## HSCI 3322 Nutrition thru the Lifecycle

### Tentative Online Course Schedule* spring 2020

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Homework and Class Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday January 20th – Martin Luther King (University Closed)</strong></td>
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</tbody>
</table>
| **WEEK 1** January 21st – 26th | Overview of the course  
Review Syllabus  
Introductions  
Mind Tap Access | Ready & Syllabus Quiz on BB  
DB: Introductions  
Mind Tap  
Access and Getting Started |
| **WEEK 2** January 27th – February 2nd | Module 1:  
Nutrition Labeling  
The Life-Course approach to Nutrition and Health  
Nutrition Assessment  
Public food and Nutrition programs  
Nutrition Health Guidelines for Americans | Reading Ch. 1: Nutrition Basics  
Mind Tap Activities:  
D&W+Lab1: Food Label 1 (10)  
Supplemental Case study: Nutrition for the Professional (6)  
A closer look: Nutrition Basics (6)  
Quiz 1: Due on Blackboard Sunday February 2nd at 11:59pm MST. |
| **WEEK 3** February 3rd – 9th | Module 2:  
Weight Status and Fertility. Underweight and obesity. Diabetes prior to pregnancy. Polycystic Ovary Syndrome and Fertility. PKU. Celiac disease and premenstrual Syndrome | Reading Ch. 2 & 3: Preconception Nutrition; conditions & interventions  
Mind Tap Activities  
Supplemental Case Study: Preconceptions Challenges (6) & Getting the facts to Help Conceive (6)  
A closer look: Preconception Nutrition (8) & Preconceptions Nutrition - conditions and interventions (6)  
Ch. 3 Global Nutrition Watch (3)  
Quiz 2: Due on Blackboard Sunday February 9th at 11:59pm MST. |
| **WEEK 4** February 10th – 16th | Module 3  
Mind Tap Activities  
Supplemental Case study: Happy Surprise (6) & Double the surprise (6)  
A closer look: Nutrition during pregnancy (6) & Nutrition during pregnancy: conditions and interventions (8)  
Ch. 5 Global Nutrition Watch (3)  
Quiz 3: Due on Blackboard Sunday February 16th at 11:59pm MST. |
| **WEEK 5** February 17th – 23rd | Module 4  
Maternal Diet and Breastfeeding promotions, facilitation and support. Public food and nutrition programs. Model Breastfeeding Promotion programs.  
Mind Tap Activities  
Supplemental Case study: Adventures in breastfeeding (6) & Breastfeeding complications (6)  
A closer look: Nutrition during lactation (7) & Nutrition during lactation: conditions & interventions (5)  
Ch. 7 Global Nutrition Watch (3)  
Quiz 4: Due on Blackboard Sunday February 23rd at 11:59pm MST |
<table>
<thead>
<tr>
<th>Week</th>
<th>Module</th>
<th>Content</th>
<th>Reading Material</th>
<th>MindTap Activities</th>
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</thead>
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| WEEK 6  
MindTap Activities  
Supplemental Case Study: Nourishment growth and development as a family (6)  
A closer look: Infant Nutrition (7) |
| WEEK 7  
MindTap Activities  
Supplemental Case Study: Ervin’s Unique needs (6)  
A closer look: Infant Nutrition: conditions & interventions (7)  
Ch. 9 Global Nutrition Watch (3)  
Quiz 5: Due on Blackboard Sunday March 8th at 11:59pm MST. |
| WEEK 8  
MindTap Activities  
Supplemental Case Study: Double Doozy at the dinner table (6)  
A closer look: Toddler and preshooler nutrition (5) |
| WEEK 10  
MindTap Activities  
Supplemental Case Study: Meeting Ervin’s Abilities (6)  
A closer look: Toddler and Preschooler: Conditions and interventions (4)  
Ch. 11 Global Nutrition Watch (3)  
Quiz 6: Due on Blackboard Sunday March 29th at 11:59pm MST. |
| WEEK 11  
MindTap Activities  
Supplemental Case Study: Changing nutrition with times (6) & Identifying Ervin’s Special Nutrition needs (6)  
A closer look: Child and Preadolescent (7) & Child and Preadolescent: Conditions and Interventions (5)  
Ch. 13 Global Nutrition Watch (3)  
Quiz 7: Due on Blackboard Sunday April 5th at 11:59pm MST. |
| WEEK 12  
April 6th – 12th | Module 8 | | Reading Ch.14 & 15: Adolescent Nutrition; conditions and interventions |

**Mind Tap Activities**
- Supplemental Case Study: Adolescence and the dinner table (6) & Adolescent nutritional challenges and opportunities for growth (6)
- A closer look: Adolescent nutrition (6) & Adolescent Nutrition: Conditions and interventions (7)
- Ch. 15 Global Nutrition watch (3)

**Quiz 8: Due on Blackboard Sunday April 12th at 11:59pm MST.**

### Module 9 – Adult Nutrition

**WEEK 13**
**April 13th – 19th**


**Reading Ch. 16 & 17: Adult Nutrition; conditions and interventions.**

**Mind Tap Activities**
- Supplemental Case Study: When Nutrition Grows up (6) & The weight of adulthood (6)
- A closer look: Adult nutrition (7) & Adult Nutrition: Conditions and interventions (9)
- Ch. 17 Global Nutrition watch (3)

**Quiz 9: Due on Blackboard Sunday April 19th at 11:59pm MST.**

### Module 10 – Older Adult Nutrition

**WEEK 14**
**April 20th – 26th**


**Reading Ch. 18: Adult and Older Adult Nutrition**

**Mind Tap Activities**
- Supplemental Case Study: Learn to roll with nutritional changes (6)
- A closer look: Nutrition and older adults (7)

**Quiz 10: Due on Blackboard Sunday May 3rd at 11:59pm MST.**

### Week 16
**May 4th – 7th**

**Final Project**

**Final Projects Due On Blackboard Due May 7th**

**Final Exam: May 13th, 2020 Due at 11:59pm MST (Chapters 10 thru 19)**

**Commencement May 16 & 17th 2020**

*Note: The course calendar is a general tentative plan for the course. The instructor will announce any changes to the class in advance.

### Important Dates

- **Oct 28th**: Spring Registration Begins
- **Jan 9th**: Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Jan 10th</td>
<td>Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course</td>
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<tr>
<td>Jan 13th</td>
<td>Financial Aid is Disbursed</td>
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<td>Jan 20th</td>
<td>Dr. Martin Luther King, Jr. Holiday – University Closed</td>
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<tr>
<td>Jan 21st</td>
<td>Spring classes begin</td>
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<tr>
<td>Jan 21st–24th</td>
<td>Late Registration (Fees are incurred) Spring Census Day</td>
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<tr>
<td>Feb 5th</td>
<td>Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped. 20th Class Day</td>
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<tr>
<td>Feb 17th</td>
<td>Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.</td>
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<tr>
<td>Feb 21st</td>
<td>Graduation application deadline for degree conferral</td>
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<tr>
<td>Mar 21st</td>
<td>Midterm Spring 2020 Grades Due</td>
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<td>Mar 16-20th</td>
<td>Spring Break</td>
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<td>Mar 27th</td>
<td>Cesar Chavez Holiday – no classes</td>
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<td>Spring Drop/Withdrawal Deadline</td>
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<td>Apr 3rd</td>
<td>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.</td>
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<tr>
<td>Apr 10th</td>
<td>Spring Study Day</td>
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<td>Apr 17th</td>
<td>Deadline to submit candidates’ names for degree conferral</td>
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<td>May 7th</td>
<td>Spring – Last day of classes</td>
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<td>May 8th</td>
<td>Dead day</td>
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<tr>
<td>May 11-15th</td>
<td>Spring Final Exams</td>
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<tr>
<td>May 16-17th</td>
<td>Spring Commencement</td>
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<tr>
<td>May 20th</td>
<td>Grades are Due</td>
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<tr>
<td>May 21st</td>
<td>Grades are posted to student records; students are notified of grades and academic standing</td>
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**Payment Deadlines**

For more information on payment deadlines, visit the [Student Business Services Website](#).