

HSCI 2302 Fundamentals of Nutrition
Tentative* Online Course Schedule* spring 2023

Dates	Topics	Homework and Class Assignments
Monday January 16th – Martin Luther King (University Closed)		
Module 1 – Basics of Nutrition		
WEEK 1 <u>January 17 – 22</u>	Overview of the course Review Syllabus Introductions	<p>Readiness(5) & Syllabus Quiz (5) (Ticket to course – you must complete it and obtain maximum points to get access to modules)on BB DB: Introductions (10) Live session Thursday January 1, 2023 at 1:30pm (Attendance Not Mandatory - Recording will be available within 24 hours after meeting) Mind Tap Access</p> <ul style="list-style-type: none"> ○ Access Mind Tap and E-book ○ Diet & Wellness (D&W) Create your profile <p>Total Possible Points by the end of the week = 20</p>
WEEK 2 <u>January 23 – 29</u>	Module 1 Why Nutrition Matters? Nutrition Scientific Information	<p>Reading Ch. 1 Food choices and Human Health Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: The Scientific Method (3) ○ A Closer Look: The Food Environment and Food Choices (6) ○ Case Studies: Feeling Lethargic (8) ○ D&W + Client Diet Assessment: Calories (10) ○ Practice (Non graded) Chapter 1 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3) <p>Total Possible Points by the end of the week = 47</p>
WEEK 3 <u>January 30 – February 5</u>	Module 1 Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	<p>Reading Ch. 2 – Standards and Guidelines A= Dietary Guidelines 2020-2025 Discussion Board (DB)(30) Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Reading Food Labels (3) ○ A Closer Look: Nutrition Standards and Guidelines and How to Use Them (8) ○ Case Studies: Making the Time (8) ○ Practice (Non graded) Chapter 2 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3) <p>Total Possible Points by the end of the week = 96</p>
WEEK 4 <u>February 6 – 12</u>	Module 1 Dietary Guidelines Body basics and Digestive system	<p>Reading Ch. 3 – Remarkable Body Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Circulation (3) ○ A Closer Look: Physiology of Human Digestion and Absorption (8) ○ Case Studies: Can you get too much of a Good Thing? (8) ○ Practice (Non graded) Chapter 3 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3) <p>Exam 1 – Online Available February 10, 11 & 12 on Blackboard (Chs. 1,2 & 3)(80) Total Possible Points by the end of the week = 195</p>

Module 2 – Macronutrients		
WEEK 5 <u>February 13 – 19</u>	Module 2 Carbohydrates: Structure, use, digestion and absorption	Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per week) ○ Video Quiz: Blood and Glucose Regulation (3) ○ A Closer Look: Hormones & Glucose Levels (6) ○ Case Study: The Glucose Rollercoaster (8) ○ D&W + Client Diet Assessment: Carbohydrates (10); ○ Debunk the Junk: The Potato Hack (9) ○ Practice (Non graded) Chapter 4 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3) Total Possible Points by the end of the week = 231
WEEK 6 <u>February 20 – 26</u>	Module 2 Lipids: Classification, storage, use, digestion and absorption	Reading Ch. 5 – Lipids: Fats, phospholipids and sterols Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Lipoprotein (3) ○ A Closer Look: Types and Functions of Lipids (7); ○ Case Study: The importance of Fat in our diet (8) ○ D&W + Client Diet Assessment: Saturated Fat (10) ○ Practice (Non graded) Chapter 5 Nutrition Basic Quiz ○ EC: Global nutrition watch activities (3) Total Possible Points by the end of the week = 259
WEEK 7 <u>February 27 – March 5</u>	Module 2 Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess. Plant based diets	Reading Ch. 6 – Proteins and Amino acids Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Protein Synthesis (3) ○ A Closer Look: Types of Amino Acids and the Importance of Proteins (11) ○ Case Study: Making Meatless Work (8) ○ D&W + Client Diet Assessment: Protein (10) ○ Practice (Non graded) Chapter 6 Nutrition Basic Quiz EC: Global nutrition watch activities (3) Exam 2 – Online Available March 3, 4 & 5 on blackboard (Ch. 4, 5, & 6) (80) Total Possible Points by the end of the week = 371
Module 3 – Micronutrients		
WEEK 8 <u>March 6 – 12</u>	Module 3 Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements	Reading Ch. 7 – The Vitamins Mind Tap Activities <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Vitamin A (3) ○ A closer look: The Fat-Soluble Vitamins and Vitamin D (7) ○ Case Study: Betting on Vitamins (8) ○ Practice (Non graded) Chapter 7 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3) Total Possible Points by the end of the week = 389
SPRING BREAK: March 13 – 17 (week 9)		

<p>WEEK 10 <u>March 20 – 26</u></p>	<p>Module 3 Water and Minerals – Major and Trace minerals</p>	<p>Reading Ch. 8 – Water and Minerals Mind Tap Activities</p> <ul style="list-style-type: none"> ○ D&W: Track your diet (once per Week) ○ Video Quiz: Calcium (3) ○ A closer look: The Role of Water in Health, Water Sources and Water Safety (4) ○ Case Study: Watching the Salt (8) ○ D&W + Client Diet Assessment: DASH (10) ○ Debunk the Junk: Supplements (4) ○ Practice (Non graded) Chapter 8 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3) <p>Total Possible Points by the end of the week = 418</p>
<p>WEEK 11 <u>March 27 – April 2</u></p>	<p>Module 3 Optimum Nutrition & Mindful eating</p>	<p>Review mindful eating and optimum nutrition on Blackboard Mind Tap Activities - None Exam 3 – Online Available March 31st to April 2 on blackboard (Ch. 7 & 8) (80)</p> <p>Dietary Analysis Due on BB – <u>Sunday April 2th at 11:59pm MST</u>. 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 = 668</p>
<p>Module 4 – Energy Balance, Diet and Health</p>		
<p>WEEK 12 <u>April 3 – 9</u></p>	<p>Module 4 Energy Balance & body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation</p>	<p>Reading Ch. 9 – Energy balance and Healthy Body Weight Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Estimating Energy Needs Based using the EER Equation (3) ○ A closer look: Health consequences of excess body fat (3) ○ Case Study: Changing the Program (8) ○ D&W + Client Diet Assessment: Bariatric Surgery (10) ○ Practice (Non graded) Chapter 9 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3) <p>Total Possible Points by the end of the week = 692</p>
<p>WEEK 13 <u>April 10 – 16</u></p>	<p>Module 4 Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity</p>	<p>Reading Ch. 10 – Performance Nutrition Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Iron (3) ○ A closer look: Basic Functions of Muscle and Their Role in Health and Energy Needs of Athletes (6). ○ Case Study: Training Techniques (8) ○ Practice (Non graded) Chapter 10 Nutrition Basic Quiz ○ EC: Global Nutrition Watch Activities (3) <p>Total Possible Points by the end of the week = 709</p>
<p>WEEK 14 <u>April 17 – 23</u></p>	<p>Module 4 Diet and Health</p>	<p>Reading Ch. 11 – Diet and Health Mind Tap Activities</p> <ul style="list-style-type: none"> ○ Video Quiz: Antioxidants (3) ○ A Closer Look: The Role of Nutrition in Disease, Specifically Heart Disease (10) ○ Case Study: Preventive Ways to Reduce our Risk of Chronic Disease (8)

		<ul style="list-style-type: none"> ○ D&W + Client Diet Assessment: Diabetes Exchange (10) ○ Practice (Non Graded) Chapter 11 Nutrition Basic Quiz Exam 4 – Online Available April 21, 22 & 23 on blackboard (Ch. 9, 10 & 11) (80) Total Possible Points by the end of the week = 820
Module 5 – Food Security & Safety		
WEEK 15 <u>April 24 – 30</u>	Module 5 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?	Reading Ch. 12 & 15 – Food Safety Mind Tap Activities <ul style="list-style-type: none"> ○ Video Quiz: Comparing Selective Breeding and rDNA Technology (3) ○ A Closer Look: The Impact of Foodborne Illness (7) ○ Case Study: Food Safety (8) ○ Practice (Non Graded) Chapter 12 Nutrition Basic Quiz Reading Ch. 15 – Food Safety; Hunger and the future of food Mind Tap Activities <ul style="list-style-type: none"> ○ A Closer Look: Food Insecurity in the United States (4) ○ Case Study: World Hunger (8) ○ Practice (Non Graded) Chapter 15: Nutrition Basic Quiz Total Possible Points by the end of the week = 850
Week 16 <u>May 1 – 7</u> <u>Dead day May 5th</u>	Module 5 Project	Final Project Presentation Due Friday May 5 at 5:00pm (MST) (150) Total Possible Points by the end of the week = 1000 points
Final Exams Week <u>May 8 – 12</u>	Exam 5 – Online Available May 9th on Blackboard (Chapters 12 & 15)(80)	
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

A= Counts towards attendance

P= Counts towards participation

DB= Discussion Boards

DA= Dietary Analysis

EC= Extra credit

Important Dates

Oct 24th	Spring Registration Begins
Jan 5th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Jan 6th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Jan 9th	Financial Aid is Disbursed
Jan 16th	Dr. Martin Luther King, Jr. Holiday – University Closed
Jan 17th	Spring classes begin
Jan 17th-20th	Late Registration (Fees are incurred)
Feb 1st	Spring Census Day Note: This is the last day to register for classes. Payments are due by 5:00 pm.
Feb 13th	20 th 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.

Feb 17th	Graduation application deadline for degree conferral
Mar 13th-17th	Spring Break
Mar 30th	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.
Mar 31st	Cesar Chavez Holiday - No classes
Apr 7th	Spring Study Day
Apr 14th	Deadline to submit candidates' names for commencement program
May 4th	Spring – Last day of classes
May 5th	Dead day
May 8-12th	Spring Final Exams
May 13-14th	Spring Commencement
May 17th	Grades are Due
May 18th	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