

HSCI 3322 Nutrition thru the Lifecycle Tentative Online Course Schedule*

Fall 2021

Dates	Topics	Homework and Class Assignments
WEEK 1 <u>August 23 – 29</u>	Overview of the course Review Syllabus Introductions Mind Tap Access	Readiness & Syllabus Quiz on BB DB: Introductions Mind Tap Access and Getting Started
Module 1 – Basic Nutrition		
WEEK 2 <u>August 30 - September 5</u>	Module 1: Nutrition Basics: Principles of the Science of Nutrition. Nutrition Labeling The Life-Course approach to Nutrition and Health Nutrition Assessment Public food and Nutrition programs Nutrition Health Guidelines for Americans	Reading Ch. 1: Nutrition Basics Mind Tap Activities: D&W+Lab1: Food Label 1 (10) Supplemental Case study: Nutrition for the Professional (6) A closer look: Nutrition Basics (6) Quiz 1: Due on Blackboard Sunday September 5th at 11:59pm MST.
September 6th – Labor Day (University Closed)		
Module 2 – Nutrition during preconception		
WEEK 3 <u>September 6 – 12</u>	Module 2: Preconception and Reproductive physiology. Nutrition and fertility. Nutrition during the periconceptual period. Recommended dietary intake and healthy dietary patterns for preconceptional women. Influence of contraceptives on preconceptional nutrition status. Model preconceptional health and nutrition programs. The Nutrition Care Process. Weight Status and Fertility. Underweight and obesity. Diabetes prior to pregnancy. Polycystic Ovary Syndrome and Fertility. PKU. Celiac disease and premenstrual Syndrome	Reading Ch. 2 & 3: Preconception Nutrition; conditions & interventions Mind Tap Activities Supplemental Case Study: Preconceptions Challenges (6) & Getting the facts to Help Conceive (6) A closer look: Preconception Nutrition (8) & Preconceptions Nutrition - conditions and interventions (6) Ch. 3 Global Nutrition Watch (3) Quiz 2: Due on Blackboard Sunday September 12th at 11:59pm MST.
Module 3 – Nutrition during Pregnancy		
WEEK 4 <u>September 13 – 19</u>	Module 3 Status of Pregnancy Outcomes. Physiology of pregnancy. Embryonic and Fetal Growth and Development. Pregnancy Weight gain. Nutrition and the course and Outcomes of Pregnancy. Energy and nutrient needs during pregnancy. Factors affecting Dietary Intake during pregnancy. Healthy Dietary Patterns during pregnancy. Obesity and Pregnancy. Hypertensive Disorders of Pregnancy. Diabetes and pregnancy. Multifetal pregnancies. Eating disorder in pregnancy. Fetal Alcohol Syndrome. Nutrition and Adolescent pregnancy.	Reading Ch. 4 & 5: Pregnancy nutrition; conditions & interventions Mind Tap Activities Supplemental Case study: Happy Surprise (6) & Double the surprise (6) A closer look: Nutrition during pregnancy (6) & Nutrition during pregnancy: conditions and interventions (8) Ch. 5 Global Nutrition Watch (3) Quiz 3: Due on Blackboard Sunday September 19th at 11:59pm MST.
Module 4 – Nutrition during Lactation		
WEEK 5 <u>September 20 – 26</u>	Module 4	Reading Ch. 6 & 7: Lactations Nutrition; conditions & interventions

	Lactation Physiology. Human Milk Composition. Benefits of Breastfeeding. Breast milk supply and demand. The breastfeeding process and breastfeeding infant. Maternal Diet and Breastfeeding promotions, facilitation and support. Public food and nutrition programs. Model Breastfeeding Promotion programs. Common breastfeeding conditions. Maternal medications and herbal remedies. Alcohol and other drugs and exposures. Neonatal Jaundice and Kernicterus. Breastfeeding multiples and Infant allergies.	Mind Tap Activities Supplemental Case study: Adventures in breastfeeding (6) & Breastfeeding complications (6) A closer look: Nutrition during lactation (7) & Nutrition during lactation: conditions & interventions (5) Ch. 7 Global Nutrition Watch (3) Quiz 4: Due on Blackboard Sunday September 26th at 11:59pm MST
Module 5 – Infant Nutrition		
WEEK 6 <u>September 27 – October 3</u>	Module 5 Assessing newborn health. Energy and nutrient needs. Growth assessment. Feeding in Early infancy. Development of infant feeding skills. Nutrition Guidance. Common nutritional issues and concerns. Nutrition Intervention for Risk reduction.	Reading Ch. 8: Infant Nutrition Mind Tap Activities Supplemental Case Study: Nourishment growth and development as a family (6) A closer look: Infant Nutrition (7)
WEEK 7 <u>October 4 – 10</u>	Module 5 Infants at risk. Energy and Nutrient needs of preterm infants and infant with special health care needs and/or developmental delay. Growth of Infants at risk of with special health care needs. Nutrition for infants with special health care needs. Severe preterm birth and nutrition. Infants with congenital anomalies and chronic illness. Feeding problems. Nutrition interventions and services.	Reading Ch. 9: Infant Nutrition - Conditions & interventions Mind Tap Activities Supplemental Case Study: Ervin’s Unique needs (6) A closer look: Infant Nutrition: conditions & interventions (7) Ch. 9 Global Nutrition Watch (3) Quiz 5: Due on Blackboard Sunday October 10th at 11:59pm MST.
Module 6 – Toddler and Preschooler Nutrition		
WEEK 8 <u>October 11 – 17</u>	Module 6 Tracking toddler and preschooler health. Normal growth and development. Physiological and cognitive development. Energy and Nutrient needs. Common Nutrition problems. Prevention of Nutrition related disorders. Dietary and physical activity Recommendation. Nutrition intervention for risk reductions. Public food and nutrition programs.	Reading Ch. 10: Toddler and Preschooler Nutrition Mind Tap Activities Supplemental Case Study: Double Doozy at the dinner table (6) A closer look: Toddler and preschooler nutrition (5)
WEEK 9 <u>October 18 – 24</u>	Module 6 Who are children with special health care needs? Nutrition needs of toddlers and preschoolers with chronic conditions. Growth assessment. Feeding problems. Nutrition related conditions. Food allergies and intolerance. Dietary supplements and herbal remedies. Sources of Nutrition services.	Reading Ch. 11: Toddler and Preschooler Nutrition: Conditions and interventions Mind Tap Activities Supplemental Case Study: Meeting Ervin’s Abilities (6) A closer look: Toddler and Preschooler: Conditions and interventions (4) Ch. 11 Global Nutrition Watch (3) Quiz 6: Due on Blackboard Sunday October 24th at 11:59pm MST.
Mid-Term Exam Due October 20th at 11:59pm (Chapters 1, 2, 4, 6, 8, & 10)		

Module 7 – Child & Preadolescent Nutrition

WEEK 10 <u>October 25 – 31</u>	Module 7 Tracking child and preadolescent health. Normal growth and developments. Energy and nutrient needs of school-age children. Common nutrition problems. Preventions of nutrient related disorders in school-age children. Dietary recommendations. Physical activity recommendations. Nutrition intervention for risk reduction. Public food and nutrition programs.	Reading Ch. 12: Child, Preadolescent Nutrition Mind Tap Activities Supplemental Case Study: Changing nutrition with times (6) A closer look: Child and Preadolescent (7)
WEEK 11 <u>November 1 – 7</u>	“Children are children first” Nutritional requirements of children with special health care needs. Nutrition recommendations. Eating and feeding problems in children with special health care needs. Dietary supplements and herbal remedies. Sources of nutrition services.	Reading Ch. 13: Child, Preadolescent Nutrition; Conditions and Interventions Mind Tap Activities Supplemental Case Study: Identifying Ervin’s Special Nutrition needs (6) A closer look: Child and Preadolescent: Conditions and Interventions (5) Ch. 13 Global Nutrition Watch (3) Quiz 7: Due on Blackboard Sunday November 7th at 11:59pm MST.

Module 8 – Adolescent Nutrition

WEEK 12 <u>November 8 – 14</u>	Module 8 Normal physical growth and development. Psychosocial and cognitive development. Health and Nutrition-related behaviors during adolescence. Dietary requirements, intake, and adequacy among adolescents. Nutrition screening, assessment, and intervention. Promoting healthy eating and physical activity behaviors. Overweight and obesity. Supplement use among adolescents. Nutrition for adolescent athletes. Special dietary concerns among adolescents. Dieting - disordered eating, and eating disorders.	Reading Ch.14 & 15: Adolescent Nutrition; conditions and interventions Mind Tap Activities Supplemental Case Study: Adolescence and the dinner table (6) & Adolescent nutritional challenges and opportunities for growth (6) A closer look: Adolescent nutrition (6) & Adolescent Nutrition: Conditions and interventions (7) Ch. 15 Global Nutrition watch (3) Quiz 8: Due on Blackboard Sunday November 14th at 11:59pm MST.
--	--	--

Module 9 – Adult Nutrition

WEEK 13 <u>November 15 – 21</u>	Module 9 Tracking adult Nutritional health and it determinants. Physiological changes during the adult years. Energy and nutrient recommendations. Dietary recommendation for adults. Physical activity recommendations. Nutrition interventions for risk reductions. Overweight and obesity. Cardiovascular disease. Metabolic syndrome and diabetes mellitus. Cancer & HIV disease.	Reading Ch. 16 & 17: Adult Nutrition; conditions and interventions. Mind Tap Activities Supplemental Case Study: When Nutrition Grows up (6) & The weight of adulthood (6) A closer look: Adult nutrition (7) & Adult Nutrition: Conditions and interventions (9) Ch. 17 Global Nutrition watch (3) Quiz 9: Due on Blackboard Sunday November 21st at 11:59pm MST.
---	---	---

Module 10 – Older Adult Nutrition

WEEK 14	Module 10	Reading Ch. 18: Adult and Older Adult Nutrition
----------------	------------------	--

<u>November 22 – 28</u>	A picture of the aging populations: vital statistics. Theories of aging. Physiological changes. Nutritional risk factors. Dietary recommendations for older adults. Nutrient recommendations. Food Safety recommendations. Physical activity recommendations. Nutrition policy and interventions for risk reductions. Community food and nutrition programs.	Mind Tap Activities Supplemental Case Study: Learn to roll with nutritional changes (6) A closer look: Nutrition and older adults (7)
Thanksgiving November 25 & 26th (University Closed)		
Week 15 <u>November 29 –</u> <u>December 5th</u>	Module 10 The importance of Nutrition and health. Heart disease. Stroke, hypertension. Diabetes: Special Concerns for older adults. Obesity. Osteoporosis, oral health, gastrointestinal disease and inflammatory disease: osteoarthritis. Cognitive impairment, dementia, and Alzheimer’s disease. Polypharmacy: prescription and over-the-counter medications. Low body weight/unintentional weight loss. Dehydration, bereavement. Final Project	Reading Ch. 19: Adult and Older Adult Nutrition; Conditions and interventions Mind Tap Activities Supplemental Case Study: Nutrition logistics of aging (6) A closer look: Nutrition and older adults: Conditions and Interventions (11) Ch. 19 Global Nutrition Watch (3) Final Projects Due On Blackboard Due Friday December 3rd at 5:00pm MST. Quiz 10: Due on Blackboard Sunday December 5th at 11:59pm MST.
Final Exams Week December 6th – 10th	Final Exam: December 8th, 2020 Due at 11:59pm MST (Chapters 12,14,16 & 18)	
Commencement December 11 & 12th 2021		

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

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