

# HUN 1201: Human Nutrition

Fall (8/15/22 – 12/2/22)

## I. Course Information

**Course No. and Section:** HUN 1201-01

**Instructor:** L. Manley, M.S.

**Credit Hours:** 3

**Classroom:** (Ocala) building 2, room 120

**Meeting Days/Times:** Tues., 9:30 – 10:45am

**Email:** through Canvas only

**Office Hours:** simultaneously online and on campus\*

**M:** 9:30am – 12:30pm & 3:15 – 4:45

**T:** 9 – 9:30 am ; 12:15pm – 2:15pm | \*Online only 4-6pm

**W:** 9:30am – 12:30 pm & 3:15 – 3:45pm

Synchronous? e mail me for a Zoom appt If needed

Extended Emergency Closure: call 352-291-4499 or 800-831-9244, or check: [www.CF.edu](http://www.CF.edu)

## II. Course Description

HUN1201 provides an integrated overview of the physiological requirements and functions of carbohydrates, protein, lipids, energy, and the major vitamins and minerals that are determinants of health and diseases in human populations.

Required Text: An open source Nutrition textbook is provided free in a pdf on the class Canvas page

## III. Course Objectives

<ul style="list-style-type: none"><li>• Macro and Micronutrients &amp; sources of each</li><li>• Nutritional needs across life span</li><li>• Online diet analysis tools/apps for DRIs</li><li>• Human Microbiome and nutritional needs</li></ul>	<ul style="list-style-type: none"><li>• Specific needs diets</li><li>• Digestion and absorption of nutrients</li><li>• Diseases impacted by dietary intake</li><li>• Foods and culture</li></ul>
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## IV. Assessment

See the syllabus course schedule table for assignments, assessments, dates and due dates. There is no resetting of due dates, or make up assessments, or class activities. In order for any grade to count, attendance of that entire class period is required (if you have questions on this, please ask, don't assume). Obviously, the only thing that should be accessed during an assessment exam, quiz or summary) is your knowledge. If a device and, or phone is attended to, or left out, a 0 will result. Once an assessment has begun, it must be finished before leaving the classroom. Plagiarism also will result in a 0 and potentially, for any cheating violation, an FF for the course (see also the CF student code of conduct handbook). Since some assignments are on Canvas, it is assumed that students have a contingency plan for a technical issue (computer/device failure, internet outage, etc.). I understand that most students realize what is written in this paragraph, please ask questions if you do not.

### Diet Analysis Project

The Diet Analysis Project is an ongoing activity for the semester (see syllabus course schedule table). This involves keeping a one time 3-day food record ([journal](#)). Throughout the semester you will refer back to this journal to analyze it for a variety of nutritional values. The links provided above are to be used to complete each analysis, and to assess any changes needed based on DRI. To summarize these findings, and show what you have learned, you will be given brief writing prompts that cover the different nutritional topics assessed.

[Micronutrient digital search engine](#)

[USDA Macro & Micronutrient](#)

[Nutritional/Caloric Needs/Goals](#)

Course Grading Policy:		
In Class Quizzes	(12@5 points/ea)	A = 90 – 100
Activity Summaries:	(12 @ 5 points/ea)	B += 8— 89.9
Exam 1 & 2	(2 @ 100 points/ea)	B = 80 – 86.9
Diet Analyses (DA)	(1 @ 5 points)	C = +77 – 79.9
	(1 @ 20 points)	C = 70 – 76.9
	(1 @ 30 points)	D = 60 – 69.9
Marketing assignments	(2 @ 10 points)	F = < 59.9

**V. Course Schedule/Outline** : Print this table to keep track of your progress (DA - Dietary Analysis)

Week	Topics Covered	Assessment/Assignment	Due Dates
1 8/15 - 21	Nutritional Science	Sample in class quiz <i>Discuss</i> <a href="#">3 day food journal</a> Sample activity Summary Online Syllabus Quiz	First 5 minutes Bring print out Last 5 minutes Due <b>8/21</b> , 10pm
2 8/22 - 28	Nutritional Assessment 2 completed copies of food journal: *copy for me *copy for yourself	<b>DA 1</b> : <i>Submit</i> 3 day food journal In class quiz Activity summary	8/23, 9:30am First 5 minutes Last 5 minutes
3 8/29 – 9/4	Physiological Aspects of Nutrition	In class quiz Activity summary	First 5 minutes Last 5 minutes
4 9/5 - 11	Carbohydrates	In class quiz Activity summary	First 5 minutes Last 5 minutes
5 9/12 - 18	Proteins	In class quiz Activity summary	First 5 minutes Last 5 minutes
6 9/19 - 25	Lipids	In class quiz Activity summary	First 5 minutes Last 5 minutes
7 9/26 – 10/2	Exam 1	<b>DA 2</b> : Macronutrient assessment due	9/27, 9:30am
8 10/3 - 9	Energy Metabolism No campus class, online work	In class quiz & Activity Summary Online See Modules for assignment (see deadline)	Online
9 10/10 - 16	Energy Balance	In class quiz Activity summary	First 5 minutes Last 5 minutes
10 10/17 - 23	Physical Activity & Health	In class quiz Activity summary	First 5 minutes Last 5 minutes
11 10/24 - 30	Water Soluble Vitamins	In class quiz Activity summary	First 5 minutes Last 5 minutes
12 10/31 -11/6	Lipid Soluble Vitamins	In class quiz Activity summary	First 5 minutes Last 5 minutes
13 11/7 - 13	Major Minerals & Water	In class quiz Activity summary	First 5 minutes Last 5 minutes
14 11/14-20	Trace Minerals	In class quiz Activity summary	First 5 minutes Last 5 minutes
15 11/21 - 27	Special Topics of Nutrition	<b>DA 3</b> : Micronutrient assessment due In class quiz Activity summary	11/22, 9:30am First 5 minutes Last 5 minutes
16 11/28- 12/2	Exam 2	Exam 2	11/29, 9:30pm <b>11/29</b>

**DA** = Diet Analysis | Note: Due to unforeseen circumstances, it may be necessary for the course assignment schedule to be altered. Non-attendance does not constitute withdrawal from this course. It is the student's responsibility to complete the withdrawal forms by the appropriate date.

Attendance

As stated above, for any grade in a class to count, attendance of that entire class period is required. Since we are in a unique situation with the SARS CoV 2 virus, a plan B is helpful: if you are to get exposed or infected, up to 2

classes could be missed; once you show supporting evidence of a positive test (or treatment) during that time, the next exam can replace the assignments on the class periods in question (in class assignments only). In this manner, you won't have to stress about missing work, and it will reduce exposure of your classmates.

## VI. College Policies and Student Learning Outcomes

All CF polies are posted to your Canvas page, in the left hand margin

Learning Outcome	Quiz	Exam	Project	Group/Classroom Activity
1. Relate dietary intake to health and illness	X	X	X	X
2. Recognize dietary needs across the life span	X	X	X	X
3. Relate diet and nutrition to culture and economic factors	X	X		X
4. Complete and analyze a three-day nutritional intake	X	X	X	X
5. Interpret and use the Dietary Guidelines for Americans	X	X	X	X
6. Read and interpret nutritional labels on food packages	X	X	X	X
7. Relate nutrients to digestion, absorption and elimination	X	X	X	X
8. Recognize good sources of all major nutrients	X	X	X	X
9. Recognize government resources for nutritional assistance	X		X	X
10. Relate Human Microbiome research to nutritional needs	X	X	X	X

### Major Learning Objectives:

1. Define basic terminology used in the field of nutrition
2. Perform diet analysis using a computer for DRI macronutrients and micronutrient requirements
3. Apply current nutrition standards and guidelines including the DRIs and Dietary Guidelines for Americans
4. Relate physiological functions of various body systems to nutritional needs at the cellular level
5. Relate Human Microbiome research findings to dietary intake and health in a peer review writing assignment
6. Articulate knowledge of the role of nutrition to the prevention of diet related diseases in class discussion
7. Discuss the specific nutritional needs of athletes, pregnant women, infants, children, teens, and the elderly
8. Identify specific local, state and federal programs that assist with meeting nutritional goals
9. Demonstrate knowledge of nutritional label information for specific nutritional needs
10. Identify the: name(s), functions, deficiencies, toxicities, and major food sources for each nutrient class
11. Describe the mechanical and chemical digestion of a food product throughout the digestive tract.
12. Relate dietary intake to different cultures
13. Demonstrate knowledge of food safety guidelines for a variety of food types

## VIII. Additional statements for this course

- **Early Support Program (ESP):** The College of Central Florida is committed to helping you succeed and achieve your academic, personal and career goals. One of the ways we can accomplish this goal with you is through an Early Support Program. Our philosophy, based on extensive research and practice, is that when students are connected early to resources and support systems on campus they are more likely to stay in classes, perform better in those classes, and complete their degree program efficiently. Therefore, you may be contacted by your First Year Success Specialist, program Advisor and/or other resources on our campus if there is a time during the semester I feel it would be beneficial to your continued success. I am always your first point of contact for any concerns that affect your success or with course content, so I encourage you to come to me to discuss those issues. Also, be assured that I will first communicate any concerns I have with you and will then connect you with the other areas on our campus to help develop a network of support for you.

- This course uses Canvas to post many of the course materials. Go to MyCF ([mycf.cf.edu/ICS/](http://mycf.cf.edu/ICS/)), login, click on the Academics tab, and follow the link to Go to Canvas. If you are not familiar with Canvas, you may access a self-tutorial by hovering over the Courses tab in Canvas and clicking on the Getting Started in Canvas course. Additional Canvas tutorials can be found under the help menu in the lower-left hand margin of your class Canvas page. If you have any questions or encounter any problems logging on to Canvas or within the system, contact the Distance Learning Help Desk Monday through Friday, 8 a.m.-4:30 p.m. (fall and spring hours), or Monday through Thursday, 8:00 a.m.-4:30 p.m. (summer hours), at [dlhelp@cf.edu](mailto:dlhelp@cf.edu) or at 352-854-2322, ext. 1317. You may also use the 24/7 Canvas help desk by clicking the Help link in the lower left hand margin of Canvas.

- **Library Resources:** The CF Libraries are here to help with your research and information needs. Search the library catalog ([library.cf.edu](http://library.cf.edu)), or contact the Ocala campus library ([library@cf.edu](mailto:library@cf.edu), 352-854-2322 x1345) or the Citrus campus library ([citruslb@cf.edu](mailto:citruslb@cf.edu), 352-249-1205) with questions. Learn more about research help, online and database searching, and citing your sources by visiting the CF Virtual Library ([cf.libguides.com](http://cf.libguides.com)) or by visiting the Ocala library (Building 3) or Citrus library (Building C2, Room 202) for one-on-one help. Course reserves: Course textbooks and/or supplemental course material may be on reserve at the Library. Please call to inquire. If the item you are looking for is not on reserve, ask your instructor if they are able to place a copy on reserve.