

TENTATIVE COURSE SCHEDULE*

Spring 2018

Dates	Topics	Assignments
MLK Monday 15 (University Closed)		
Module 1 – Basics of Nutrition		
WEEK 1 <u>January 16 – 21</u>	Overview of the course Introduction Review Syllabus Top Hat	T: Syllabus quiz on Blackboard- DUE during class Top Hat registration DUE Tuesday January 23 before class TR: Read Chapter 1: Human Health – Basics of Nutrition
WEEK 2 <u>January 22 – 28</u>	Module 1 Science and Scope of Nutrition Healthy Diet	T: Read Chapter 2: Nutrition Tools: Standards and Guidelines Super Tracker – Create your profile TR: Read Chapter 3: Remarkable Body http://health.gov/dietaryguidelines/2015/guidelines/
WEEK 3 <u>January 29 – February 4</u>	Module 1 Dietary Guidelines Digestion	T: Read Chapter 3 Twitter – Nutrition Fact Labels TR: Exam review – Top hat Exam 1 – Online Available February 2 – 4 on Blackboard
Module 2 – Macronutrients		
WEEK 4 <u>February 5 – 11</u>	Module 2 Carbohydrates Nutrition & Diabetes	T: Read Chapter 4: The Carbohydrates TR: Case Study Carbohydrates
WEEK 5 <u>February 12 – 18</u>	Module 2 Lipids Lipids in Health and Disease	T: Read Chapter 5: The Lipids TR: Case Study Lipids Discussion Board The Kids Menu. Due February 18 at midnight
WEEK 6 <u>February 19 – 25</u>	Module 2 Proteins and Amino Acids Plant-based diets	T: Read Chapter 6: The Proteins TR: Case Study Proteins Exam review – Top hat Exam 2 – Online Available February 23 – 25 on blackboard
Module 3 – Micronutrients		
WEEK 7 <u>February 26 – March 4</u>	Module 3 Vitamins Fat and Water soluble	T: Reading Chapter 7: The Vitamins TR: Mindful eating
WEEK 8 <u>March 5 - 11</u>	Module 3 Dietary Supplements Major & Trace Minerals & water	T: Reading Chapter 8: Water & Minerals TR: Case Study Vitamins and Minerals
Spring Break 12 – 16 – No classes		
WEEK 9 <u>March 19 – 25</u>	Module 3 Optimum Nutrition & Mindful eating	T: Mindful Eating Discussion Board Due On Blackboard TR: Optimum Nutrition Exam review – Top hat Exam 3 – Online Available March 23 – 25 on blackboard
Module 4 – Energy Balance, Diet and Health		
WEEK 10 <u>March 26 – April 1</u>	Module 4 Energy Balance & Body weight management	T: Reading Chapter 9: Energy Balance & healthy body Weight TR: Case Study: Fiber
WEEK 11 <u>April 2 – 8</u>	Module 4 Nutrition and Fitness	T: Reading Chapter 10: Performance Nutrition TR: TBD

WEEK 12 <u>April 9 – 15</u>	Module 4 Diet and Health	T: Reading Chapter 11: Diet and Health
		TR: Discussion Board Fed Up Due April 15 at midnight Exam review – Top hat Exam 4 – Online Available April 13 - 15 on blackboard
Module 5 – Nutrition thru the lifecycle and Food security		
WEEK 13 <u>April 16 – 22</u>	Module 5 Lifecycle and Nutrition	T: Reading Chapter 13
		TR: TBA
WEEK 14 <u>April 23 – 29</u>	Module 5 Child, Teen and Older adults Nutrition	T: Reading Chapter 14
		TR: KAHOOT Quiz on Class
WEEK 15 <u>April 30 – May 3</u>	Module 5 Food Safety; Food Security and Hunger	T: Reading Chapter 12
		TR: Reading Chapter 15 Exam review – Top hat Exam 5 – Online Available May 2 – 3 on Blackboard
Final Exams Week	May 7 – 11 – Final exam TBA Final Exam Comprehensive: Includes all chapters reviewed during the semester	
Commencement May 12, 2018 16th		

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

Important Dates

- ** Mar 29th – Spring Drop/Withdrawal deadline
 - ** Mar 30th – Cesar Chavez Day Observance (No Classes)
 - ** Mar 30th – SPRING Study Day (No Classes)
- T: Tuesdays; TR: Thursdays