	Point Value	Percent of Final Grade
Discussions		
2 @ 25 points each	50	7%
Perusall		
2 @ 25 points each	50	7%
AnalyzeMyDiet		
6 @ 20 points each	120	16%
Adaptive Reading Quizzes		
15 @ 5 points each	75	10%
Small Assignments		
Intro Discussion and Syllabus Quiz (2.5 each), and Second Week Quiz, (5), Intro Quiz and Checkpoint Quiz (5 each)	20	3%
Attendance - 30 at 1 each	30	4%
Exams		
4 @ 100 points each	400	54%
	745	

Grading Scale

Grade	Points	Percentage
A	707	93 - 100%
A-	684	90 - 92.99%
B+	661	87 - 89.99%
B	631	83 - 86.99%
B-	608	80 - 82.99%
C+	585	77 - 79.99%
C	555	73 - 76.99%
C-	532	70 - 72.99%

Grade	Points	Percentage
D+	509	67 - 69.99%
D	479	63 - 66.99%
D-	456	60 - 62.99%
S		<60%

Academic Policies and Resources

Academic policies for this course are consistent with university policies. See

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

Campus Health and Wellness Resources

Visit <https://one.uf.edu/whole-gator/topics> for resources that are designed to help you thrive physically, mentally, and emotionally at UF.

Please contact [UMatterWeCare](#) for additional and immediate support.

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.

Privacy and Accessibility Policies

- Instructure (Canvas)
 - [Instructure Privacy Policy](#)
 - [Instructure Accessibility](#)
- Zoom
 - [Zoom Privacy Policy](#)
 - [Zoom Accessibility](#)
- iClicker
 - [iClicker Privacy Policy](#)
 - [iClicker Accessibility](#)
- Perusall
 - [Perusall Privacy Policy](#)
 - [Perusall Accessibility](#)

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 Thursday 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 but some, like Grammarly, make your writing sound stiff and formal and not from you. All writing is to be properly attributed both by in-text citations and by a reference list at the end. You will be asked to write the post in Google Docs first and upload the URL, and to upload the highlighted PDF of the article(s) used. Perusall will be used for two of the Discussions. The other two will include a video created by you and an analysis of a journal article. (100 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 5 points per Quiz. (15 quizzes = 75 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 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 or computer, 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. This means that you must be able to show that you were in class at least 21 of our class days. 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 \(ufl.edu\)](Attendance Policies < University of Florida (ufl.edu) (30 pts)) (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 20 minutes before class time to 20 minutes after class time on exam day. There will be no class on that day. The last exam will be given during the scheduled day/time 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 90 minutes which is almost twice as long as class time and this should accommodate most any special accommodation. If you need longer, then arrange to take each exam with the DRC. (400 points)

Course Activities

Assignments:

Assignments are turned in through Canvas dropboxes or in ACHIEVE which is connected to CANVAS. Discussions belong in the Discussion Board or in Perusall. 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 any written assignment. 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.

Exam Make-up Policy:

Make-up exams may not be provided unless there are **very serious** extenuating circumstances (e.g., severe illness, death of immediate family member (parent, sibling)). Very little else will count so take the exam. 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.

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 ahead of time. 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.