

**HUN 4936  
PREVENTATIVE HEALTH EXPERIENCE  
Fall 2022 – Sections combined**



**Instructor:** Anne Mathews, PhD, RDN

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**Teaching assistant:** Lucia Eguiguren, [leguiguren@ufl.edu](mailto:leguiguren@ufl.edu)  
**Office hours:** TBA or by appointment

**Class meeting time:** Mondays & Wednesdays 8:30-9:20am  
**Attendance:** In person, required  
**Location:** NZH, room 0112  
**Credits:** 2

**Course Description and Prerequisites:** This course introduces students to the study of lifestyle medicine with a focus on nutrition and physical activity for the prevention of chronic disease. Relevant scientific evidence is reviewed along with proven health promotion theories and strategies, to encourage adoption of disease preventing behaviors. Students participate in the design, implementation and/or analysis, and presentation of selected strategies to improve health behaviors as they review the evidence behind successful lifestyle prevention of many chronic diseases.  
**Prerequisites:** None

**Course Goals/Competencies:** Students will apply formal and informal qualitative or quantitative research methods to examine effectiveness of health promotion activities on health behaviors and health behavior intentions. Upon completion of this course, students should be able to:

1. Explain the magnitude of effect of health behaviors (diet, activity, etc) on risk of chronic disease development. Specifically, this course will focus on risk mitigation for obesity, cardiovascular disease, cancer, and diabetes mellitus.
2. Describe nutrition, physical activity, behavioral, and marketing theories and techniques that encourage long-term adherence to a healthy lifestyle for the purpose of chronic disease prevention. Specifically, this course will focus on risk reduction strategies for the prevention of obesity, cardiovascular disease, cancer, and diabetes mellitus.
3. Evaluate effectiveness of selected health promotion strategies in specific populations, such as undergraduate students.
4. Use knowledge gained in class to promote positive lifestyle changes for yourself and in others.
5. Demonstrate an understanding of the scientific process and contribute to research related to the promotion of health behaviors.
6. Describe best practices for working with human research participants.

**Required Materials:**

- Daily access to the internet and Canvas.
- Course information, readings, and materials posted on Canvas.

**Recommended Materials:**

- Nothing additional

**How to Access Canvas:**

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>

Once you have created a Gatorlink account, access e-Learning Support Services homepage at <https://lss.at.ufl.edu>. Select “eLearning - Canvas”. Log in using your Gatorlink ID. HUN 4936 should be listed under “Courses”. If you are unfamiliar with Canvas, select “Tutorials” from the “Services” menu, then “e-Learning in Canvas” and finally, “Student Tutorials”.

**Class Attendance and Demeanor:** Students are expected to attend all classes, arriving on time, and staying through the conclusion. Students are expected to show courtesy to their classmates and instructor by turning cell phones off before the class period begins and refraining from using a computer (or other type of personal device) for any purpose other than taking notes. Each student is expected to participate in class discussions and to refrain from engaging in personal conversations during class.

### **Attendance and Make-Up Work**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies. Click here to read the university attendance policies.

<https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

**Student Evaluation:** Multiple assignments, a self-assessment, class attendance, and peer reviews will be used to evaluate student performance. All assignments and assessments must be completed as scheduled. Failure to submit or complete an assignment/assessment will result in a score of “0” unless there are unavoidable extenuating circumstances (subject to my discretion) that can be documented to my satisfaction. Extenuating circumstances include unavoidable, unplanned situations such as illness (chart note from physician or clinic; vague notes such as “was seen” are not acceptable); family death (dated obituary); accident (police report); etc. University approved absences should be brought to the instructor’s attention in advance so that acceptable arrangements can be made. Extra credit projects will **NOT** be available.

**Self-assessment:** Each student will complete a brief survey assessing their own diet related behaviors. Students will use this information to complete a health history and related health behavior self-report. This assessment will serve as a basis for goal setting and health promotion activities.

**Family Health History:** Students will complete a de-identified family health history tree using US Department of Health and Human Service’s website. Additional information will be provided in class and on Canvas.

**Assignments:** Detailed information for completing each of the 10 reading/literature review assignments for this course will be distributed separately. The assignment due dates are listed along with weekly topics on the calendar in this document. Assignment materials will be posted on Canvas and available according to the calendar. Unless otherwise stated, all assignments must be submitted on Canvas by the time and date specified. Failure to submit the assignment on the designated due date will result in a grade of “0”.

**Quizzes:** Five quizzes will be given on either the Monday or Wednesday of the noted week. Quizzes will be brief and cover the material recently discussed.

**Project:** Students will work both individually and in a small group to complete 1 larger project. The projects will be discussed in class and some time will be provided to work with your group in class. The project will be submitted in several steps ending with a “discussion/presentation”.

**Self-monitoring Activities:** Students will be introduced to a variety of self-monitoring approaches to encourage long-term adoption of healthful behaviors. Self-monitoring activities will occur primarily on our class Canvas site. Students will be expected to fully complete each week’s activities to receive full points.

**In Class Participation/Discussion:** Class participation is invaluable for this course experience. Most class topics will include a number of open-ended discussion questions. Each student is expected to respond to each question in a thoughtful and respectful manner.

++Because this course involves setting individual health behavior goals, respecting your fellow students is paramount as we will be dealing with real life situations. **Information shared in class discussion should be respected rather than shared outside of class.** ++

**Small group meetings and Health Reflections:** Some weeks you may only be asked to attend class on Monday

OR Wednesday to allow for small group discussions. You will complete reflections based on these small group meetings. Information shared in these discussions should be respected and not shared outside of class.

### Evaluation of Performance/Grading

Source of Points	Points Possible
Getting to know you (Introduction Video and comment to classmates)	10
Self-Assessment Activities	
Snapshot Dietary Pattern Surveys and Self-Reflection	20
Family Health History	100
Discussion posts (5 @ 10 points each)	50
Topic Assignments and Quizzes	
Readings and Assignments (10 @ 30 points each)	300
Quizzes (6 @ 10 points each)	60
Project	
Literature Review	60
Draft #1	60
Final Draft and Presentation/Discussion	120
Health Reflections 6 @ 20 points each	120
Weekly Self-Monitoring 10 weeks @ 10 pts	100
<b>TOTAL</b>	<b>1000</b>

**Grading Scale: Grades will be posted on Canvas. Grades are not curved and are not negotiable.**

A = 934-1000 93.34-100%	A <sup>-</sup> = 900-933 90-93.33%	B <sup>+</sup> = 867-899 86.68-89.9%	B = 834-866 83.34-86.67%	B <sup>-</sup> = 800-833 80-83.33%	C <sup>+</sup> = 767-799 76.68-79.9%
C = 734-766 73.34-76.67%	C <sup>-</sup> = 700-733 70-73.33%	D <sup>+</sup> = 667-699 66.68-69.9%	D = 634-666 63.34-66.67%	D <sup>-</sup> = 600-633 60-63.33%	E = ≤599 <60%

### Grades and Grade Points

Information on current UF grading policies for assigning grade points can be found here:  
<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

**Supplementary Information:** Supplementary information, announcements, and reminders will be posted on e-Learning in Canvas or the class listserv.

### Online Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.a.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.a.ufl.edu/public-results/>.

### 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 each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). 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**

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. To get started with the Disability Resource Center: <https://disability.ufl.edu/get-started/> It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

### **Campus Helping Resources**

Students experiencing crises or personal problems that interfere with their general wellbeing 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.

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- **University Counseling & Wellness Center**, 3190 Radio Road, 352-392-1575, <https://counseling.ufl.edu/> Counseling Services, Groups and Workshops, Outreach and Consultation, Self-Help Library, Wellness Coaching.
- **U Matter We Care**, If you or someone you know is in distress, please contact us at 352-392-1575 or visit [www.umatter@ufl.edu](http://www.umatter@ufl.edu) to refer or report a concern and a team member will reach out to the student in distress.
- **Career Connections Center**, First Floor JWRU, 392-1601, <https://career.ufl.edu/>
- **Student complaints**, Residential Course: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>. Online Course: <http://www.distance.ufl.edu/student-complaint-process>
- **Student Health Care Center**, Call 352-392-1161 for 24/7 information to help you find the care you need, or visit [www.shcc.ufl.edu/](http://www.shcc.ufl.edu/).
- **University Police Department**, Visit [www.police.ufl.edu/](http://www.police.ufl.edu/) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center**, For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [www.ufhealth.org/emergency-room-trauma-center](http://www.ufhealth.org/emergency-room-trauma-center).
- **Field and Fork Food Pantry** located behind the FSHN Bldg (520 Newell Dr) is available to assist members of the campus community who experience food insecurity.
- **Student Success Initiative** <http://studentsuccess.ufl.edu>

**Instructor-Initiated Recording of Class:** If there is a need for our class to be held over Zoom or similar platform, then our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments

live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited. Note, this is an in-person class and this is not expected to be applicable.

**In-class Recording by Students:** Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

**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.ufhealth.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 welcome to wear face coverings 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.

**Other Information:** Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University’s Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

**Fall 2022 Tentative Class Schedule\* Assignments and Date Changes will be announced**

<b>Weeks</b>	<b>Dates</b>	<b>Class Topic</b>	<b>Assignments: Due by Wednesdays 11:59pm</b>
1	08/24	Course Introduction  Understanding and Interpreting Scientific Articles	<ul style="list-style-type: none"> <li>• Complete week 1 introduction activities and Quiz #1 on Canvas</li> <li>• Begin Family Health History tree – (due Wed, Sept 7<sup>th</sup>.)</li> </ul>
2	08/29 & 08/31	Preventative Health: The Evidence  Dietary Guidelines and Dietary Patterns: The Nutrition-Health Connection	Due Wed Aug 31st: <ul style="list-style-type: none"> <li>• Introduce Yourself video</li> <li>• Quiz 1 on Syllabus</li> <li>• Diet Snapshot Surveys and</li> </ul>

			Reflection Family Health History Tree Report (cont work) Start Self-monitor #1
3	09/07	Monday, Sept 5 – Labor Day, no class  The Nutrition-Health Connection continued	Due: Wed Sept 7 <sup>th</sup> : <ul style="list-style-type: none"> <li>• Family Health History Tree</li> <li>• Self-monitor #1</li> <li>• Discussion #1</li> </ul> Start Self-monitor #2
4	09/12 & 09/14	Theory of Planned Behavior & Goal Setting for Health  Obesity, Diabetes, Cardiovascular Disease, an Overview	DUE: Wed Sept 14 <sup>th</sup> <ul style="list-style-type: none"> <li>• Reading/Assignment #1</li> <li>• QUIZ #2</li> <li>• Self-monitor #2</li> </ul> Start Self-monitor #3
5	09/19 & 09/21	Obesity, Diabetes, CVD, an Overview, cont.	Due Wed Sept 21 <sup>st</sup> : <ul style="list-style-type: none"> <li>• Self-monitor #3</li> <li>• Health reflection #1</li> <li>• Reading/Assignment #2</li> </ul> Start self-monitor #4
6	09/26 & 09/28	Improving Health through Exercise – Let's see the evidence!  29 <sup>th</sup> - Speaker: Dr. Karla Shelnett – Blue Zones, Food and Longevity	Due Wed Sept. 28 <sup>th</sup> : <ul style="list-style-type: none"> <li>• Reading/Assignment #3</li> <li>• Self-monitor #4</li> <li>• Discussion #2</li> </ul>
7	10/03 & 10/05	Intuitive Eating  Stages of Change Theory	Due Wed Oct 5 <sup>th</sup> : <ul style="list-style-type: none"> <li>• Reading/Assignment #4</li> <li>• Health reflection #2</li> <li>• Self-monitor #5</li> <li>• Quiz #2</li> </ul> Start Self-monitor #6
8	10/10 & 10/12	Social Ecological Theory - Zip code vs. Genetic code	Due Wed Oct 12 <sup>th</sup> : <ul style="list-style-type: none"> <li>• Reading/Assignment #5</li> <li>• Self-monitor #6</li> <li>• Discussion #3</li> </ul> Start self-monitor #7 Begin project literature review
9	10/17 &	Eating Out/Culinary Medicine	Due Wed Oct 19 <sup>th</sup> :

	10/19	Trans-theoretical Model Stages of Change Theory	<ul style="list-style-type: none"> <li>• Reading/Assignment #6</li> <li>• Health reflection #3</li> <li>• Self-monitor #7</li> </ul> <p>Start self-monitor #8</p>
10	10/24 & 10/26	Problem Solving for Health Behaviors	<p>Due Wed Oct 26th:</p> <ul style="list-style-type: none"> <li>• Reading/Assignment #7</li> <li>• QUIZ 3</li> <li>• Project literature review</li> </ul>
11	10/31 & 11/02	Social Support for Behavior Change	<p>Due Wed Nov 2nd</p> <ul style="list-style-type: none"> <li>• Reading/Assignment #8</li> <li>• Health reflection #4</li> <li>• Self-monitor #8</li> </ul> <p>Start self-monitor #9</p>
12	11/07 & 11/09	Managing Stress and Promoting Resilience	<p>Due Wed Nov 9th</p> <ul style="list-style-type: none"> <li>• Project Draft Due</li> <li>• Quiz #4</li> <li>• Self-monitor #9</li> </ul>
13	11/14 & 11/16	Body Image & Discrimination in Healthcare	<p>Due Wed Nov 16<sup>th</sup>:</p> <ul style="list-style-type: none"> <li>• Health reflection #5</li> <li>• Reading/Assignment #9</li> <li>• Discussion #4</li> </ul> <p>Start self-monitor #10</p>
14	11/21	<p>No class meeting this week – Thanksgiving!.</p> <p>Assignments due on TUESDAY, Nov. 23rd</p>	<p>Due Tues Nov 22nd</p> <ul style="list-style-type: none"> <li>• Self-monitor #10</li> <li>• Quiz #5</li> </ul>
15	11/28 & 11/30	<p>Looking Forward – Promoting Change in Others</p> <p>Presentations of Findings</p>	<p>Due Wed Nov 30th</p> <ul style="list-style-type: none"> <li>• Reading Assignment #10</li> <li>• Discussion #5</li> </ul>
16	12/05 & 12/07	<p>Looking Forward – Promoting Change in Others</p> <p>Presentations of Findings</p>	<p>Due Wed Dec 7<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Final Project Due and Discussion/Presentations</li> <li>• Health Reflection #6</li> </ul>
HAPPY HOLIDAYS!			