

HSCI 2302 Fundamentals of Nutrition
Tentative* Online Course Schedule* spring 2021

Dates	Topics	Homework and Class Assignments
Monday January 18th – Martin Luther King (University Closed)		
Module 1 – Basics of Nutrition		
WEEK 1 <u>January 19 – 24</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) A: Video Quiz: The scientific method (3) Debunk the Junk Quiz: CLAIM Method (8) EC: Global Nutrition Watch Activity (3)
WEEK 2 <u>January 25 – 31</u>	Module 1 Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	Reading Ch. 2 – Standards and Guidelines A= Dietary Guidelines 2015 – link on blackboard: Discussion Board (DB) Mind Tap Activities A = 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). EC: Global Nutrition Watch Activity (3)
WEEK 3 <u>February 1st – 7</u>	Module 1 Dietary Guidelines Body basics and Digestive system	Reading Ch. 3 – Remarkable Body Mind Tap Activities D&W: Track your diet A = 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) EC: Global Nutrition Watch Activity (3) Exam 1 – Online Available February 5th - 7th on Blackboard
Module 2 – Macronutrients		
WEEK 4 <u>February 8 – 14</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 A = Video Quiz: Blood and Glucose Regulation (3) Case Study: The Glucose Rollercoaster (8) Chapter 4: Nutrition Basic Quiz (Practice) EC: Global Nutrition Watch Activity (3)
WEEK 5 <u>February 15 – 21</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) A = Video Quiz: Lipoproteins (3) Case Study: The importance of Fat in our diet (8) Chapter 5: Nutrition Basic Quiz (practice) EC: Global Nutrition Watch Activity (3)

<p>WEEK 6 <u>February 22 – 28</u></p>	<p>Module 2 Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess. Plant based diets</p>	<p>Reading Ch. 6 – Proteins and Amino acids Mind Tap Activities Chapter 6: Nutrition Basic Quiz (practice) A = Video Quiz: Proteins Synthesis (3) Case Study: Making Meatless Work (8) Global Nutrition watch activity (3) D&W – Skill Building: Protein (10) EC: Global Nutrition Watch Activity (3) Exam 2 – Online Available February 26th – 28th on blackboard</p>
Module 3 – Micronutrients		
<p>WEEK 7 <u>March 1st – 7</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) A = Video Quiz: Vitamin A (3) Case Study: Betting on Vitamins (8) Chapter 7 Nutrition Basic Quiz (practice) EC: Global Nutrition Watch Activity (3)</p>
<p>WEEK 8 <u>March 8 – 14</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 A = Video Quiz: Iron (3) Case Study: Watching the Salt (8) Chapter 8: Nutrition Basic Quiz (practice) EC: Global Nutrition Watch Activity (3)</p>
Week 9 - March 15th – 19th Spring Break		
<p>WEEK 10 <u>March 21 – 28</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 26th – 28th on blackboard</p>
Module 4 – Energy Balance, Diet and Health		
<p>WEEK 11 <u>March 29 – April 4</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 A = 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) EC: Global Nutrition Watch Activity (3)</p>
<p>WEEK 12 <u>April 5 – 11</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) A = Video Quiz: ATP Overview (3) Chapter 10: Nutrition Basic Quiz (practice) EC: Global Nutrition Watch Activity (3) Dietary Analysis Due on BB – Sunday April 11th 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 12 – 18</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) A = Video Quiz: Antioxidants (3) A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22) Chapter 11: Nutrition Basic Quiz (Practice)</p>

		EC: Global Nutrition Watch Activity (3) Exam 4 – Online Available April 16th – 18th on blackboard
Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 14 <u>April 19 – 25</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) A = Video Quiz: The Placenta (3) Chapter 13: Nutrition Basic Quiz (Practice) EC: Global Nutrition Watch Activity (3)
WEEK 15 <u>April 26 – May 2</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) A = Video Quiz: Nutrition and the Aging Population (3) Case Study: Passing on Nutrition wisdom (8) EC: Global Nutrition Watch Activity (3)
Week 16 <u>May 3 – 9</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 A = Video Quiz: Comparing Selective Breeding and rDNA Technology (3) A= Case Study: Food Safety (8) Chapter 12 & 15: Nutrition Basic Quiz (Practice) EC: Chapter 15 D&W Skill Building: World Hunger (10) EC: Global Nutrition Watch Activity chapter 12 (3) & 15 (3) Exam 5 – Online Available May 7th – 9th on Blackboard
Final Exams Week <u>May 10th – 14th</u>	May 11th, 2021 Final Exam Comprehensive: Includes all chapters reviewed during the semester	
Commencement May 15 - 16, 2021		

* 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

A= Counts towards attendance

P= Counts towards participation

DB= Discussion Boards

DA= Dietary Analysis

Important Dates

Jan 7th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Jan 8th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Jan 11th	Financial Aid is Disbursed
Jan 18th	Dr. Martin Luther King, Jr. Holiday – University Closed
Jan 19th	Spring classes begin
Jan 19th–22nd	Late Registration (Fees are incurred)
Feb 3rd	Spring Census Day Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
Feb 15th	20 th Class Day Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
Feb 19th	Graduation application deadline for degree conferral
Mar 21st	Midterm Spring 2021 Grades Due
Mar 15-19th	Spring Break
Mar 26th	Cesar Chavez Holiday – no classes
Apr 1st	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 2nd	Spring Study Day
Apr 16th	Deadline to submit candidates' names for degree conferral
May 6th	Spring – Last day of classes
May 7th	Dead day
May 10-14th	Spring Final Exams
May 15-16th	Spring Commencement
May 19th	Grades are Due
May 20th	Grades are posted to student records; students are notified of grades and academic standing