

HSCI 2302 FUNDAMENTALS OF NUTRITION ONLINE COURSE CALENDAR*

Summer II 2020

Dates	Topics	Homework and Class Assignments
<p align="center">WEEK 1 <u>July 7 – 12</u></p>	<p>Overview of the course Review Syllabus Why Nutrition Matters? Nutrition Scientific Information Dietary Guidelines 2015 Nutrient Dense foods Food Labels Body Basics and Digestive System Carbohydrates: Structure, use, digestion and absorption</p>	<p>Blackboard Readiness & Syllabus Quiz (Ticket to course – you must complete to get access to modules). Discussion Board: Introductions (20) & Dietary Guidelines 2015 (50) Week 1 - Dietary Guidelines 2015 – Review on Blackboard Module <u>Exam 1: Chapters 1, 2, 3 & 4 – Available July 10th – 12th</u></p> <p>Readings Ch. 1 – Food choices and Human Health & Ch. 2 – Nutrition Tools: Standards and Guidelines Ch. 3 – The Remarkable Body & Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Diet & Wellness (D&W) Create your profile ○ D&W: Track your diet (1) ○ D&W: Skill Building: Calories (10) & Dietary Reference Intake (RDIs) (10) ○ D&W – Skill Building: Carbohydrates (10), Fiber (10) ○ EC: Video Quiz: The scientific method (10) & Reading a food Label (3) Circulation (3) & Blood and Glucose Regulation (3) ○ A Closer Look: Differences Among the Nutrition Standards and Guidelines and when to Use Them (22) & Physiology of Human Digestion and Absorption ○ Chapter 1, 2, 3 & 4: Nutrition Basic Quiz ○ Debunk the Junk Quiz: CLAIM Method (8) & Food Labels (8) ○ EC: Global nutrition watch activities ○ Case Study: Too much of a good thing (8) & The Glucose Rollercoaster (8)
<p align="center">WEEK 2 <u>July 13 – 19</u></p>	<p>Lipids: Classification, storage, use, digestion and absorption Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements Water and Minerals – Major and Trace minerals</p>	<p>Blackboard <u>Exam 2: Chapter 5, 6, 7 & 8 – Available July 17th – 19th</u></p> <p>Reading Ch. 5 – Lipids: Fats, phospholipids and sterols Ch. 6 – Proteins and Amino acids Ch. 7 – The Vitamins Ch. 8 – Water and Minerals</p> <p>Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (2) ○ D&W – Skill Building: Saturated fats (10) & Protein (10) ○ D&W – Skill Building: Vitamin C & DASH Diet ○ D&W: Track your diet (3) ○ EC: Video quiz: Lipoproteins (3) & Protein Synthesis (3) Vitamin A (3) & Iron (3) ○ Chapter 5, 6, 7 & 8 Nutrition Basic Quiz ○ Case Study: The importance of Fat in our diet (8) & Making Meatless Work ○ EC: Global nutrition watch activities ○ Case Study: Betting on Vitamins (8) & Watching the Salt (8)

<p>WEEK 3 <u>July 20 – 26</u></p>	<p>Energy Balance & body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition Early and middle childhood. Nutrition, adolescence, and later years.</p>	<p>Blackboard Dietary Analysis (DA) Due on BB – Sunday July 26th at midnight on blackboard. Dietary analysis MUST be submitted on Blackboard; assignments submitted via email will not be accepted. Exam 3: Chapters 9, 10, 11, 13 & 14 – Available July 24th – 26th Reading Ch. 9 – Energy balance and Healthy Body Weight Ch. 10 – Performance Nutrition Ch. 11 – Nutrition and Chronic Diseases Ch. 13 – Lifecycle Nutrition: Mother and Infant Ch. 14 – Child, Teen, and Older adult Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W Skill Building: Bariatric Surgery (10) & Physical Activity (10) ○ D&W: Track your diet (4) ○ D&W Skill Building: Diabetes exchanges(10) & Women, Infants and Children (10) ○ EC: Video Quiz: Estimating Energy Needs Based using the EER Equation (3) & ATP Overview (3) Antioxidants (3) & The Placenta (3) Nutrition and the Aging Population (3) ○ A closer look: Health consequences of excess body fat (22) ○ A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22) ○ Chapter 9, 10, 11, 13 & 14 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities ○ Case Study: Passing on Nutrition wisdom (8)
<p>WEEK 4 <u>July 27 – August 2</u></p>	<p>U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety & Technology Mindful eating and Optimum Nutrition</p>	<p>Blackboard Reading on Mindful eating and optimum nutrition Exam 4: Chapters 12, 14 & 15 Available July 31st – August 2nd Reading Ch. 12 – Food Safety & Food Technology Ch. 15 – Hunger and the future of food Mind Tap Activities</p> <ul style="list-style-type: none"> ○ EC: D&W Skill Building: World Hunger (10) ○ EC: Video Quiz: Comparing Selective Breeding and rDNA Technology (3) ○ EC: Case Study: Food Safety (8) ○ Chapter 12 & 15: Nutrition Basic Quiz ○ EC: Global nutrition watch activities
<p>Final Exams</p>	<p>August 3 & 4th – Final exam on Blackboard</p>	

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

EC: Extra Credit

The University of Texas at El Paso – Academic Calendar Summer II 2020 (Important Dates)

July 7th Summer II Classes Begin

July 9th Summer II Census Day

Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.

July 10th Summer Full Term 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.

July 17th Graduation Application deadline for degree conferral

July 24th Summer II 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.

July 31st Summer II & Full Term – Last day of classes

Aug 3-4th Summer II & Full Term Final Exams

Aug 6th Grades are Due

Aug 7th 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](#)