

TENTATIVE ONLINE COURSE SCHEDULE*

Fall 2017

Dates	Topics	Homework and Class Assignments
Labor Day September 4 (University Closed)		
Module 1 – Basics of Nutrition		
WEEK 1 <u>August 28 – September 3</u>	Overview of the course Review Syllabus Why Nutrition Matters? Nutrition Scientific Information	Access MindTap Reading Ch. 1 Food choices and Human Health Diet & Wellness (D&W) Create your profile Readiness & Syllabus Quiz on BB DB: Introductions
WEEK 2 <u>September 4 – 10</u>	Dietary Guidelines 2015 Nutrient Dense foods Food Labels	Reading Ch. 2 – Standards and Guidelines Dietary Guidelines 2015 D&W Track your diet D&W: Skill Building: DRIs – Compare intake with USDA
WEEK 3 <u>September 11 – 17</u>	Body Basics and Digestive System	Reading Ch. 3 – Remarkable Body D&W – Skill Building: Fiber Exam Module 1
Module 2 – Macronutrients		
WEEK 4 <u>September 18 – 24</u>	Carbohydrates: Structure, use, digestion and absorption	Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber D&W – Skill Building: Carbohydrates, Analyze carbohydrate intake Discussion Board: The kids Menu Due on BB
WEEK 5 <u>September 25 – October 1</u>	Lipids: Classification, storage, use, digestion and absorption	Reading Ch. 5 – Lipids: Fats, phospholipids and sterols D&W – Skill Building: saturated fat
WEEK 6 <u>October 2 – 8</u>	Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess	Reading Ch. 6 – Proteins and Amino acids D&W – Skill Building: Protein Exam Module 2 –
Module 3 – Micronutrients		
WEEK 7 <u>October 9 – 15</u>	Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements	Reading Ch. 7 – The Vitamins D&W – Skill Building: Vitamin C D&W: Track your diet
WEEK 8 <u>October 16 – 22</u>	Water and Minerals – Major and Trace minerals	Reading Ch. 8 – Water and Minerals D&W Skill Building: DASH Diet Exam Module 3 –
Module 4 – Energy Balance, Diet and Health		
WEEK 10 <u>October 23 – 29</u>	Energy Balance & body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation	Reading Ch. 9 – Energy balance and Healthy Body Weight Watch documentary: Fed Up D&W Assignment
WEEK 11 <u>October 30 – November 5</u>	Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity	Reading Ch. 10 – Performance Nutrition Overview Dietary Analysis Project & Recipes D&W Assignment
WEEK 12 <u>November 6 – 12</u>	Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer	Reading Ch. 11 – Diet and Health D&W Assignment – Track your Diet Exam Module 4
Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 13 <u>November 13 – 19</u>	Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition	Reading Ch. 13 – Lifecycle Nutrition D&W Assignment

WEEK 14 <u>November 20 - 26</u>	Early and middle childhood. Nutrition and adolescence and later years.	Reading Ch. 14 – Child, Teen, and Older adult Discussion Board: Fed up DUE on Blackboard D&W Skill Building: Women, Infant and Children Program (WIC) Dietary Analysis Due on BB
November 23- 24: Thanksgiving Day (University Closed)		
WEEK 15 <u>November 27 – December 3</u>	U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help?	Reading Ch. 15 – Hunger and the future of food D&W Assignment Exam Module 5 – Available April 28 – 30
WEEK 16 <u>December 4 – 7</u>	Mindful eating and Optimum Nutrition	Reading on Mindful eating on Blackboard
Final Exams Week	December 11 – 15	
Commencement December 16, 2017		

* Note: The course syllabus is a general tentative plan for the course. Any changes will be announced to the class in advance by the instructor.

** September 4 – Labor Day

** September 13th – Census Day: Students not registered will be dropped from Blackboard

** December 8th – Dead Day