<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Homework and Class Assignments</th>
</tr>
</thead>
</table>
| **WEEK 1**  
August 26 – September 1 | Overview of the course  
Review Syllabus  
Introductions  
Mind Tap Access | Readiness & Syllabus Quiz on BB  
DB: Introductions  
Mind Tap Activities  
Access and Getting Started |
| **September 2 – Labor Day (University Closed)** | | |
| **Module 1 – Basic Nutrition**  
September 2 – 8 | Module 1:  
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:  
Supplemental Case study: Nutrition for the Professional (6)  
A closer look: Nutrition Basics (6)  
Quiz 1: Due on Blackboard Sunday September 8th at 11:59pm MST. |
| **Module 2 – Nutrition during preconception**  
September 9 – 15 | Module 2:  
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 15th at 11:59pm MST. |
| **Module 3 – Nutrition during Pregnancy**  
September 16 – 22 | Module 3:  
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 (6)  
Ch. 5 Global Nutrition Watch (3)  
Quiz 3: Due on Blackboard Sunday September 22nd at 11:59pm MST. |
| **Module 4 – Nutrition during Lactation**  
September 23 – 29 | Module 4:  
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 29 at 11:59pm MST |
<table>
<thead>
<tr>
<th>Module 5 – Infant Nutrition</th>
</tr>
</thead>
</table>
| **WEEK 6**  
September 30 – October 6 |
| **Module 5**  
| **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**  
October 7 – 13 |
| **Module 5**  
| **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 13th at 11:59pm MST. |

<table>
<thead>
<tr>
<th>Module 6 – Toddle and Preschooler Nutrition</th>
</tr>
</thead>
</table>
| **WEEK 8**  
October 14 – 20 |
| **Module 6**  
| **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) |
| **Mid Term Due October 20th at 11:59pm MST (Chapters 1 thru 9)** |
| **WEEK 9**  
October 21 – 27 |
| **Module 6**  
| **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 27th at 11:59pm MST. |

<table>
<thead>
<tr>
<th>Module 7 – Child &amp; Preadolescent Nutrition</th>
</tr>
</thead>
</table>
| **WEEK 10**  
October 28 – November 3 |
| **Module 7**  
| **Reading Ch. 12 & 13:** Child, Preadolescent Nutrition; Conditions and Interventions  
**Mind Tap Activities**  
Supplemental Case Study: Changing nutrition with times (6) & Identifying Ervin’s Special Nutrition needs (6)  
A closer look: Child and Preadolescent (7) & Child and Preadolescent: Conditions and Interventions (5)  
Ch. 13 Global Nutrition Watch (3)  
**Quiz 7:** Due on Blackboard Sunday November 3rd at 11:59pm MST. |

<table>
<thead>
<tr>
<th>Module 8 – Adolescent Nutrition</th>
</tr>
</thead>
</table>
| **WEEK 11**  
November 4 – 10 |
| **Module 8**  
Normal physical growth and development. Psychosocial and cognitive development. Health and Nutrition-related behaviors during adolescence. Dietary requirements,  |
| **Reading Ch.14 & 15:** Adolescent Nutrition; conditions and interventions |
### Module 9 – Adult Nutrition

**WEEK 12**

**November 11 – 17**

**Module 9**


**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 17th at 11:59pm MST.**

### Module 10 – Older Adult Nutrition

**WEEK 13**

**November 18 – 24**

**Module 10**


**Reading Ch. 18: Adult and Older Adult Nutrition**

**Mind Tap Activities**

Supplemental Case Study: Learn to roll with nutritional changes (6) A closer look: Nutrition and older adults (7)

### Final Exams Week

**Final Exam: December 11<sup>th</sup>, 2019 Due at 11:59pm MST (Chapters 10 thru 19)**

**Commencement December 14 – 15<sup>th</sup> 2019**

**Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 16th</td>
<td>Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course</td>
</tr>
<tr>
<td>Aug 19th</td>
<td>Financial Aid is Disbursed</td>
</tr>
<tr>
<td>Aug 26th</td>
<td>Fall classes begin</td>
</tr>
<tr>
<td>Aug 26-30th</td>
<td>Late Registration Period(Fees are incurred)</td>
</tr>
<tr>
<td>Sept 2nd</td>
<td>Labor Day Holiday- University Closed</td>
</tr>
<tr>
<td>Sept 11th</td>
<td>Fall Census Day</td>
</tr>
</tbody>
</table>
Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 4th</td>
<td>Graduation application deadline for degree conferral</td>
</tr>
<tr>
<td>Nov 1st</td>
<td>Fall Drop/Withdrawal Deadline</td>
</tr>
<tr>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Nov 15th</td>
<td>Deadline to submit candidates’ names for commencement program</td>
</tr>
<tr>
<td>Nov 28-29th</td>
<td>Thanksgiving Holiday - University Closed</td>
</tr>
<tr>
<td>Dec 5th</td>
<td>Fall - last day of classes</td>
</tr>
<tr>
<td>Dec 6th</td>
<td>Dead Day</td>
</tr>
<tr>
<td>Dec 9-13th</td>
<td>Fall Final Exams</td>
</tr>
<tr>
<td>Dec 14-15th</td>
<td>Fall Commencement</td>
</tr>
</tbody>
</table>