

Tentative Course Schedule*
Fall 2018

Dates	Topics	Homework and Assignments
Module 1 – Basics of Nutrition		
WEEK 1 <u>August 27 – September 2</u>	Overview of the course Introductions Review Syllabus Top Hat and Mind Tap	T: Syllabus quiz on Blackboard- DUE during class Top Hat registration DUE Tuesday September 4 before class
		R: Read Chapter 1: Human Health – Basics of Nutrition
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	T: Read Chapter 2: Nutrition Tools: Standards and Guidelines Diet & Wellness – Create your profile (Mind Tap) Twitter – Dietary Guidelines key recommendations
		R: Read Chapter 3: Remarkable Body Dietary Guidelines: http://health.gov/dietaryguidelines/2015/guidelines/
WEEK 3 <u>September 10 – 16</u>	Module 1 Dietary Guidelines Body basics and Digestive system	T: Read Chapter 3 Twitter – Nutrition Fact Labels
		R: Exam review – Top hat Mind Tap assignment – Ch. 3 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	T: Read Chapter 4: The Carbohydrates Twitter: Healthy Carbohydrates
		R: Mind Tap assignment – Ch. 4
WEEK 5 <u>September 24 – 30</u>	Module2 Lipids: Classification, storage, use, digestion and absorption Lipids in Health and Disease	T: Read Chapter 5: The Lipids Twitter: Healthy fats
		R: Mind Tap assignment – Ch. 5
WEEK 6 <u>October 1st – 7</u>	Module2 Proteins and Amino Acids Plant-based diets	T: Read Chapter 6: The Proteins Twitter: Proteins & Amino acids
		R: Case Study Proteins Exam review – Top hat Mind Tap assignment – Ch. 6 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	T: Reading Chapter 7: The Vitamins Twitter: Vitamins and Supplements
		R: Mindful eating Mind Tap assignment – Ch. 7
WEEK 8 <u>October 15 – 21</u>	Module 3 Dietary Supplements Major & trace Minerals & water	T: Reading Chapter 8: Water & Minerals Twitter: Minerals and Supplements
		R: Mind Tap assignment – Ch. 8
WEEK 9 <u>October 22 – 28</u>	Module 3 Optimum Nutrition & Mindful eating	T: Mindful Eating Twitter: Mindful eating
		R: Optimum Nutrition Exam review – Top hat Exam 3 – Online Available October 26 – 28th on blackboard
Module 4 – Energy Balance, Diet and Health		

WEEK 10 <u>October 29 – November 4</u>	Module 4 Energy Balance & Body weight management Body fat vs. body weight Body energy balance and requirements. EER Calculation	T: Reading Chapter 9: Energy Balance & healthy body Weight Twitter: Obesogenic Environment
		R: Mind Tap assignment – Ch. 9
WEEK 11 <u>November 5 – 11</u>	Module 4 Nutrition and Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity	T: Reading Chapter 10: Performance Nutrition Twitter: Performance Diet
		R: Mind Tap assignment – Ch. 10
WEEK 12 <u>November 12 – 18</u>	Module 4 Diet and Health	T: Reading Chapter 11: Diet and Health Twitter: Healthy Diet
		R: Discussion Board Fed Up Due April 15 at midnight Exam review – Top hat Mind Tap assignment – Ch. 11 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	T: Reading Chapter 13: Lifecycle Nutrition Twitter: Holiday Recipes
		R: No Class – Thanksgiving Holiday
WEEK 14 <u>November 26 – December 2nd</u>	Module 5 Child, Teen and Older adults Nutrition	T: Reading Chapter 14: Child, Teen and Older adults Nutrition Twitter: Baby Food
		R: Mind Tap Assignment – Ch. 13 & 14 Dietary Analysis Project Due December 2 nd at midnight on BB.
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	T: Reading Chapter 12 Twitter: Food Safety
		R: Reading Chapter 15 Exam review – Top hat Mind Tap assignment – Ch. 12 & 15 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
 T: Tuesdays; R: Thursdays