

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

**Fall 2021 CRN 17750**

Dates	Topics	Homework and Class Assignments
<b>Module 1 – Basics of Nutrition</b>		
<b>WEEK 1</b> <u>August 23 – 29</u>	<b>Overview of the course</b> Review Syllabus Why Nutrition Matters? Introductions Nutrition Scientific Information	Readiness (10) & Syllabus Quiz (5) on BB DB: Introductions (10) <b>Reading Ch. 1</b> Food choices and Human Health <b>Mind Tap Activities</b> 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)
<b>WEEK 2</b> <u>August 30 - September 5</u>	<b>Module 1</b> Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2020-25 Nutrient Dense foods Food Labels	<b>Reading Ch. 2 – Standards and Guidelines</b> A= Dietary Guidelines 2020-25: link on blackboard – Discussion during live session <b>Mind Tap Activities</b> A = Video Quiz: Reading a food Label (3) <b>D&amp;W: Track your diet</b> 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)
<b>September 6<sup>th</sup> – Labor Day (University Closed)</b>		
<b>WEEK 3</b> <u>September 6 – 12</u>	<b>Module 1</b> Dietary Guidelines Body basics and Digestive system	<b>Reading Ch. 3 – Remarkable Body</b> <b>Mind Tap Activities</b> <b>D&amp;W: 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 10<sup>th</sup> – 12<sup>th</sup> on Blackboard</b>
<b>Module 2 – Macronutrients</b>		
<b>WEEK 4</b> <u>September 13 – 19</u>	<b>Module 2</b> Carbohydrates: Structure, use, digestion and absorption	<b>Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber</b> <b>Mind Tap Activities</b> <b>D&amp;W: Track your diet</b> 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)
<b>WEEK 5</b> <u>September 20 – 26</u>	<b>Module 2</b> Lipids: Classification, storage, use, digestion and absorption	<b>Reading Ch. 5 – Lipids: Fats, phospholipids and sterols</b> <b>Mind Tap Activities</b> <b>D&amp;W: Track your diet</b> 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><b>WEEK 6</b> <u>September 27 – October 3</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) D&amp;W – Skill Building: Protein (10) EC: Global Nutrition Watch Activity (3) <b>Exam 2 – Online Available October 1<sup>st</sup> – 3<sup>rd</sup> on blackboard</b></p>
<b>Module 3 – Micronutrients</b>		
<p><b>WEEK 7</b> <u>October 4 – 10</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 11 – 17</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 18 – 24</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 22<sup>nd</sup> – 24<sup>th</sup> on blackboard</b></p>
<b>Module 4 – Energy Balance, Diet and Health</b>		
<p><b>WEEK 10</b> <u>October 25 – 31</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 1 – 7</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 7<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). Late submission -15 points per day late.</p>
<p><b>WEEK 12</b> <u>November 8 – 14</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 12<sup>th</sup> – 14<sup>th</sup> on blackboard</b></p>

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

## Important Dates

<b>Mar 29th</b>	Fall Registration Begins
<b>Aug 12th</b>	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
<b>Aug 13th</b>	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
<b>Aug 16th</b>	Financial Aid is Disbursed
<b>Aug 23rd</b>	Fall classes begin
<b>Aug 23rd-27th</b>	Late Registration (Fees are incurred)
<b>Sept 6th</b>	Labor Day Holiday - University Closed
<b>Sept 8th</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.
<b>Sept 20th</b>	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.
<b>Oct 1st</b>	Graduation application deadline for degree conferral
<b>Oct 29th</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 12th</b>	Deadline to submit candidates' names for degree conferral
<b>Nov 25-26th</b>	Thanksgiving Holiday - University Closed
<b>Dec 2nd</b>	Fall – Last day of classes
<b>Dec 3rd</b>	Dead day
<b>Dec 6-10th</b>	Fall Final Exams
<b>Dec 11-12th</b>	Fall Commencement
<b>Dec 15th</b>	Grades are Due
<b>Dec 16th</b>	Grades are posted to student records; students are notified of grades and academic standing
<b>Payment Deadlines</b>	For more information on payment deadlines, visit the Student Business Services Website