

Tentative Online Course Schedule*

Fall 2018

Dates	Topics	Homework and Class Assignments
Module 1 – Basics of Nutrition		
WEEK 1 <u>August 27 – September 2</u>	Overview of the course Review Syllabus Why Nutrition Matters? Introductions Nutrition Scientific Information	Readiness & Syllabus Quiz on BB DB: Introductions Reading Ch. 1 Food choices and Human Health Access Mind Tap: Diet & Wellness (D&W) Create your profile Pre-learning assessment: Chapter 1 Video Quiz: Food for Mood
September 3 – Labor Day (University Closed)		
WEEK 2 <u>September 3 – 9</u>	Module 1 Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	Reading Ch. 2 – Standards and Guidelines Dietary Guidelines 2015 Pre-learning assessment: Chapter 2 D&W: Track your diet Video Quiz: New Dietary Guidelines Pop-up Tutor: Reading a food Label D&W: Skill Building: DRIs & Compare intake with USDA A Closer Look: Differences among Nutrition standards and guidelines
WEEK 3 <u>September 10 – 16</u>	Module 1 Dietary Guidelines Body basics and Digestive system	Reading Ch. 3 – Remarkable Body Pre-learning assessment: Chapter 3 D&W: Skill Building: Fiber Pop-up Tutor: GI Track Overview Case Study: Too much of a good thing Exam 1 – Online Available September 14th – 16th on Blackboard
Module 2 – Macronutrients		
WEEK 4 <u>September 17 – 23</u>	Module 2 Carbohydrates: Structure, use, digestion and absorption	Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber D&W – Skill Building: Carbohydrates & Concepts in action: Analyze carbohydrate intake Pre-learning assessment: Chapter 4 Video quiz: Facts on Fiber
WEEK 5 <u>September 24 – 30</u>	Module 2 Lipids: Classification, storage, use, digestion and absorption	Reading Ch. 5 – Lipids: Fats, phospholipids and sterols Pre & Post-learning assessment: Chapter 5 Video quiz: Omega-3 Fatty acids D&W – Skill Building: saturated fat
WEEK 6 <u>October 1st – 7</u>	Module 2 Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess. Plant based diets	Reading Ch. 6 – Proteins and Amino acids Pre & Post-learning assessment: Chapter 6 Video Quiz: Proteins in foods Case Study: Making Meatless Work D&W – Skill Building: Protein Exam 2 – Online Available October 5 – 7th on blackboard
Module 3 – Micronutrients		
WEEK 7 <u>October 8 – 14</u>	Module 3 Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements	Reading Ch. 7 – The Vitamins Pre & Post- Learning assessment: Chapter 7 Video Quiz: Vitamin D (Before and after) D&W – Skill Building: Vitamin C D&W: Track your diet Global nutrition watch activity: Chapter 7
WEEK 8 <u>October 15 – 21</u>	Module 3 Water and Minerals – Major and Trace minerals	Reading Ch. 8 – Water and Minerals Pre- Learning assessment: Chapter 8 Video Quiz: Reduce Sodium Pop-up Tutor: Calcium D&W Skill Building: DASH Diet
WEEK 9 <u>October 22 – 28</u>	Module 3 Optimum Nutrition & Mindful eating	Review mindful eating and optimum nutrition on Blackboard Exam 3 – Online Available October 26 – 28th on blackboard

Module 4 – Energy Balance, Diet and Health		
WEEK 10 <u>October 29 –</u> <u>November 4</u>	Module 4 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 Pre-Learning assessment: Chapter 9 Pop-up Tutor: Fat Metabolism A closer look: Health consequences of excess body fat D&W + Skill building: Bariatric Surgery Global Nutrition Watch Activity: Chapter 9
WEEK 11 <u>November 5 – 11</u>	Module 4 Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity	Reading Ch. 10 – Performance Nutrition Pre- Learning assessment: Chapter 10 Video Quiz: Proper Nutrition for Athletes Pop-up Tutor: Blood Glucose regulation D&W Skill Building: Physical Activity
WEEK 12 <u>November 12 – 18</u>	Module 4 Diet and Health	Reading Ch. 11 – Diet and Health Pre - Learning assessment: Chapter 11 Video Quiz: Evolutionary diet Pop-up Tutor: Antioxidants Global Nutrition Watch Activity: Chapter 11 D&W: Track your Diet Exam 4 – Online Available November 16th – 18th on blackboard
Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 13 <u>November 19 – 25</u>	Module 5 Lifecycle and Nutrition. Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition	Reading Ch. 13 – Lifecycle Nutrition Pre - Learning assessment: Chapter 13 Video Quiz: Drinking While Pregnant Pop-up Tutor: Iron D&W Skill Building: Pregnancy
WEEK 14 <u>November 26 –</u> <u>December 2nd</u>	Module 5 Child, Teen and Older adults Nutrition	Reading Ch. 14 – Child, Teen, and Older adult Pre - Learning assessment: Chapter 14 Video Quiz: Sodium in toddler meals D&W Skill Building: Women, Infant and Children Program (WIC) Dietary Analysis Due on BB – Sunday December 2 nd at midnight. Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions
Week 15 <u>December 3 – 6th</u>	Module 5 U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety & Technology	Reading Ch. 12 & 15 – Food Safety; Hunger and the future of foo Pre - Learning assessment: Chapter 12 & 15 Video Quiz: Food Borne Illnesses Case Study: Food Safety A closer look: Food insecurity in the U.S. D&W Skill Building: World Hunger Exam 5 – Online Available December 5th & 6th on Blackboard
Final Exams Week	December 10th – 14th – Final exam TBA Final Exam Comprehensive: Includes all chapters reviewed during the semester	
Commencement December 15th 2018		

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

Important Dates

- September 12th – Fall census Day (Last day to register for classes)
- ***October 24th – Freshmen mid-term grades due
- ***November 2nd – Fall drop/withdrawal deadline
- ***November 22nd & 23rd – Thanksgiving Holiday – University Closed
- ***December 6th – Last day of Classes
- ***December 7th – Dead day