

FAU FLORIDA ATLANTIC UNIVERSITY	NEW COURSE PROPOSAL Undergraduate Programs		UUPC Approval <u>12/01/25</u> UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____	
	Department <u>N/A</u> College <u>Wilkes Honors College</u> (To obtain a course number, contact erudolph@fau.edu)			
Prefix <u>HUN</u> Number <u>3207</u>	(L = Lab Course; C = Combined Lecture/Lab; add if appropriate) Lab Code _____	Type of Course <input type="text" value="Lecture"/>	Course Title <u>Honors Human Nutrition and Health</u>	
Credits (Review Provost Memorandum) <u>3</u>	Grading (Select One Option) Regular <input checked="" type="radio"/> Pass/Fail <input type="radio"/> Sat/UnSat <input type="radio"/>	Course Description (Syllabus must be attached; Syllabus Checklist recommended; see Guidelines) This course examines human nutrition principles, including nutrient characteristics, digestion, absorption, metabolism, food sources, and disease relationships. Students explore biochemical mechanisms underlying nutrient metabolism while critically analyzing peer-reviewed research and case studies. Honors students are encouraged to engage more deeply with primary research and connect course material to real-world health issues.		
Effective Date (TERM & YEAR) <u>Fall 2026</u>				
Prerequisites, with minimum grade* <u>BSC 2086/L or PCB 3704/L or instructor permission. Minimum passing grade is C</u>		Corequisites _____		Registration Controls (Major, College, Level) <u>Sophomore, Junior or Senior standing, WHC student</u>
*Default minimum passing grade is D-. Prereqs., Coreqs. & Reg. Controls are enforced for all sections of course				
WAC/Gordon Rule Course <input type="radio"/> Yes <input checked="" type="radio"/> No WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to proposal. See WAC Guidelines .		Intellectual Foundations Program (General Education) Requirement (Select One Option) <u>None</u> General Education criteria must be indicated in the syllabus and approval attached to the proposal. See GE Guidelines .		
Minimum qualifications to teach course <u>PhD in Physiology, Biochemistry or related discipline</u>				
Faculty Contact/Email/Phone <u>Tracy Mincer/ tmincer@fau.edu/ X68718</u>		List/Attach comments from departments affected by new course <u>See letter from College of Nursing</u>		
Approved by Department Chair <u>[Signature]</u> College Curriculum Chair <u>[Signature]</u> College Dean <u>[Signature]</u> UUPC Chair <u>Korey Sorge</u> Undergraduate Studies Dean <u>Dan Meerhoff</u> UFS President _____ Provost _____			Date <u>11/21/2025</u> <u>11-21-2025</u> <u>11-21-25</u> <u>12/01/25</u> <u>12/01/25</u> _____ _____	

Email this form and syllabus to mianning@fau.edu seven business days before the UUPC meeting.



FLORIDA ATLANTIC UNIVERSITY

HUN 3207

Honors Human Nutrition and Health

3 Credit(s)

Fall 2026 - 1 Full Term

Instructor Information

TBD

Email:

Office Hours: TBD

Course Description

This course examines human nutrition principles, including nutrient characteristics, digestion, absorption, metabolism, food sources, and disease relationships. Students explore biochemical mechanisms underlying nutrient metabolism while critically analyzing peer-reviewed research and case studies. Honors students are encouraged to engage more deeply with primary research and connect course material to real-world health issues.

Honors Distinction

As an Honors course, this class emphasizes critical thinking, scientific literacy, and integration of complex neurobiological concepts across multiple levels of analysis, from molecules to circuits to behavior. Honors students are encouraged to engage more deeply with primary research, connect course material to real-world health issues. The course fosters independent learning and synthesis of knowledge to prepare students for health-related fields and the Honors thesis.

Prerequisites/Corequisites

BSC 2086/L or PCB 3704/L or instructor permission. Minimum passing grade is C.

Instructional Method

In-Person

Traditional concept of in person. Mandatory attendance is at the discretion of the instructor.

Required Texts/Materials

Understanding Nutrition

ISBN: 9798214355634

Publisher: Cengage Learning

Edition: 16th

Course Objectives (CO's)/Student Learning Outcomes

Upon completion of HUN 3207 the student will be proficient in:

Knowledge and Understanding:

- Define nutrition and basic terms such as essential nutrients, vitamins, minerals, classes of nutrients, nutrient and energy density, Recommended Dietary Allowance and Adequate Intake
- Gain a deep understanding of the structures of nutrient molecules and how they are digested, utilized, burned for fuel and stored in the human body
- Explain the basic and intermediate foundations of nutrition and metabolism in inorganic and organic chemistry, biology, and biochemistry

Application and Analysis:

- Understand nutrient metabolism in normal and disease states
- Determine, compare and contrast the nutritional value of current eating habits to current recommendations and propose modifications to reduce the risk for developing chronic diseases
- Discuss the science, rationale, and validity of various metabolic health and nutrition assessment tools, screens, and methodologies routinely used in clinical/research settings

Synthesis and Evaluation:

- Interpret nutrition science and utilize research outcomes to appropriately address food and nutrition problems in the clinical sector
- Think critically about nutrient claims and fads using your knowledge of nutritional biochemistry
- Communicate complex nutritional concepts effectively to diverse audiences and demonstrate proficiency in evidence-based nutrition practice

Grading and Evaluation Method

Overall Grade Distribution:

- **Examinations: 65%**
- **Research and Literature: 23%**
- **Case Studies Analyses: 12%**

Examinations:

- Three midterm exams (45%)
- Comprehensive final exam (20%)

Research and Literature:

- Literature review using peer-reviewed sources
- Research proposal with literature synthesis
- Weekly article critiques

Case Study Analyses- including Laboratory Work and Assignments:

- Metabolic disorder case with intervention plan
- Life cycle nutrition case study
- Clinical assessment case study

Laboratory Work:

- Metabolic pathway exercises
- Nutritional assessment sessions
- Food analysis practicum

Assignments:

- Problem-solving exercises using research data

Technology Requirements:

- Scientific database access
- Nutrition analysis software
- Statistical software proficiency

Course Topical Outline and General Schedule

Unit I: Foundations of Nutritional Biochemistry (Weeks 1-3)

- Review of basic chemistry and biochemistry principles
- Macronutrient structure and classification
- Micronutrient overview and classification
- Dietary Reference Intakes and nutritional standards

Unit II: Digestion, Absorption, and Transport (Weeks 4-5)

- Gastrointestinal anatomy and physiology
- Enzymatic processes and nutrient breakdown
- Absorption mechanisms and bioavailability
- Nutrient transport systems

Unit III: Macronutrient Metabolism (Weeks 6-9)

- Carbohydrate metabolism: glycolysis, gluconeogenesis, glycogen storage
- Lipid metabolism: fatty acid oxidation, lipogenesis, cholesterol synthesis
- Protein metabolism: amino acid catabolism, nitrogen balance, protein synthesis
- Energy metabolism and metabolic regulation

Unit IV: Micronutrient Functions and Metabolism (Weeks 10-11)

- Fat-soluble vitamins: roles, metabolism, deficiency/toxicity
- Water-soluble vitamins: coenzyme functions, metabolic pathways
- Major and trace minerals: homeostasis, metabolic roles

Unit V: Nutrition in Health and Disease (Weeks 12-13)

- Metabolic disorders and nutritional interventions
- Chronic disease prevention through nutrition
- Life cycle nutrition considerations

Unit VI: Assessment and Evidence-Based Practice (Weeks 14-15)

- Nutritional assessment methodologies
- Research interpretation and critical analysis
- Current controversies and emerging trends in nutrition science

Code of Academic Integrity

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty is considered a serious breach of these ethical standards, because it interferes with the university mission to provide a high-quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the university community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [University Regulation 4.001](#).

Academic dishonesty (cheating, plagiarism or other dishonest behavior related to grades and performance) will not be tolerated under any circumstances.

Examples of academic dishonesty include, but are not limited to: copying homework assignments, cheating on quizzes or exams, excessive use of AI (ChatGTP) and plagiarism. Any incidents of any type of academic dishonesty may result in a student receiving an “F” for the course.

Attendance Policy Statement

Students are expected to attend all their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of non-attendance. Students are responsible for arranging to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations, or participation in University-approved activities. Examples of University-approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances, and debate activities. It is the student’s responsibility to give the instructor notice prior to any anticipated absences and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student’s final course grade as a direct result of such absence.

Faculty Rights and Responsibilities

Florida Atlantic University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires classroom conditions that do not impede their exercise. To ensure these rights, faculty members have the prerogative to:

- Establish and implement academic standards.
- Establish and enforce reasonable behavior standards in each class.
- Recommend disciplinary action for students whose behavior may be judged as disruptive under the Student Code of Conduct [University Regulation 4.007](#).

Disability Policy

In compliance with the Americans with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses – Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, please visit the SAS website at www.fau.edu/sas/.

Religious Accommodation Policy Statement

In accordance with the rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs regarding admissions, registration, class attendance, and the scheduling of examinations and work assignments. University Regulation 2.007, Religious Observances, sets forth this policy for FAU and may be accessed on the FAU website at www.fau.edu/regulations.

Any student who feels aggrieved regarding religious accommodations may present a grievance to the executive director of The Office of Civil Rights and Title IX. Any such grievances will follow Florida Atlantic University's established grievance procedure regarding alleged discrimination.

Time Commitment Per Credit Hour

For traditionally delivered courses, such as this one, not less than one (1) hour of classroom or direct faculty instruction each week for fifteen (15) weeks per Fall or Spring semester, and a minimum of two (2) hours of out- of-class student work for each credit hour. Equivalent time and effort are required for Summer Semesters, which usually have a shortened timeframe.

Course Grading Scale

Letter Grade	Percentage
A	100 - 94%
A-	< 94 - 90%
B+	< 90 - 87%
B	< 87 - 83%
B-	< 83 - 80%
C+	< 80 - 77%
C	< 77 - 73%
C-	< 73 - 70%
D+	< 70 - 67%
D	< 67 - 63%
D-	< 63 - 60%
F	< 60 - 0%

Grade Appeal Process

You may request a review of the final course grade when you believe that one of the following conditions apply:

- There was a computational or recording error in the grading.
- The grading process used non-academic criteria.
- There was a gross violation of the instructor's own grading system.

[University Regulation 4.002](#) of the University Regulations contains information on the grade appeals process

Policy on Make-up Tests, Late work, and Incompletes

Make-up exams will only be provided in cases of documented medical or family emergencies. You must notify me as soon as possible and provide written proof (e.g., doctor's note, hospital record) to be eligible for a make-up exam.

No make-up exams will be given for personal (non-medical) reasons, including but not limited to transportation issues, work or school conflicts, or other personal obligations. If you miss an exam without valid documentation of a medical or family emergency, you will receive a grade of zero for that exam.

If you anticipate missing an exam or being unable to complete an assignment on time, please contact me in advance. Depending on the circumstances, alternative arrangements may be considered.

Policy on the Recording of Lectures

Students enrolled in this course may record video or audio of class lectures for their own personal educational use. A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach students about a particular subject.

Recording class activities other than class lectures, including but not limited to student presentations (whether individually or as part of a group), class discussion (except when incidental to and incorporated within a class lecture), labs, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, and private conversations between students in the class or between a student and the lecturer, is prohibited.

Recordings may not be used as a substitute for class participation or class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the University's Student Code of Conduct and/or the Code of Academic Integrity.

Artificial Intelligence Preamble

FAU recognizes the value of generative AI in facilitating learning. However, output generated by artificial intelligence (AI), such as written words, computations, code, artwork, images, music, etc., for example, is drawn from previously published materials and is not your own original work.

FAU students are not permitted to use AI for any course work unless explicitly allowed to do so by the instructor of the class for a specific assignment. [\[Policy 12.16 Artificial Intelligence\]](#)

Class policies related to AI use are decided by the individual faculty. Some faculty may permit the use of AI in some assignments but not others, and some faculty may prohibit the use of AI in their course entirely. In the case that an instructor permits the use of AI for some assignments, the assignment instructions will indicate when and how the use of AI is permitted in that specific assignment. It is the student's responsibility to comply with the instructor's expectations for each assignment in each course. When AI is authorized, the student is also responsible and accountable for the content of the work. AI may generate inaccurate, false, or exaggerated information. Users should approach any generated content with skepticism and review any information generated by AI before using generated content as-is.

If you are unclear about whether or not the use of AI is permitted, ask your instructor before starting the assignment.

Failure to comply with the requirements related to the use of AI may constitute a violation of the [Florida Atlantic Code of Academic Integrity, Regulation 4.001.](#)

Proper Citation: If the use of AI is permitted for a specific assignment, then use of the AI tool must be properly documented and cited. For more information on how to properly cite the use of AI tools, visit <https://fau.edu/ai/citation>

AI Language Specific to This Course

AI Flexible: The use of AI to assist in work assigned in this specific course is permitted only for specific assignments as indicated by the instructor. Use must be properly documented and cited per instructor guidelines (<https://fau.edu/ai/citation>).

Counseling and Psychological Services (CAPS) Center

Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (CAPS) Center. CAPS provides FAU students a range of services – individual therapy, group therapy, and crisis services, to name a few - offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

Student Support Services and Online Resources

- [Center for Learning and Student Success \(CLASS\)](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [FAU Libraries](#)
- [Math Learning Center](#)
- [Office of Information Technology Helpdesk](#)
- [Center for Global Engagement](#)
- [Office of Undergraduate Research and Inquiry \(OURI\)](#)
- [Science Learning Center](#)
- [Speaking Center](#)
- [Student Accessibility Services](#)
- [Student Athlete Success Center \(SASC\)](#)
- [Testing and Certification](#)
- [Test Preparation](#)
- [University Academic Advising Services](#)
- [University Center for Excellence in Writing \(UCEW\)](#)
- [Writing Across the Curriculum \(WAC\)](#)

Title IX Statement

In any case involving allegations of sexual misconduct, you are encouraged to report the matter to the University Title IX Coordinator in the Office of Civil Rights and Title IX (OCR9). If University faculty become aware of an allegation of sexual misconduct, they are expected to report it to OCR9. If a report is made, someone from OCR9 and/or Campus Victim Services will contact you to make you aware of available resources including support services, supportive measures, and the University's grievance procedures. More information, including contact information for OCR9, is available at:

<https://www.fau.edu/ocr9/title-ix/>. You may also contact Victim Services at victimservices@fau.edu or 561-297-0500 (ask to speak to an Advocate) or schedule an appointment with a counselor at Counseling and Psychological Services (CAPS) by calling 561-297-CAPS.