

HSCI 2302 FUNDAMENTALS OF NUTRITION ONLINE COURSE CALENDAR*

Summer I 2020

Dates	Topics	Homework and Class Assignments
<p align="center">WEEK 1 <u>June 8 -14</u></p>	<p>Overview of the course Review Syllabus Why Nutrition Matters? Nutrition Scientific Information Dietary Guidelines 2015 Nutrient Dense foods Food Labels Body Basics and Digestive System Carbohydrates: Structure, use, digestion and absorption</p>	<p>Blackboard Readiness & Syllabus Quiz (Ticket to course – you must complete to get access to modules. Discussion Board: Introductions (20) & Dietary Guidelines 2015 (50) Week 1 - Dietary Guidelines 2015 – Review on Blackboard Module <u>Exam 1: Chapters 1, 2, 3 & 4 – Available June 13th & 14th</u></p> <p>Readings Ch. 1 – Food choices and Human Health & Ch. 2 – Nutrition Tools: Standards and Guidelines Ch. 3 – The Remarkable Body & Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Diet & Wellness (D&W) Create your profile ○ D&W: Track your diet (1) ○ D&W: Skill Building: Calories (10) & Dietary Reference Intake (RDIs) (10) ○ D&W – Skill Building: Carbohydrates (10), Fiber (10) ○ Video Quiz: The scientific method (10) & Reading a food Label (3) ○ Video quiz: Circulation (3) & Blood and Glucose Regulation (3) ○ A Closer Look: Differences Among the Nutrition Standards and Guidelines and when to Use Them (22) & Physiology of Human Digestion and Absorption (○ Chapter 1, 2, 3 & 4: Nutrition Basic Quiz ○ Debunk the Junk Quiz: Food Labels ○ Global nutrition watch activities ○ Case Study: Too much of a good thing (8) & The Glucose Rollercoaster (8)
<p align="center">WEEK 2 <u>June 15 – 21</u></p>	<p>Lipids: Classification, storage, use, digestion and absorption Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements Water and Minerals – Major and Trace minerals</p>	<p>Blackboard <u>Exam 2: Chapter 5, 6, 7 & 8 – Available June 19 – 21</u> Reading</p> <p>Ch. 5 – Lipids: Fats, phospholipids and sterols Ch. 6 – Proteins and Amino acids Ch. 7 – The Vitamins Ch. 8 – Water and Minerals</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (2) ○ D&W – Skill Building: Saturated fats (10) & Protein (10) ○ D&W – Skill Building: Vitamin C & DASH Diet ○ D&W: Track your diet (3) ○ Video quiz: Lipoproteins (3) & Protein Synthesis (3) ○ Video Quiz: Vitamin A & Iron ○ Chapter 5, 6, 7 & 8 Nutrition Basic Quiz ○ Case Study: The importance of Fat in our diet (8) & Making Meatless Work ○ Global nutrition watch activities ○ Case Study: Betting on Vitamins (8) & Watching the Salt (8)

<p style="text-align: center;">WEEK 3 <u>June 22 – 28</u></p>	<p>Energy Balance & body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition Early and middle childhood. Nutrition, adolescence, and later years.</p>	<p>Blackboard Dietary Analysis (DA) Due on BB – Sunday June 28th at midnight on blackboard. Dietary analysis MUST be submitted on Blackboard; assignments submitted via email will not be accepted. Exam 3: Chapters 9, 10, 11, 13 & 14 – Available June 27th & 28th Reading Ch. 9 – Energy balance and Healthy Body Weight Ch. 10 – Performance Nutrition Ch. 11 – Nutrition and Chronic Diseases Ch. 13 – Lifecycle Nutrition: Mother and Infant Ch. 14 – Child, Teen, and Older adult Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W Skill Building: Bariatric Surgery (10) & Physical Activity (10) ○ D&W: Track your diet (4) ○ D&W Skill Building: Diabetes exchanges(10) & Women, Infants and Children (10) ○ Video Quiz: Estimating Energy Needs Based using the EER Equation (3) & ATP Overview (3) ○ Video Quiz: Antioxidants (3) & The Placenta (3) ○ Video Quiz: Nutrition and the Aging Population (3) ○ A closer look: Health consequences of excess body fat (22) ○ A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22) ○ Chapter 9, 10, 11, 13 & 14 Nutrition Basic Quiz ○ Global Nutrition Watch Activities ○ Case Study: Passing on Nutrition wisdom (8)
<p style="text-align: center;">WEEK 4 <u>June 29 – July 5</u> ** July 4th** University Closed</p>	<p>U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety & Technology Mindful eating and Optimum Nutrition</p>	<p>Blackboard Reading on Mindful eating and optimum nutrition Exam 4: Chapters 12, 14 & 15 Available July 3rd & 4th Reading Ch. 12 – Food Safety & Food Technology Ch. 15 – Hunger and the future of food Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W Skill Building: World Hunger (10) ○ Video Quiz: Comparing Selective Breeding and rDNA Technology (3) ○ Case Study: Food Safety (8) ○ Chapter 12 & 15: Nutrition Basic Quiz ○ Global nutrition watch activities
<p style="text-align: center;">Final Exams</p>	<p style="text-align: center;">July 6th – Final exam on Blackboard</p>	

* Note: The course syllabus is a general tentative plan for the course. The instructor will announce any changes to the class in advance.

The University of Texas at El Paso – Academic Calendar Summer 2020 (Important Dates)

March 30th	Summer Registration Begins
May 28th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
May 29th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
June 1st	Financial Aid is Disbursed
June 8th	Summer I & Full Term Classes Begin
June 10th	Summer I Census Day Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
June 15th	Summer Full Term Census Day Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
June 26th	Summer I Drop/Withdrawal Deadline Note: Student-initiated drops are permitted after this date, but the student is not guaranteed a grade of W. The faculty member of record will issue a grade of either W or F.
July 4th	Independence Day Holiday – University Closed
July 2nd	Summer I – Last day of classes
July 6th	Summer I Final Exams; Full Term classes do not meet