

HSCI 2302 Fundamentals of Nutrition
Tentative* Online Course Schedule* spring 2020

Dates	Topics	Homework and Class Assignments
Monday January 20th – Martin Luther King (University Closed)		
Module 1 – Basics of Nutrition		
WEEK 1 <u>January 21st – 26</u>	Overview of the course Review Syllabus Why Nutrition Matters? Introductions Nutrition Scientific Information	Readiness & Syllabus Quiz on BB DB: Introductions Reading Ch. 1 Food choices and Human Health Mind Tap Activities Diet & Wellness (D&W) Create your profile D&W: Skill Building: Calories (10) Chapter 1: Nutrition Basic Quiz (practice) Video Quiz: The scientific method (3) Global nutrition watch activity (3) Extra credit: Debunk the Junk Quiz: CLAIM Method (8)
WEEK 2 <u>January 27th – February 2nd</u>	Module 1 Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	Reading Ch. 2 – Standards and Guidelines Dietary Guidelines 2015 – link on blackboard: Discussion Board Mind Tap Activities Video Quiz: Reading a food Label (3) D&W: Track your diet D&W Skill building: Dietary Reference Intake (RDIs) (10) Chapter 2 : Nutrition Basic Quiz (practice) Debunk the Junk Quiz: Food Labels (8) A Closer Look: Differences Among the Nutrition Standards & Guidelines and when to Use Them (22). Global nutrition watch activity (3)
WEEK 3 <u>February 3rd – 9th</u>	Module 1 Dietary Guidelines Body basics and Digestive system	Reading Ch. 3 – Remarkable Body Mind Tap Activities D&W: Track your diet Video quiz: Circulation (3) A closer look: Physiology of Human Digestion and Absorption (22) Case Study: Too much of a good thing (8) Chapter 3 : Nutrition Basic Quiz (practice) Global nutrition watch activity (3) Exam 1 – Online Available February 7th – 9th on Blackboard
Module 2 – Macronutrients		
WEEK 4 <u>February 10th – 16th</u>	Module 2 Carbohydrates: Structure, use, digestion and absorption	Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber Mind Tap Activities D&W: Track your diet D&W – Skill Building: Carbohydrates (10), Fiber (10) D&W - Concepts in action: Analyze carbohydrate intake Video quiz: Blood and Glucose Regulation (3) Case Study: The Glucose Rollercoaster (8) Chapter 4: Nutrition Basic Quiz (Practice) Global nutrition watch activity (3) Extra Credit: Debunk the Junk Quiz: The Potato Hack (8)
WEEK 5 <u>February 17th – 23rd</u>	Module 2 Lipids: Classification, storage, use, digestion and absorption	Reading Ch. 5 – Lipids: Fats, phospholipids and sterols Mind Tap Activities D&W: Track your diet D&W – Skill Building: Saturated fats (10) Video quiz: Lipoproteins (3) Case Study: The importance of Fat in our diet (8) Chapter 5: Nutrition Basic Quiz (practice) Global nutrition watch activity (3)
WEEK 6	Module 2	Reading Ch. 6 – Proteins and Amino acids

<p><u>February 24th – March 1st</u></p>	<p>Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess. Plant based diets</p>	<p>Mind Tap Activities Chapter 6: Nutrition Basic Quiz (practice) Video Quiz: Proteins Synthesis (3) Case Study: Making Meatless Work (8) Global Nutrition watch activity (3) D&W – Skill Building: Protein (10) Extra credit: Debunk the Junk Quiz: Protein Supplement (8) & Protein Needs (8) Exam 2 – Online Available February 28th – March 1st on blackboard</p>
Module 3 – Micronutrients		
<p>WEEK 7 <u>March 2nd – 8th</u></p>	<p>Module 3 Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements</p>	<p>Reading Ch. 7 – The Vitamins Mind Tap Activities D&W: Track your diet D&W – Skill Building: Vitamin C (10) Video Quiz: Vitamin A (3) Case Study: Betting on Vitamins (8) Chapter 7 Nutrition Basic Quiz (practice) Global nutrition watch activity</p>
<p>WEEK 8 <u>March 9th – 15th</u></p>	<p>Module 3 Water and Minerals – Major and Trace minerals</p>	<p>Reading Ch. 8 – Water and Minerals Mind Tap Activities D&W – Skill Building: DASH Diet (10) D&W: Track your diet Video Quiz: Iron (3) Case Study: Watching the Salt (8) Chapter 8: Nutrition Basic Quiz (practice) Global nutrition watch activity (3)</p>
Week 9 - March 16th – 20th Spring Break		
<p>WEEK 10 <u>March 23rd – 29th</u></p>	<p>Module 3 Optimum Nutrition & Mindful eating</p>	<p>Review mindful eating and optimum nutrition on Blackboard Mind Tap Activities - None Exam 3 – Online Available March 27th – 29th on blackboard</p>
Module 4 – Energy Balance, Diet and Health		
<p>WEEK 11 <u>March 30th – April 5th</u></p>	<p>Module 4 Energy Balance & body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation</p>	<p>Reading Ch. 9 – Energy balance and Healthy Body Weight Mind Tap Activities D&W Skill Building: Bariatric Surgery (10) D&W: Track your diet Video Quiz: Estimating Energy Needs Based using the EER Equation (3) A closer look: Health consequences of excess body fat (22) Chapter 9: Nutrition Basic Quiz (practice) Global Nutrition Watch Activity (3) Extra Credit: Debunk the Junk Quiz: Popular diets (1) & What makes a Fad Diet? (1)</p>
<p>WEEK 12 <u>April 6th – 12th</u></p>	<p>Module 4 Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity</p>	<p>Reading Ch. 10 – Performance Nutrition Mind Tap Activities D&W Skill Building: Physical Activity (10) Video Quiz: ATP Overview (3) Chapter 10: Nutrition Basic Quiz (practice) Global nutrition watch activity (3) Dietary Analysis Due on BB – Sunday April 12th at 11:59pm MST. Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions (280)</p>
<p>WEEK 13 <u>April 13th – 19th</u></p>	<p>Module 4 Diet and Health</p>	<p>Reading Ch. 11 – Diet and Health Mind Tap Activities D&W Skill Building: Diabetes exchanges(10) Video Quiz: Antioxidants (3)</p>

		A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22) Chapter 11: Nutrition Basic Quiz (Practice) Global Nutrition Watch Activity (3) Exam 4 – Online Available April 17th – 19th on blackboard
Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 14 <u>April 20th – 26th</u>	Module 5 Lifecycle and Nutrition. Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition	Reading Ch. 13 – Lifecycle Nutrition Mind Tap Activities D&W Skill Building: Women, Infant and Children Program (WIC) (10) Video Quiz: The Placenta (3) Chapter 13: Nutrition Basic Quiz (Practice) Global Nutrition Watch Activity (3)
WEEK 15 <u>April 27th – May 3rd</u>	Module 5 Child, Teen and Older adults Nutrition	Reading Ch. 14 – Child, Teen, and Older adult Mind Tap Activities Chapter 14: Nutrition Basic Quiz (practice) Video Quiz: Nutrition and the Aging Population (3) Case Study: Passing on Nutrition wisdom (8) Global nutrition watch activity (3) Extra Credit: Debunk the Junk Quiz: Healthy Choices for Kids (8) & Too Much Sugar? (8)
Week 16 <u>May 4th – 7th</u>	Module 5 U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety & Technology	Reading Ch. 12 & 15 – Food Safety; Hunger and the future of food Mind Tap Activities 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 (Practice) Chapter 12 & 15: Global nutrition watch activity (6) Extra Credit: Ch. 15: Debunk the Junk Quiz: Food Insecurity in America (8) & Technology and Food Waste (8) Exam 5 – Online Available May 6th & 7th on Blackboard
Final Exams Week <u>May 11th – 15th</u>	May 12th, 2020 Final Exam Comprehensive: Includes all chapters reviewed during the semester	
Commencement May 16 & 17th 2020		

* 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

Oct 28th	Spring Registration Begins
Jan 9th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Jan 10th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Jan 13th	Financial Aid is Disbursed
Jan 20th	Dr. Martin Luther King, Jr. Holiday – University Closed
Jan 21st	Spring classes begin
Jan 21st–24th	Late Registration (Fees are incurred) Spring Census Day
Feb 5th	Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped. 20 th Class Day
Feb 17th	Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
Feb 21st	Graduation application deadline for degree conferral
Mar 21st	Midterm Spring 2019 Grades Due
Mar 16-20th	Spring Break
Mar 27th	Cesar Chavez Holiday – no classes
Apr 3rd	Spring 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.

Apr 10th	Spring Study Day
Apr 17th	Deadline to submit candidates' names for degree conferral
May 7th	Spring – Last day of classes
May 8th	Dead day
May 11-15th	Spring Final Exams
May 16-17th	Spring Commencement
May 20th	Grades are Due
May 21st	Grades are posted to student records; students are notified of grades and academic standing
Payment Deadlines	For more information on payment deadlines, visit the Student Business Services Website