

**HSCI 2302 Fundamentals of Nutrition Tentative Course Schedule\***

**Fall 2020**

<b>Dates</b>	<b>Topics</b>	<b>Homework and Assignments</b>
<b>Module 1 – Basics of Nutrition</b>		
<b>WEEK 1</b> <u>August 24 - 30</u>	<b>Overview of the course</b> Introductions Review Syllabus Mind Tap	<b>T:</b> Syllabus quiz on Blackboard- DUE during class 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>August 31 – Sept 6</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 Twitter 1: Dietary Guidelines key recommendations Diet & Wellness – Create your profile (Mind Tap)
		<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>September 7 – Labor Day (University Closed)</b>		
<b>WEEK 3</b> <u>September 7 – 13</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 <b>Exam 1 – Online Available September 11<sup>th</sup> 13<sup>th</sup> on Blackboard</b>
<b>Module 2 – Macronutrients</b>		
<b>WEEK 4</b> <u>September 14 – 20</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>September 21 – 27</u>	<b>Module2</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>September 28 – October 4</u>	<b>Module2</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 – Mind Tap assignment – Ch. 6 <b>Exam 2 – Online Available October 2<sup>nd</sup> – 4<sup>th</sup> on blackboard</b>
<b>Module 3 – Micronutrients</b>		
<b>WEEK 7</b> <u>October 5 – 11</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>October 12 – 18</u>	<b>Module 3</b> Dietary Supplements	<b>T:</b> Reading Chapter 8: Water & Minerals Twitter 7: Minerals and Supplements
		<b>R:</b> Mind Tap assignment – Ch. 8

	Major & trace Minerals & water	
<b>WEEK 9</b> <u>October 19 – 25</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 – <b>Exam 3 – Online Available October 23<sup>rd</sup> – 25<sup>th</sup> on blackboard</b>
<b>Module 4 – Energy Balance, Diet and Health</b>		
<b>WEEK 10</b> <u>October 26 – November 1<sup>st</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>November 2 – 8</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>November 9 – 15</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 – Mind Tap assignment – Ch. 11 <b>Exam 4 – Online Available November 13<sup>th</sup> – 15<sup>th</sup> on blackboard</b>
<b>Module 5 – Nutrition thru the lifecycle and Food security</b>		
<b>WEEK 13</b> <u>November 16 – 22</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>November 23 – 29</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: No Class</b> <b>Thanksgiving November 26<sup>th</sup> – 27<sup>th</sup> (University Closed)</b>
<b>Week 15</b> <u>November 30<sup>th</sup> – December 6<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 – Mind Tap assignment – Ch. 12 & 15 <b>Exam 5 – Online Available December 4<sup>th</sup> – 6<sup>th</sup> on Blackboard</b>
<b>Final Exams Week</b> <b>Dec 7 – 11<sup>th</sup></b>	<b>Final Exam: December 8<sup>th</sup>, 2020 Due at 11:59pm MST (Comprehensive)</b>	
<b>Commencement December 12<sup>th</sup> &amp; 13<sup>th</sup> 2020</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

<b>March 30th</b>	FALL Registration Begins
<b>Aug 14th</b>	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
<b>Aug 17th</b>	Financial Aid is Disbursed
<b>Aug 24th</b>	Fall classes begin
<b>Aug 24-28th</b>	Late Registration Period(Fees are incurred)
<b>Sept 7th</b>	Labor Day Holiday- University Closed
<b>Sept 9th</b>	Fall Census Day Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
	20 <sup>th</sup> Class Day
<b>Sept 21st</b>	Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
<b>Oct 2nd</b>	Graduation application deadline for degree conferral
<b>OCT 22nd</b>	Midterm Fall 2020 Grades Due
<b>Oct 30th</b>	Fall 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.
<b>Nov 13th</b>	Deadline to submit candidates' names for commencement program
<b>Nov 26-27th</b>	Thanksgiving Holiday - University Closed
<b>Dec 3rd</b>	Fall - last day of classes
<b>Dec 4th</b>	Dead Day
<b>Dec 7-11th</b>	Fall Final Exams
<b>Dec 12-13th</b>	Fall Commencement
<b>Dec 16th</b>	Grades are Due
<b>Dec 17th</b>	Grades are posted to student records; students are notified of grades and academic standing