

**HSCI 3322 Nutrition thru the Lifecycle**  
**Tentative Online Course Schedule\***  
**Spring 2023**

Dates	Topics	Homework and Class Assignments
<b>Monday January 16<sup>th</sup> – Martin Luther King (University Closed)</b>		
<b>WEEK 1</b> <u>January 17 – 22</u>	<b>Overview of the course</b> Review Syllabus Introductions Mind Tap Access	Readiness & Syllabus Quiz on BB DB: Introductions <b>Mind Tap</b> Access and Getting Started
<b>Module 1 – Basic Nutrition</b>		
<b>WEEK 2</b> <u>January 23 – 29</u>	<b>Module 1:</b> 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	<b>Reading Ch. 1:</b> Nutrition Basics <b>Mind Tap Activities:</b> D&W+Lab1: Food Label 1 (10) Supplemental Case study: Nutrition for the Professional (6) A closer look: Nutrition Basics (6) <b>Quiz 1: Due on Blackboard Sunday January 29 at 11:59pm MST.</b>
<b>Module 2 – Nutrition during preconception</b>		
<b>WEEK 3</b> <u>January 30 – February 5</u>	<b>Module 2:</b> 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	<b>Reading Ch. 2 &amp; 3:</b> Preconception Nutrition; conditions & interventions <b>Mind Tap Activities</b> 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) <b>Quiz 2: Due on Blackboard Sunday February 5 at 11:59pm MST.</b>
<b>Module 3 – Nutrition during Pregnancy</b>		
<b>WEEK 4</b> <u>February 6 – 12</u>	<b>Module 3</b> 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.	<b>Reading Ch. 4 &amp; 5:</b> Pregnancy nutrition; conditions & interventions <b>Mind Tap Activities</b> 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) <b>Quiz 3: Due on Blackboard Sunday February 12 at 11:59pm MST.</b>
<b>Module 4 – Nutrition during Lactation</b>		
<b>WEEK 5</b> <u>February 13 – 19</u>	<b>Module 4</b> 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	<b>Reading Ch. 6 &amp; 7:</b> Lactations Nutrition; conditions & interventions <b>Mind Tap Activities</b> Supplemental Case study: Adventures in breastfeeding (6) & Breastfeeding complications (6)

	drugs and exposures. Neonatal Jaundice and Kernicterus. Breastfeeding multiples and Infant allergies.	A closer look: Nutrition during lactation (7) & Nutrition during lactation: conditions & interventions (5) Ch. 7 Global Nutrition Watch (3) <b>Quiz 4: Due on Blackboard Sunday February 19 at 11:59pm MST</b>
<b>Module 5 – Infant Nutrition</b>		
<b>WEEK 6</b> <u>February 20 – 26</u>	<b>Module 5</b> 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.	<b>Reading Ch. 8:</b> Infant Nutrition <b>Mind Tap Activities</b> Supplemental Case Study: Nourishment growth and development as a family (6) A closer look: Infant Nutrition (7)
<b>WEEK 7</b> <u>February 27 – March 5</u>	<b>Module 5</b> 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.	<b>Reading Ch. 9:</b> Infant Nutrition - Conditions & interventions <b>Mind Tap Activities</b> Supplemental Case Study: Ervin’s Unique needs (6) A closer look: Infant Nutrition: conditions & interventions (7) Ch. 9 Global Nutrition Watch (3) <b>Quiz 5: Due on Blackboard Sunday March 5 at 11:59pm MST.</b>
<b>Module 6 – Toddler and Preschooler Nutrition</b>		
<b>WEEK 8</b> <u>March 6 – 12</u>	<b>Module 6</b> 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.	<b>Reading Ch. 10:</b> Toddler and Preschooler Nutrition <b>Mind Tap Activities</b> Supplemental Case Study: Double Doozy at the dinner table (6) A closer look: Toddler and preschooler nutrition (5)
<b>SPRING BREAK: March 13 – 17 (week 9)</b>		
<b>Mid-Term Exam Due March 21<sup>st</sup> at 11:59pm (Chapters 1, 2, 4, 6, 8, &amp; 10)</b>		
<b>WEEK 10</b> <u>March 20 – 26</u>	<b>Module 6</b> 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.	<b>Reading Ch. 11:</b> Toddler and Preschooler Nutrition: Conditions and interventions <b>Mind Tap Activities</b> Supplemental Case Study: Meeting Ervin’s Abilities (6) A closer look: Toddler and Preschooler: Conditions and interventions (4) Ch. 11 Global Nutrition Watch (3) <b>Quiz 6: Due on Blackboard Sunday March 26 at 11:59pm MST.</b>
<b>Module 7 – Child &amp; Preadolescent Nutrition</b>		
<b>WEEK 11</b> <u>March 27 – April 2</u>	<b>Module 7</b> 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.	<b>Reading Ch. 12:</b> Child, Preadolescent Nutrition <b>Mind Tap Activities</b> Supplemental Case Study: Changing nutrition with times (6) A closer look: Child and Preadolescent (7)
<b>WEEK 12</b> <u>April 3 – 9</u>	“Children are children first” Nutritional requirements of children with special health care needs. Nutrition	<b>Reading Ch. 13:</b> Child, Preadolescent Nutrition; Conditions and Interventions

	recommendations. Eating and feeding problems in children with special health care needs. Dietary supplements and herbal remedies. Sources of nutrition services.	<b>Mind Tap Activities</b> 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) <b>Quiz 7: Due on Blackboard Sunday April 9 at 11:59pm MST.</b>
<b>Module 8 – Adolescent Nutrition</b>		
<b>WEEK 13</b> <u>April 10 – 16</u>	<b>Module 8</b> 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.	<b>Reading Ch.14 &amp; 15:</b> Adolescent Nutrition; conditions and interventions <b>Mind Tap Activities</b> 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) <b>Quiz 8: Due on Blackboard Sunday April 16 at 11:59pm MST.</b>
<b>Module 9 – Adult Nutrition</b>		
<b>WEEK 14</b> <u>April 17 – 23</u>	<b>Module 9</b> Tracking adult Nutritional health and its 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.	<b>Reading Ch. 16 &amp; 17:</b> Adult Nutrition; conditions and interventions. <b>Mind Tap Activities</b> 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) <b>Quiz 9: Due on Blackboard Sunday April 23 at 11:59pm MST.</b>
<b>Module 10 – Older Adult Nutrition</b>		
<b>WEEK 15</b> <u>April 24 – 30</u>	<b>Module 10</b> 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.	<b>Reading Ch. 18:</b> Adult and Older Adult Nutrition <b>Mind Tap Activities</b> Supplemental Case Study: Learn to roll with nutritional changes (6) A closer look: Nutrition and older adults (7)
<b>Week 16</b> <u>May 1 – 7</u>  <u>Dead day May 5<sup>th</sup></u>	<b>Module 10</b> 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. <b>Final Project</b>	<b>Reading Ch. 19:</b> Adult and Older Adult Nutrition; Conditions and interventions <b>Mind Tap Activities</b> 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)  <b>Final Projects Due On Blackboard Due Friday May 5 at 5:00pm MST.</b>  <b>Quiz 10: Due on Blackboard Sunday May 7 at 11:59pm MST.</b>

Dates	Topics	Homework and Class Assignments
Final Exams Week May 8 – 12	Final Exam: Online Available May 10 <sup>th</sup> on Blackboard (Chapters 12,14,16 & 18)	
Commencement May 13 & 14, 2023		

\* 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

<b>Oct 24th</b>	Spring Registration Begins
<b>Jan 5th</b>	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
<b>Jan 6th</b>	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
<b>Jan 9th</b>	Financial Aid is Disbursed
<b>Jan 16th</b>	Dr. Martin Luther King, Jr. Holiday – University Closed
<b>Jan 17th</b>	Spring classes begin
<b>Jan 17th-20th</b>	Late Registration (Fees are incurred)
<b>Feb 1st</b>	Spring Census Day
<b>Feb 13th</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 17th</b>	Graduation application deadline for degree conferral
<b>Mar 13th-17th</b>	Spring Break
<b>Mar 30th</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>Mar 31st</b>	Cesar Chavez Holiday - No classes
<b>Apr 7th</b>	Spring Study Day
<b>Apr 14th</b>	Deadline to submit candidates' names for commencement program
<b>May 4th</b>	Spring – Last day of classes
<b>May 5th</b>	Dead day
<b>May 8-12th</b>	Spring Final Exams
<b>May 13-14th</b>	Spring Commencement
<b>May 17th</b>	Grades are Due
<b>May 18th</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 <a href="#">Student Business Services Website</a>