

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

**Fall 2020**

Dates	Topics	Homework and Class Assignments
<b>Module 1 – Basics of Nutrition</b>		
<p align="center"><b>WEEK 1</b> <u>August 24 - 30</u></p>	<p><b>Overview of the course</b> Review Syllabus Why Nutrition Matters? Introductions Nutrition Scientific Information</p>	<p>Readiness &amp; Syllabus Quiz on BB DB: Introductions <b>Reading Ch. 1</b> Food choices and Human Health <b>Mind Tap Activities</b> Diet &amp; Wellness (D&amp;W) Create your profile D&amp;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)</p>
<p align="center"><b>WEEK 2</b> <u>August 31 –</u> <u>September 6</u></p>	<p><b>Module 1</b> Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels</p>	<p><b>Reading Ch. 2 – Standards and Guidelines</b> A= Dietary Guidelines 2015 – link on blackboard: Discussion Board (DB) <b>Mind Tap Activities</b> A = Video Quiz: Reading a food Label (3) D&amp;W: <b>Track your diet</b> D&amp;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 &amp; Guidelines and when to Use Them (22). EC: Global Nutrition Watch Activity (3)</p>
<b>September 7 – Labor Day (University Closed)</b>		
<p align="center"><b>WEEK 3</b> <u>September 7 – 13</u></p>	<p><b>Module 1</b> Dietary Guidelines Body basics and Digestive system</p>	<p><b>Reading Ch. 3 – Remarkable Body</b> <b>Mind Tap Activities</b> D&amp;W: <b>Track your diet</b> 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) <b>Exam 1 – Online Available September 11<sup>th</sup> – 13<sup>th</sup> on Blackboard</b></p>
<b>Module 2 – Macronutrients</b>		
<p align="center"><b>WEEK 4</b> <u>September 14 – 20</u></p>	<p><b>Module 2</b> Carbohydrates: Structure, use, digestion and absorption</p>	<p><b>Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber</b> <b>Mind Tap Activities</b> D&amp;W: <b>Track your diet</b> D&amp;W – Skill Building: Carbohydrates (10), Fiber (10) D&amp;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)</p>
<p align="center"><b>WEEK 5</b> <u>September 21 – 27</u></p>	<p><b>Module 2</b> Lipids: Classification, storage, use, digestion and absorption</p>	<p><b>Reading Ch. 5 – Lipids: Fats, phospholipids and sterols</b> <b>Mind Tap Activities</b> D&amp;W: <b>Track your diet</b> D&amp;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>

<p><b>WEEK 6</b> <u>September 28 – October 4</u></p>	<p><b>Module 2</b> Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess. Plant based diets</p>	<p><b>Reading Ch. 6 – Proteins and Amino acids</b> <b>Mind Tap Activities</b> Chapter 6: Nutrition Basic Quiz (practice) A = Video Quiz: Proteins Synthesis (3) Case Study: Making Meatless Work (8) Global Nutrition watch activity (3) D&amp;W – Skill Building: Protein (10) EC: Global Nutrition Watch Activity (3) <b>Exam 2 – Online Available October 2<sup>nd</sup> – 4<sup>th</sup> on blackboard</b></p>
<b>Module 3 – Micronutrients</b>		
<p><b>WEEK 7</b> <u>October 5 – 11</u></p>	<p><b>Module 3</b> Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements</p>	<p><b>Reading Ch. 7 – The Vitamins</b> <b>Mind Tap Activities</b> D&amp;W: <b>Track your diet</b> D&amp;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><b>WEEK 8</b> <u>October 12 – 18</u></p>	<p><b>Module 3</b> Water and Minerals – Major and Trace minerals</p>	<p><b>Reading Ch. 8 – Water and Minerals</b> <b>Mind Tap Activities</b> D&amp;W – Skill Building: DASH Diet (10) D&amp;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>
<p><b>WEEK 9</b> <u>October 19 – 25</u></p>	<p><b>Module 3</b> Optimum Nutrition &amp; Mindful eating</p>	<p>Review mindful eating and optimum nutrition on Blackboard <b>Mind Tap Activities - None</b> <b>Exam 3 – Online Available October 23<sup>rd</sup> – 25<sup>th</sup> on blackboard</b></p>
<b>Module 4 – Energy Balance, Diet and Health</b>		
<p><b>WEEK 10</b> <u>October 26 – November 1</u></p>	<p><b>Module 4</b> Energy Balance &amp; body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation</p>	<p><b>Reading Ch. 9 – Energy balance and Healthy Body Weight</b> <b>Mind Tap Activities</b> D&amp;W Skill Building: Bariatric Surgery (10) D&amp;W: <b>Track your diet</b> 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><b>WEEK 11</b> <u>November 2 – 8</u></p>	<p><b>Module 4</b> Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity</p>	<p><b>Reading Ch. 10 – Performance Nutrition</b> <b>Mind Tap Activities</b> D&amp;W Skill Building: Physical Activity (10) A = Video Quiz: ATP Overview (3) Chapter 10: Nutrition Basic Quiz (practice) EC: Global Nutrition Watch Activity (3) <b>Dietary Analysis Due on BB – Sunday November 8<sup>th</sup> at 11:59pm MST.</b> Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions (280)</p>
<p><b>WEEK 12</b> <u>November 9 – 15</u></p>	<p><b>Module 4</b> Diet and Health</p>	<p><b>Reading Ch. 11 – Diet and Health</b> <b>Mind Tap Activities</b> D&amp;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) EC: Global Nutrition Watch Activity (3) <b>Exam 4 – Online Available November 13<sup>th</sup> – 15<sup>th</sup> on blackboard</b></p>

<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>Reading Ch. 13</b> – Lifecycle Nutrition <b>Mind Tap Activities</b> 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)
<b>WEEK 14</b> <u>November 23 – 29</u>	<b>Module 5</b> Child, Teen and Older adults Nutrition	<b>Reading Ch. 14</b> – Child, Teen, and Older adult <b>Mind Tap Activities</b> 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)
<b>Thanksgiving November 26<sup>th</sup> – 27<sup>th</sup> (University Closed)</b>		
<b>Week 15</b> <u>November 30<sup>th</sup> –</u> <u>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>Reading Ch. 12 &amp; 15</b> – Food Safety; Hunger and the future of food <b>Mind Tap Activities</b> 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) <b>Exam 5 – Online Available December 4<sup>th</sup> – 6<sup>th</sup> on Blackboard</b>
<b>Final Exams Week</b>	<b>December 8<sup>th</sup>, 2020</b> <b>Final Exam Comprehensive: Includes all chapters reviewed during the semester</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

A= Counts towards attendance  
P= Counts towards participation  
DB= Discussion Boards  
DA= Dietary Analysis

## 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