

Tentative Online Course Schedule*

Spring 2019

Dates	Topics	Homework and Class Assignments
Module 1 – Basics of Nutrition		
January 21st – Dr. Martin Luther King, Jr. Holiday – University Closed		
WEEK 1 <u>January 22 – 27th</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
WEEK 2 <u>January 28 – February 3rd</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>February 4 – 10th</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 February 8th -10th on Blackboard
Module 2 – Macronutrients		
WEEK 4 <u>February 11 – 17th</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>February 18 – 24th</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>February 25 – March 3rd</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 March 1st – 3rd on blackboard
Module 3 – Micronutrients		
WEEK 7 <u>March 4 – 10th</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>March 11 – 17th</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
Spring Break – March 18 – 22nd		

WEEK 9 <u>March 25 – 31st</u>	Module 3 Optimum Nutrition & Mindful eating	Review mindful eating and optimum nutrition on Blackboard Exam 3 – Online Available March 29th – 31st on blackboard
Module 4 – Energy Balance, Diet and Health		
WEEK 10 <u>April 1 – 7th</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>April 8 – 14th</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>April 15 – 21st</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 April 19th – 21st on blackboard
Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 13 <u>April 22 – 28th</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 Dietary Analysis Due on BB – Sunday April 28 th at midnight. Dietary analysis must be submitted on Blackboard and will not be accepted via email- no exceptions
WEEK 14 <u>April 29 – May 5th</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)
Week 15 <u>May 6 – 9th</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 food 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 May 8th & 9th on Blackboard
Final Exams Week	May 13 – 17th – Final exam TBA Final Exam Comprehensive: Includes all chapters reviewed during the semester	
Commencement May 18th – 19th		

* 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

- **February 6th – Spring Census Day (Last day to register for classes)
- **March 29th – Cesar Chavez Holiday (No classes)
- **April 5th – Spring drop/withdrawal deadline
- **April 19th – Spring Study Day
- **May 9th – Last day of Classes
- **May 10th – Dead day