

HSCI 2302 Fundamentals of Nutrition Tentative Online Course Schedule*

Fall 2022 CRN 17977

Dates	Topics	Homework and Class Assignments
Week 1 <u>August 22 – 28</u>	Overview of the course Review Syllabus Introductions	Blackboard Activities Readiness (5) & Syllabus Quiz (5) (Ticket to course – you must complete to get access to modules) Introductions (10) Live session Monday August 22, 2022 at 12:00pm (Recording will be available) Mind Tap Activities <ul style="list-style-type: none"> ○ Access Mind Tap and E-book ○ Diet & Wellness (D&W) Create your profile
Module 1 – Basics of Nutrition		
Week 2 <u>August 29 - September 4</u>	Module 1 Why Nutrition Matters? Nutrition Scientific Information	Reading Ch. 1 Food choices and Human Health A= Dietary Guidelines 2020-25: link on blackboard – Discussion during live session Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: The Scientific Method (3) ○ A Closer Look: The Food Environment and Food Choices (6) ○ Case Studies: Feeling Lethargic (8) ○ D&W + Client Diet Assessment: Calories (10) ○ Practice (Non graded) Chapter 1 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3)
September 5th – Labor Day (University Closed)		
Week 3 <u>September 5 – 11</u>	Module 1 Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2020-25 Nutrient Dense foods Food Labels	Reading Ch. 2 – Nutrition Tools: Standards and Guidelines Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Reading Food Labels (3) ○ A Closer Look: Nutrition Standards and Guidelines and How to Use Them (8) ○ Case Studies: Making the Time (8) ○ Practice (Non graded) Chapter 2 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3)
Week 4 <u>September 12 – 18</u>	Module 1 Dietary Guidelines Body basics and Digestive system	Reading Ch. 3 – The Remarkable Body Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Circulation (3) ○ A Closer Look: Physiology of Human Digestion and Absorption (8) ○ Case Studies: Can you get too much of a Good Thing? (8) ○ Practice (Non graded) Chapter 3 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3)
Exam 1 – Online Available September 16 – 18th on Blackboard		

Module 2 – Macronutrients

<p>Week 5 <u>September 19 – 25</u></p>	<p>Module 2 Carbohydrates: Structure, use, digestion and absorption</p>	<p>Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per week) ○ Video Quiz: Blood and Glucose Regulation (3) ○ A Closer Look: Hormones & Glucose Levels (6) ○ Case Study: The Glucose Rollercoaster (8) ○ D&W + Client Diet Assessment: Carbohydrates (10); ○ Debunk the Junk: The Potato Hack (9) ○ Practice (Non graded) Chapter 4 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3)
<p>Week 6 <u>September 26 – October 2</u></p>	<p>Module 2 Lipids: Classification, storage, use, digestion and absorption</p>	<p>Reading Ch. 5 – Lipids: Fats, phospholipids and sterols</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Lipoprotein (3) ○ A Closer Look: Types and Functions of Lipids (7); ○ Case Study: The importance of Fat in our diet (8) ○ D&W + Client Diet Assessment: Saturated Fat (10) ○ Practice (Non graded) Chapter 5 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3)
<p>Week 7 <u>October 3 – 9</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</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Protein Synthesis (3) ○ A Closer Look: Types of Amino Acids and the Importance of Proteins (11) ○ Case Study: Making Meatless Work (8) ○ D&W + Client Diet Assessment: Protein (10) ○ Practice (Non graded) Chapter 6 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3) <p>Exam 2 – Online Available October 7 – 9th on blackboard</p>

Module 3 – Micronutrients

<p>Week 8 <u>October 10 – 16</u></p>	<p>Module 3 Vitamins: Definition and classification. Fat soluble and water soluble</p>	<p>Reading Ch. 7 – The Vitamins</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Vitamin A ○ A closer look: The Fat-Soluble Vitamins and Vitamin D (7) ○ Case Study: Betting on Vitamins (8) ○ D&W + Client Diet Assessment: DASH (10) ○ Practice (Non graded) Chapter 7 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3)
---	---	--

<p>Week 9 <u>October 17 – 23</u></p>	<p>Module 3 Water and Minerals – Major and Trace minerals</p>	<p>Reading Ch. 8 – Water and Minerals</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Calcium (3) ○ A closer look: The Role of Water in Health, Water Sources and Water Safety (4) ○ Case Study: Watching the Salt (8) ○ D&W + Client Diet Assessment: DASH (10) ○ Debunk the Junk: Supplements (4) ○ Practice (Non graded) Chapter 8 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3)
<p>Week 10 <u>October 24 – 30</u></p>	<p>Module 3 Optimum Nutrition & Mindful eating</p>	<p>Review mindful eating and optimum nutrition Activities on Blackboard</p> <p>Exam 3 – Online Available October 28 – 30th on blackboard</p> <p>Mind Tap Activities None</p> <p>Dietary Analysis Due on BB – <u>Sunday October 30th</u> 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>Module 4 – Energy Balance, Diet and Health</p>		
<p>Week 11 <u>October 31 – November 6</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</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Estimating Energy Needs Based using the EER Equation (3) ○ A closer look: Health consequences of excess body fat (3) ○ Case Study: Changing the Program (8) ○ D&W + Client Diet Assessment: Bariatric Surgery (10) ○ Debunk the Junk: Supplements (4) ○ Practice (Non graded) Chapter 9 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3)
<p>Week 12 <u>November 7 – 13</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</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Iron (3) ○ A closer look: Basic Functions of Muscle and Their Role in Health and Energy Needs of Athletes (6). ○ Case Study: Training Techniques (8) ○ Practice (Non graded) Chapter 10 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3)

<p align="center">Week 13 <u>November 14 – 20</u></p>	<p align="center">Module 4 Diet and Health</p>	<p>Reading Ch. 11 – Diet and Health</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Antioxidants (3) ○ A Closer Look: The Role of Nutrition in Disease, Specifically Heart Disease (10) ○ Case Study: Preventive Ways to Reduce our Risk of Chronic Disease (8) ○ D&W + Client Diet Assessment: Diabetes Exchange (10) ○ Practice (Non Graded) Chapter 11 Nutrition Basic Quiz <p>Exam 4 – Online Available November 18 – 20th on blackboard</p>
Module 5 – Food Security and Safety		
<p align="center">Week 14 <u>November 21 – 27</u></p>	<p align="center">Module 5 Food supply and the environment. How can we help? Food Safety & Technology</p>	<p>Reading Ch. 12 – Food Safety; Hunger and the future of food</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Comparing Selective Breeding and rDNA Technology (3) ○ A Closer Look: The Impact of Foodborne Illness (7) ○ Case Study: Food Safety (8) ○ Practice (Non Graded) Chapter 12 Nutrition Basic Quiz
Thanksgiving November 24 & 25th (University Closed)		
<p align="center">Week 15 November 28 – December 4th</p>	<p align="center">Module 5 U.S. Food Insecurity and world poverty and hunger.</p>	<p>Reading Ch. 15 – Food Safety; Hunger and the future of food</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ A Closer Look: Food Insecurity in the United States (4) ○ Case Study: World Hunger (8) ○ Practice (Non Graded) Chapter 15: Nutrition Basic Quiz <p>Final Project due December 4th at 11:59pm (MST)</p>
<p align="center">Final Exams Week December 5 – 9th</p>	<p align="center">Exam 5 – Online Available December 6th on Blackboard</p>	
Commencement December 10 & 11th 2022		

* 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 28th	Fall Registration Begins
Aug 11th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Aug 12th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Aug 15th	Financial Aid is Disbursed
Aug 22nd	Fall classes begin
Aug 22nd-26th	Late Registration (Fees are incurred)
Sept 5th	Labor Day Holiday - University Closed
Sept 7th	Fall Census Day Note: This is the last day to register for classes. Payments are due by 5:00 pm. 20 th Class Day
Sept 19th	Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
Sept 30th	Graduation application deadline for degree conferral Fall Drop/Withdrawal Deadline
Oct 28th	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 11th	Deadline to submit candidates' names for degree conferral
Nov 24-25th	Thanksgiving Holiday - University Closed
Dec 1st	Fall – Last day of classes
Dec 2nd	Dead day
Dec 5-9th	Fall Final Exams
Dec 10-11th	Fall Commencement
Dec 14th	Grades are Due
Dec 15th	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