

## HUN 2201 Fundamentals of Human Nutrition

Spring 2026

Online Asynchronous, 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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352-294-3724

Office Hours: M/W 1:00 – 2:00 in-person or zoom

R 9:00 – 10:00 in person or zoom

M 7:00 PM – 8:00 PM zoom only and not every Monday

### 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, 2<sup>nd</sup> 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.

### Instructor Interaction Plan

We are an asynchronous class which means we never meet all together. Even so, as the Instructor, I will be a frequent presence in the course. I check CANVAS Inbox several times a day and reply quickly. I encourage frequent communication. We have a weekly Discussion, and I will be entering replies to your Main Post each week. I have regular Office Hours, and I am available at other times too. I will be asking all to meet with me (on Zoom or In-Person) at least one time in the beginning of class.

### 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. 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 AMA or APA 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 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

### General Education Objectives and Student Learning Outcomes

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

Week	Topic	Assessment	Due Dates
One	Chapter One - The Science and Scope of Nutrition	-Intro Discussion -Orientation quiz -Discussion -Module One Assignment	Jan 15, Jan 18
Two	Chapter Two - Healthy Diets	-Discussion -Two Module Two Assignments	Jan 22, Jan 25
Three	Chapter Three – Digestion	- Discussion - Module Three Assignment - AnalyzeMyDiet Food Groups - Adaptive Reading Quizzes Chapter 1,2,3 - Exam Chapter 1,2,3	Jan 29, Feb 1
Four	Chapter Four – Carbohydrates	- Discussion - Module Four Assignment	Feb 5, Feb 8
Five	Spotlight A – Diabetes Chapter Five – Lipids	- Discussion - AnalyzeMyDiet Carbohydrates	Feb 12, Feb 15
Six	Chapter Five – Lipids Spotlight B – Heart Disease	- Discussion - Adaptive Reading Quizzes Chapter 4,5 and Spotlights - Exam Two Chapter 4,5, Spotlights	Feb 19, Feb 22
Seven	Chapter Six – Protein Spotlight C – Plant Proteins	- Discussion - Module Seven Assignment	Feb 26, Mar 1
Eight	Chapter Fifteen – Metabolism	- Discussion	Mar 5, Mar 8

Week	Topic	Assessment	Due Dates
	Chapter Thirteen - Alcohol	- AnalyzeMyDiet Proteins	
Nine	Chapter Seven – Fat-Soluble Vitamins	- Discussion - Module Assignment	Mar 12, Mar 15
Ten	Chapter Eight – Water-Soluble Vitamins	- Discussion - AnalyzeMyDiet Vitamins - Adaptive Reading Quizzes Chapter 6, 15, 7, 8 - Exam - Chapter 6, 15, 13, 7, 8	Mar 26, Mar 29
Eleven	Chapter Nine - Minerals	- Discussion - Module Assignment	Apr 2, Apr 5
Twelve	Chapter Ten – Trace Minerals Spotlight D – Supplements	- Discussion - AnalyzeMyDiet Minerals	Apr 9, Apr 12
Thirteen	Chapter Eleven – Energy Balance and Obesity	- Discussion - Module Assignment	Apr 16, Apr 19
Fourteen	Chapter Fourteen – Global Nutrition	- Discussion - Module Assignment - Adaptive Reading Quizzes Chapter 8, 9, 10, 11	Apr 23, Apr 26
Finals		- Exam - Chapters 8, 9, 10, 11	Apr 27 – Apr 29

## Grading Policy

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

## Course Grading Structure

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

Assignment Type	Percent of Final Grade
PlayPosit Video Participation	5%
Discussions (9 short; 5 long)	20%
Assignments	25%
Exams (4)	50%

## Grading Scale

Grade	Percentage
A	93 - 100%
A-	90 - 92.99%

Grade	Percentage
B+	87 - 89.99%
B	83 - 86.99%
B-	80 - 82.99%
C+	77 - 79.99%
C	73 - 76.99%
C-	70 - 72.99%
D+	67 - 69.99%
D	63 - 66.99%
D-	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](#)
- Macmillan/ACHIEVE
  - [Privacy Policy](#)
  - [Accessibility Policy](#)

## 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 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 evening. 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 result 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 will 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 and to prepare for the Exam. These will be worth 6 points per Quiz.

### 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 are each worth an extra 5 points. The Instructor will send a listing around of possibilities, and you will upload your document to the Extra Credit dropboxes.