

## Tentative Online Course Schedule\*

Fall 2019

Dates	Topics	Homework and Class Assignments
<b>Module 1 – Basics of Nutrition</b>		
<b>WEEK 1</b> <u>August 26 – September 1</u>	<b>Overview of the course</b> Review Syllabus Why Nutrition Matters? Introductions Nutrition Scientific Information	Readiness & Syllabus Quiz on BB DB: Introductions <b>Reading Ch. 1</b> Food choices and Human Health <b>Mind Tap Activities</b> Diet & Wellness (D&W) Create your profile D&W: Skill Building: Calories (10) Chapter 1: Nutrition Basic Quiz (practice) Video Quiz: The scientific method (3) Global nutrition watch activity (3) Extra credit: Debunk the Junk Quiz: CLAIM Method (8)
<b>September 2 – Labor Day (University Closed)</b>		
<b>WEEK 2</b> <u>September 2 – 8</u>	<b>Module 1</b> Science and Scope of Nutrition Healthy Diet Dietary Guidelines 2015 Nutrient Dense foods Food Labels	<b>Reading Ch. 2 – Standards and Guidelines</b> Dietary Guidelines 2015 – link on blackboard: Discussion Board <b>Mind Tap Activities</b> Video Quiz: Reading a food Label (3) D&W: <b>Track your diet</b> D&W Skill building: Dietary Reference Intake (RDIs) (10) Chapter 2 : Nutrition Basic Quiz (practice) Debunk the Junk Quiz: Food Labels (8) A Closer Look: Differences Among the Nutrition Standards & Guidelines and when to Use Them (22). Global nutrition watch activity (3)
<b>WEEK 3</b> <u>September 9 – 15</u>	<b>Module 1</b> Dietary Guidelines Body basics and Digestive system	<b>Reading Ch. 3 – Remarkable Body</b> <b>Mind Tap Activities</b> D&W: <b>Track your diet</b> Video quiz: Circulation (3) A closer look: Physiology of Human Digestion and Absorption (22) Case Study: Too much of a good thing (8) Chapter 3 : Nutrition Basic Quiz (practice) Global nutrition watch activity (3) <b>Exam 1 – Online Available September 13<sup>th</sup> – 15<sup>th</sup> on Blackboard</b>
<b>Module 2 – Macronutrients</b>		
<b>WEEK 4</b> <u>September 16 – 22</u>	<b>Module 2</b> Carbohydrates: Structure, use, digestion and absorption	<b>Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber</b> <b>Mind Tap Activities</b> D&W: <b>Track your diet</b> D&W – Skill Building: Carbohydrates (10), Fiber (10) D&W - Concepts in action: Analyze carbohydrate intake Video quiz: Blood and Glucose Regulation (3) Case Study: The Glucose Rollercoaster (8) Chapter 4: Nutrition Basic Quiz (Practice) Global nutrition watch activity (3) Extra Credit: Debunk the Junk Quiz: The Potato Hack (8)
<b>WEEK 5</b> <u>September 23 – 29</u>	<b>Module 2</b> Lipids: Classification, storage, use, digestion and absorption	<b>Reading Ch. 5 – Lipids: Fats, phospholipids and sterols</b> <b>Mind Tap Activities</b> D&W: <b>Track your diet</b> D&W – Skill Building: Saturated fats (10) Video quiz: Lipoproteins (3) Case Study: The importance of Fat in our diet (8) Chapter 5: Nutrition Basic Quiz (practice) Global nutrition watch activity (3)

<p><b>WEEK 6</b> <u>September 30 – October 6</u></p>	<p><b>Module 2</b> Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess. Plant based diets</p>	<p><b>Reading Ch. 6 – Proteins and Amino acids</b> <b>Mind Tap Activities</b> Chapter 6: Nutrition Basic Quiz (practice) Video Quiz: Proteins Synthesis (3) Case Study: Making Meatless Work (8) Global Nutrition watch activity (3) D&amp;W – Skill Building: Protein (10) Extra credit: Debunk the Junk Quiz: Protein Supplement (8) &amp; Protein Needs (8) <b>Exam 2 – Online Available October 4 – 6<sup>th</sup> on blackboard</b></p>
<b>Module 3 – Micronutrients</b>		
<p><b>WEEK 7</b> <u>October 7 – 13</u></p>	<p><b>Module 3</b> Vitamins: Definition and classification. Fat soluble and water soluble Vitamin Supplements</p>	<p><b>Reading Ch. 7 – The Vitamins</b> <b>Mind Tap Activities</b> D&amp;W: <b>Track your diet</b> D&amp;W – Skill Building: Vitamin C (10) Video Quiz: Vitamin A (3) Case Study: Betting on Vitamins (8) Chapter 7 Nutrition Basic Quiz (practice) Global nutrition watch activity <b>Blackboard</b> Vitamins Crossword Puzzle</p>
<p><b>WEEK 8</b> <u>October 14 – 20</u></p>	<p><b>Module 3</b> Water and Minerals – Major and Trace minerals</p>	<p><b>Reading Ch. 8 – Water and Minerals</b> <b>Mind Tap Activities</b> D&amp;W – Skill Building: DASH Diet (10) D&amp;W: Track your diet Video Quiz: Iron (3) Case Study: Watching the Salt (8) Chapter 8: Nutrition Basic Quiz (practice) Global nutrition watch activity (3) <b>Blackboard</b> Minerals Crossword Puzzle</p>
<p><b>WEEK 9</b> <u>October 21 – 27</u></p>	<p><b>Module 3</b> Optimum Nutrition &amp; Mindful eating</p>	<p>Review mindful eating and optimum nutrition on Blackboard <b>Mind Tap Activities - None</b> <b>Exam 3 – Online Available October 25 – 27<sup>th</sup> on blackboard</b></p>
<b>Module 4 – Energy Balance, Diet and Health</b>		
<p><b>WEEK 10</b> <u>October 28 – November 3</u></p>	<p><b>Module 4</b> Energy Balance &amp; body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation</p>	<p><b>Reading Ch. 9 – Energy balance and Healthy Body Weight</b> <b>Mind Tap Activities</b> D&amp;W Skill Building: Bariatric Surgery (10) D&amp;W: <b>Track your diet</b> Video Quiz: Estimating Energy Needs Based using the EER Equation (3) A closer look: Health consequences of excess body fat (22) Chapter 9: Nutrition Basic Quiz (practice) Global Nutrition Watch Activity (3) Extra Credit: Debunk the Junk Quiz: Popular diets (1) &amp; What makes a Fad Diet? (1)</p>
<p><b>WEEK 11</b> <u>November 4 – 10</u></p>	<p><b>Module 4</b> Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity</p>	<p><b>Reading Ch. 10 – Performance Nutrition</b> <b>Mind Tap Activities</b> D&amp;W Skill Building: Physical Activity (10) Video Quiz: ATP Overview (3) Chapter 10: Nutrition Basic Quiz (practice) Global nutrition watch activity (3) <b>Dietary Analysis Due on BB – Sunday November 10<sup>th</sup> at 11:59pm MST.</b> Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions (210)</p>
<p><b>WEEK 12</b> <u>November 11 – 17</u></p>	<p><b>Module 4</b> Diet and Health</p>	<p><b>Reading Ch. 11 – Diet and Health</b> <b>Mind Tap Activities</b> D&amp;W Skill Building: Diabetes exchanges(10)</p>

		<p>Video Quiz: Antioxidants (3)</p> <p>A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22)</p> <p>Chapter 11: Nutrition Basic Quiz (Practice)</p> <p>Global Nutrition Watch Activity (3)</p> <p><b>Exam 4 – Online Available November 15<sup>th</sup> – 17<sup>th</sup> on blackboard</b></p>
<b>Module 5 – Nutrition thru the lifecycle and Food security</b>		
<p><b>WEEK 13</b> <u>November 18 – 24</u></p>	<p><b>Module 5</b> Lifecycle and Nutrition. Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition</p>	<p><b>Reading Ch. 13</b> – Lifecycle Nutrition</p> <p><b>Mind Tap Activities</b></p> <p>D&amp;W Skill Building: Women, Infant and Children Program (WIC) (10)</p> <p>Video Quiz: The Placenta (3)</p> <p>Chapter 13: Nutrition Basic Quiz (Practice)</p> <p>Global Nutrition Watch Activity (3)</p>
<p><b>WEEK 14</b> <u>November 25 –</u> <u>December 1<sup>st</sup></u></p>	<p><b>Module 5</b> Child, Teen and Older adults Nutrition</p>	<p><b>Reading Ch. 14</b> – Child, Teen, and Older adult</p> <p><b>Mind Tap Activities</b></p> <p>Chapter 14: Nutrition Basic Quiz (practice)</p> <p>Video Quiz: Nutrition and the Aging Population (3)</p> <p>Case Study: Passing on Nutrition wisdom (8)</p> <p>Global nutrition watch activity (3)</p> <p>Extra Credit: Debunk the Junk Quiz: Healthy Choices for Kids (8) &amp; Too Much Sugar? (8)</p>
<p><b>Week 15</b> <u>December 2 – 6<sup>th</sup></u></p>	<p><b>Module 5</b> U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety &amp; Technology</p>	<p><b>Reading Ch. 12 &amp; 15</b> – Food Safety; Hunger and the future of food</p> <p><b>Mind Tap Activities</b></p> <p>D&amp;W Skill Building: World Hunger (10)</p> <p>Video Quiz: Comparing Selective Breeding and rDNA Technology (3)</p> <p>Case Study: Food Safety (8)</p> <p>Chapter 12 &amp; 15: Nutrition Basic Quiz (Practice)</p> <p>Chapter 12 &amp; 15: Global nutrition watch activity (6)</p> <p>Extra Credit: Ch. 15: Debunk the Junk Quiz: Food Insecurity in America (8) &amp; Technology and Food Waste (8)</p> <p><b>Exam 5 – Online Available December 5<sup>th</sup> &amp; 6<sup>th</sup> on Blackboard</b></p>
<p><b>Final Exams Week</b></p>	<p><b>December 10<sup>th</sup>, 2019</b> <b>Final Exam Comprehensive: Includes all chapters reviewed during the semester</b></p>	
<b>Commencement December 14 – 15<sup>th</sup> 2019</b>		

\* 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

Aug 16th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Aug 19th	Financial Aid is Disbursed
Aug 26th	Fall classes begin
Aug 26-30th	Late Registration Period(Fees are incurred)
Sept 2nd	Labor Day Holiday- University Closed
Sept 11th	Fall Census Day
	Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
Oct 4th	Graduation application deadline for degree conferral
Nov 1st	Fall 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.
Nov 15th	Deadline to submit candidates' names for commencement program
Nov 28-29th	Thanksgiving Holiday - University Closed
Dec 5th	Fall - last day of classes
Dec 6th	Dead Day
Dec 9-13th	Fall Final Exams
Dec 14-15th	Fall Commencement