

**HSCI 2302 Fundamentals of Nutrition**  
**Tentative\* Online Course Schedule\* spring 2022**

Dates	Topics	Homework and Class Assignments
<b>Monday January 17<sup>th</sup> – Martin Luther King (University Closed)</b>		
<b>Module 1 – Basics of Nutrition</b>		
<b>WEEK 1</b> <u>January 18 – 23</u>	<b>Overview of the course</b> Review Syllabus Introductions	Readiness(5) & Syllabus Quiz (5) on BB DB: Introductions (10) <b>Mind Tap Access</b> Total Possible Points by the end of the week = 20
<b>WEEK 2</b> <u>January 24 – 30</u>	<b>Module 1</b> Why Nutrition Matters? Nutrition Scientific Information	<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) Debunk the Junk Quiz: CLAIM Method (8) A: Video Quiz: The scientific method (3) A: Global Nutrition Watch Activity (3) Chapter 1: Nutrition Basic Quiz (practice) Total Possible Points by the end of the week = 44
<b>WEEK 3</b> <u>January 31 –</u> <u>February 6</u>	<b>Module 1</b> Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	<b>Reading Ch. 2 – Standards and Guidelines</b> A= Dietary Guidelines 2020-2025 Discussion Board (DB)(30) <b>Mind Tap Activities</b> D&W: <b>Track your diet</b> D&W Skill building: Dietary Reference Intake (RDIs) (10) Debunk the Junk Quiz: Food Labels (8) A Closer Look: Differences Among the Nutrition Standards & Guidelines and when to Use Them (22). A: Video Quiz: Reading a food Label (3) A: Global Nutrition Watch Activity (3) Chapter 2 : Nutrition Basic Quiz (practice) Total Possible Points by the end of the week = 120
<b>WEEK 4</b> <u>February 7 – 13</u>	<b>Module 1</b> Dietary Guidelines Body basics and Digestive system	<b>Reading Ch. 3 – Remarkable Body</b> <b>Mind Tap Activities</b> D&W: <b>Track your diet</b> A closer look: Physiology of Human Digestion and Absorption (10) Case Study: Too much of a good thing (8) A: Video Quiz: Circulation (3) A: Global Nutrition Watch Activity (3) Chapter 3 : Nutrition Basic Quiz (practice) <b>Exam 1 – Online Available February 11, 12 &amp; 13<sup>th</sup> on Blackboard (Ch. 1,2 &amp; 3)(50)</b> Total Possible Points by the end of the week = 194
<b>Module 2 – Macronutrients</b>		
<b>WEEK 5</b> <u>February 14 – 20</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> D&W: <b>Track your diet</b> D&W – Skill Building: Carbohydrates (10)

		<p>D&amp;W – Skill Building: Fiber (10)          Debunk the Junk Quiz: The Potato Hack (8)          Case Study: The Glucose Rollercoaster (8)          A: Video Quiz: Blood and Glucose Regulation (3)          A: Global Nutrition Watch Activity (3)          Chapter 4: Nutrition Basic Quiz (Practice)          Total Possible Points by the end of the week = 236</p>
<p><b>WEEK 6</b>  <u>February 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)          Case Study: The importance of Fat in our diet (8)          A: Video Quiz: Lipoproteins (3)          A: Global Nutrition Watch Activity (3)          Chapter 5: Nutrition Basic Quiz (practice)          Total Possible Points by the end of the week = 260</p>
<p><b>WEEK 7</b>  <u>February 28 –</u>  <u>March 6</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>          Debunk the Junk Quiz: Protein Supplements (8)          Debunk the Junk Quiz: Protein needs (8)          Case Study: Making Meatless Work (8)          D&amp;W – Skill Building: Protein (10)          A: Video Quiz: Proteins Synthesis (3)          A: Global Nutrition Watch Activity (3)          Chapter 6: Nutrition Basic Quiz (practice)  <b>Exam 2 – Online Available March 4, 5 &amp; 6<sup>th</sup> on blackboard (Ch. 4, 5, &amp; 6) (50)</b>          Total Possible Points by the end of the week = 350</p>
<b>Module 3 – Micronutrients</b>		
<p><b>WEEK 8</b>  <u>March 7 – 13</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)          Case Study: Betting on Vitamins (8)          A: Video Quiz: Vitamin A (3)          A: Global Nutrition Watch Activity (3)          Chapter 7 Nutrition Basic Quiz (practice)          Total Possible Points by the end of the week = 374</p>
<b>Week 9 - March 14<sup>th</sup> – 18<sup>th</sup> Spring Break</b>		
<p><b>WEEK 10</b>  <u>March 21 – 27</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: Track your diet          D&amp;W – Skill Building: DASH Diet (10)          Case Study: Watching the Salt (8)          A: Video Quiz: Iron (3)          A: Global Nutrition Watch Activity (3)          Chapter 8: Nutrition Basic Quiz (practice)          Total Possible Points by the end of the week = 398</p>

<p><b>WEEK 11</b>  <u>March 28 –</u>  <u>April 3</u></p>	<p><b>Module 3</b>  Optimum Nutrition &amp;  Mindful eating</p>	<p><b>Review</b> mindful eating and optimum nutrition on Blackboard  <b>Mind Tap Activities</b> - None  <b>Exam 3 – Online Available April 1, 2 &amp; 3<sup>rd</sup> on blackboard (Ch. 7 &amp; 8)</b>  (50)  Total Possible Points by the end of the week = 448</p>
<b>Module 4 – Energy Balance, Diet and Health</b>		
<p><b>WEEK 12</b>  <u>April 4 – 10</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: <b>Track your diet</b>  D&amp;W Skill Building: Bariatric Surgery (10)  A closer look: Health consequences of excess body fat (22)  A: Video Quiz: Estimating Energy Needs Based using the EER Equation (3)  A: Global Nutrition Watch Activity (3)  Chapter 9: Nutrition Basic Quiz (practice)</p> <p><b>Dietary Analysis</b> Due on BB – <u>Sunday April 10<sup>th</sup></u> at 11:59pm MST.  Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions (170)  Total Possible Points by the end of the week = 656</p>
<p><b>WEEK 13</b>  <u>April 11 – 17</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)  A: Global Nutrition Watch Activity (3)  Chapter 10: Nutrition Basic Quiz (practice)  Total Possible Points by the end of the week = 672</p>
<p><b>WEEK 14</b>  <u>April 18 – 24</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 closer look: The Role of Nutrition in Disease, specifically Heart Disease (22)  A: Video Quiz: Antioxidants (3)  A: Global Nutrition Watch Activity (3)  Chapter 11: Nutrition Basic Quiz (Practice)  <b>Exam 4 – Online Available April 22, 23, &amp; 24<sup>th</sup> on blackboard (Ch. 9, 10 &amp; 11)</b> (50)  Total Possible Points by the end of the week = 760</p>
<b>Module 5 – Nutrition thru the Lifecycle and Food Security</b>		
<p><b>WEEK 15</b>  <u>April 25 – May 1</u></p>	<p><b>Module 5</b>  Lifecycle and Nutrition. Impact  of nutrition on the future:  Pregnancy, lactation and infant  Nutrition  U.S. Food Insecurity and world  poverty and hunger.  How can we help?</p>	<p><b>Reading Ch. 12 &amp; 13 – Food Safety &amp; Lifecycle Nutrition</b>  <b>Mind Tap Activities</b>  Debunk the Junk Quiz: Safety of Food Additives (8)  Case Study: Food Safety (8)  D&amp;W Skill Building: Women, Infant and Children Program (WIC) (10)  A: Video Quiz: The Placenta (3)  A: Global Nutrition Watch Activity Ch. 12 (3) &amp; 13 (3)  Chapter 12 &amp; 13: Nutrition Basic Quiz (Practice)  Total Possible Points by the end of the week = 795</p>

<b>Week 16</b> <u>May 2 – 8</u>	<b>Module 5</b> Project	<b>Final Project Presentation (155)</b> Total Possible Points by the end of the week = 950 points
<b>Final Exams Week</b> <u>May 9<sup>th</sup> – 13<sup>th</sup></u>	<b>Exam 5 – Online Available May 11<sup>th</sup> on Blackboard (Chapter 12 &amp; 13)(50)</b> Total Possible Points by the end of the week = 1000Points	
<b>Commencement May 14 &amp; 15, 2022</b>		

\* Note: The course calendar is a general tentative plan for the course. The instructor will announce any changes to the class in advance

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

### Important Dates

<b>Oct 25th</b>	Spring Registration Begins
<b>Jan 6th</b>	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
<b>Jan 7th</b>	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
<b>Jan 10th</b>	Financial Aid is Disbursed
<b>Jan 17th</b>	Dr. Martin Luther King, Jr. Holiday – University Closed
<b>Jan 18th</b>	Spring classes begin
<b>Jan 18th–21nd</b>	Late Registration (Fees are incurred)
<b>Feb 2nd</b>	Spring Census Day Note: This is the last day to register for classes. Payments are due by 5:00 pm.
<b>Feb 14th</b>	20 <sup>th</sup> 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>Feb 18th</b>	Graduation application deadline for degree conferral
<b>Mar 14-18th</b>	Spring Break
<b>Mar 25th</b>	Cesar Chavez Holiday – no classes
<b>Apr 1st</b>	Spring 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>Apr 15th</b>	Spring Study Day
<b>Apr 15th</b>	Deadline to submit candidates' names for degree conferral
<b>May 5th</b>	Spring – Last day of classes
<b>May 6th</b>	Dead day
<b>May 9-13th</b>	Spring Final Exams
<b>May 14-15th</b>	Spring Commencement
<b>May 18th</b>	Grades are Due
<b>May 19th</b>	Grades are posted to student record; students are notified of grades and academic standing
<b>Payment Deadlines</b>	For more information on payment deadlines, visit the <a href="#">Student Business Services Website</a>