

HSCI 2302 Fundamentals of Nutrition Tentative Online Course Schedule*

Fall 2021 CRN 14272

Dates	Topics	Homework and Class Assignments
Module 1 – Basics of Nutrition		
WEEK 1 <u>August 23 – 29</u>	Overview of the course Review Syllabus Why Nutrition Matters? Introductions Nutrition Scientific Information	Readiness (10) & Syllabus Quiz (5) on BB 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>August 30 - September 5</u>	Module 1 Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2020-25 Nutrient Dense foods Food Labels	Reading Ch. 2 – Standards and Guidelines A= Dietary Guidelines 2020-25: link on blackboard – Discussion during live session 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)
September 6th – Labor Day (University Closed)		
WEEK 3 <u>September 6 – 12</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 September 10th – 12th on Blackboard
Module 2 – Macronutrients		
WEEK 4 <u>September 13 – 19</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) 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>September 20 – 26</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>September 27 – October 3</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) D&W – Skill Building: Protein (10) EC: Global Nutrition Watch Activity (3) Exam 2 – Online Available October 1st – 3rd on blackboard</p>
Module 3 – Micronutrients		
<p>WEEK 7 <u>October 4 – 10</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>October 11 – 17</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>
<p>WEEK 9 <u>October 18 – 24</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 October 22nd – 24th on blackboard</p>
Module 4 – Energy Balance, Diet and Health		
<p>WEEK 10 <u>October 25 – 31</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 11 <u>November 1 – 7</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 November 7th at 11:59pm MST. Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions (280). Late submission -15 points per day late.</p>
<p>WEEK 12 <u>November 8 – 14</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) EC: Global Nutrition Watch Activity (3) Exam 4 – Online Available November 12th – 14th on blackboard</p>

Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 13 <u>November 15 – 21</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 14 <u>November 22 – 28</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)
Thanksgiving November 25 & 26th (University Closed)		
Week 15 <u>November 29 – December 5th</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 December 3rd – 5th on Blackboard
Final Exams Week December 6th – 10th	December 7th, 2021 Final Exam Comprehensive: Includes all chapters reviewed during the semester	
Commencement December 11 & 12th 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
EC= Extra credit

Important Dates

Mar 29th	Fall Registration Begins
Aug 12th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Aug 13th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Aug 16th	Financial Aid is Disbursed
Aug 23rd	Fall classes begin
Aug 23rd-27th	Late Registration (Fees are incurred)
Sept 6th	Labor Day Holiday - University Closed
Sept 8th	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.
Sept 20th	20th 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.
Oct 1st	Graduation application deadline for degree conferral
Oct 29th	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.
Nov 12th	Deadline to submit candidates' names for degree conferral
Nov 25-26th	Thanksgiving Holiday - University Closed
Dec 2nd	Fall – Last day of classes
Dec 3rd	Dead day
Dec 6-10th	Fall Final Exams
Dec 11-12th	Fall Commencement
Dec 15th	Grades are Due
Dec 16th	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