

**HSCI 2302 Tentative Course Schedule\***  
**Spring 2019**

Dates	Topics	Homework and Assignments
<b>Module 1 – Basics of Nutrition</b>		
<b>January 21<sup>st</sup> – Dr. Martin Luther King, Jr. Holiday – University Closed</b>		
<b>WEEK 1</b> <u>January 22<sup>nd</sup> – 27<sup>th</sup></u>	<b>Overview of the course</b> Introductions Review Syllabus iClicker and Mind Tap	<b>T:</b> Syllabus quiz on Blackboard- DUE during class iClicker & Mind Tap registration DUE Tuesday January 29 <sup>th</sup> before class
		<b>R:</b> Read Chapter 1: Human Health – Basics of Nutrition
<b>WEEK 2</b> <u>January 28<sup>th</sup> – February 3<sup>rd</sup></u>	<b>Module 1</b> Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	<b>T:</b> Read Chapter 2: Nutrition Tools: Standards and Guidelines Diet & Wellness – Create your profile (Mind Tap) Twitter 1: Dietary Guidelines key recommendations
		<b>R:</b> Read Chapter 3: Remarkable Body Dietary Guidelines: <a href="http://health.gov/dietaryguidelines/2015/guidelines/">http://health.gov/dietaryguidelines/2015/guidelines/</a>
<b>WEEK 3</b> <u>February 4<sup>th</sup> – 10<sup>th</sup></u>	<b>Module 1</b> Dietary Guidelines Body basics and Digestive system	<b>T:</b> Read Chapter 3 Twitter 2: Nutrition Fact Labels
		<b>R:</b> Exam review – Class Mind Tap assignment – Ch. 3 <b>Exam 1 – Online Available February 8<sup>th</sup> -10<sup>th</sup> on Blackboard</b>
<b>Module 2 – Macronutrients</b>		
<b>WEEK 4</b> <u>February 11<sup>th</sup> – 17<sup>th</sup></u>	<b>Module 2</b> Carbohydrates: Structure, use, digestion and absorption	<b>T:</b> Read Chapter 4: The Carbohydrates Twitter 3: Healthy Carbohydrates
		<b>R:</b> Mind Tap assignment – Ch. 4
<b>WEEK 5</b> <u>February 18 – 24<sup>th</sup></u>	<b>Module 2</b> Lipids: Classification, storage, use, digestion and absorption Lipids in Health and Disease	<b>T:</b> Read Chapter 5: The Lipids Twitter 4: Healthy fats
		<b>R:</b> Mind Tap assignment – Ch. 5
<b>WEEK 6</b> <u>February 25 – March 3<sup>rd</sup></u>	<b>Module 2</b> Proteins and Amino Acids Plant-based diets	<b>T:</b> Read Chapter 6: The Proteins Twitter 5: Proteins & Amino acids
		<b>R:</b> Case Study Proteins Exam review – iClicker Mind Tap assignment – Ch. 6 <b>Exam 2 – Online Available March 1<sup>st</sup> – 3<sup>rd</sup> on blackboard</b>
<b>Module 3 – Micronutrients</b>		
<b>WEEK 7</b> <u>March 4 – 10<sup>th</sup></u>	<b>Module 3</b> Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements	<b>T:</b> Reading Chapter 7: The Vitamins Twitter 6: Vitamins and Supplements
		<b>R:</b> Mindful eating Mind Tap assignment – Ch. 7
<b>WEEK 8</b> <u>March 11 – 17<sup>th</sup></u>	<b>Module 3</b> Dietary Supplements Major & trace Minerals & water	<b>T:</b> Reading Chapter 8: Water & Minerals Twitter 7: Minerals and Supplements
		<b>R:</b> Mind Tap assignment – Ch. 8
<b>Spring Break – March 18 – 22<sup>nd</sup></b>		
<b>WEEK 9</b> <u>March 25 – 31<sup>st</sup></u>	<b>Module 3</b> Optimum Nutrition & Mindful eating	<b>T:</b> Mindful Eating Twitter 8: Mindful eating
		<b>R:</b> Optimum Nutrition Exam review – iClicker <b>Exam 3 – Online Available March 29<sup>th</sup> – 31<sup>st</sup> on blackboard</b>

<b>Module 4 – Energy Balance, Diet and Health</b>		
<b>WEEK 10</b> <u>April 1 – 7<sup>th</sup></u>	<b>Module 4</b> Energy Balance & Body weight management Body fat vs. body weight Body energy balance and requirements. EER Calculation	<b>T:</b> Reading Chapter 9: Energy Balance & healthy body Weight Twitter 9: Obesogenic Environment
		<b>R:</b> Mind Tap assignment – Ch. 9
<b>WEEK 11</b> <u>April 8 – 14<sup>th</sup></u>	<b>Module 4</b> Nutrition and Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity	<b>T:</b> Reading Chapter 10: Performance Nutrition Twitter 10: Performance Diet
		<b>R:</b> Mind Tap assignment – Ch. 10
<b>WEEK 12</b> <u>April 15 – 21<sup>st</sup></u>	<b>Module 4</b> Diet and Health	<b>T:</b> Reading Chapter 11: Diet and Health Twitter 11: Healthy Diet
		<b>R:</b> Exam review – iClicker Mind Tap assignment – Ch. 11 <b>Exam 4 – Online Available April 19<sup>th</sup> – 21<sup>st</sup> on blackboard</b>
<b>Module 5 – Nutrition thru the lifecycle and Food security</b>		
<b>WEEK 13</b> <u>April 22 – 28<sup>th</sup></u>	<b>Module 5</b> Lifecycle and Nutrition. Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition	<b>T:</b> Reading Chapter 13: Lifecycle Nutrition Twitter 12: Lactation promotion
		<b>R:</b> Mind Tap Assignment – Ch. 13 Dietary Analysis Project Due April 28 <sup>th</sup> at midnight on BB.
<b>WEEK 14</b> <u>April 29 – May 5<sup>th</sup></u>	<b>Module 5</b> Child, Teen and Older adults Nutrition	<b>T:</b> Reading Chapter 14: Child, Teen and Older adults Nutrition Twitter 13: Baby Food
		<b>R:</b> Mind Tap Assignment – Ch. 14
<b>Week 15</b> <u>May 6 – 9<sup>th</sup></u>	<b>Module 5</b> U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety & Technology	<b>T:</b> Reading Chapter 12 Twitter 14: Food Safety
		<b>R:</b> Reading Chapter 15 Exam review – iClicker Mind Tap assignment – Ch. 12 & 15 <b>Exam 5 – Online Available May 8<sup>th</sup> &amp; 9<sup>th</sup> on Blackboard</b>
<b>Final Exams Week</b>	<b>May 13 – 17<sup>th</sup> – Final exam TBA</b> <b>Final Exam Comprehensive: Includes all chapters reviewed during the semester</b>	
<b>Commencement May 18<sup>th</sup> – 19<sup>th</sup></b>		

\* Note: The course calendar is a general tentative plan for the course. Any changes will be announced to the class in advance by the instructor

#### Important Dates

\*\*February 6<sup>th</sup> – Spring Census Day (Last day to register for classes)

\*\*March 29<sup>th</sup> – Cesar Chavez Holiday (No classes)

\*\*April 5<sup>th</sup> – Spring drop/withdrawal deadline

\*\*April 19<sup>th</sup> – Spring Study Day

\*\*May 9<sup>th</sup> – Last day of Classes

\*\*May 10<sup>th</sup> – Dead day

T: Tuesdays; R: Thursdays