

**TENTATIVE ONLINE COURSE SCHEDULE\***  
**Fall 2017 – Term 702**

Dates	Topics	Homework and Class Assignments
<b>WEEK 1</b>	Overview of the Course Review Syllabus Understanding Online Courses: Readiness for online class taking Basic Nutrition: Principles of Nutrition Sciences Labeling and Nutrition Assessment	Introductions <b>DUE</b> on Bb <b>Readings:</b> Chapter 1 Web Conferencing Syllabus and Readiness Quiz Basic Nutrition Discussion board 1: Dietary Guidelines
<b>WEEK 2</b>	<b>Preconception</b> Nutrition: Conditions and interventions during preconception. Nutrition during the periconceptional period Reproductive physiology, nutrition and fertility Folate and iron importance. Weight Status and fertility	<b>Readings:</b> Chapter 2 & 3 Crossword puzzle: Chapter 3 – Due Wednesday at midnight Case Study 1 – Due Friday at midnight Quiz 1 – Due Sunday at midnight Discussion board 2: Nutrient Status and fertility*
<b>WEEK 3</b>	Nutrition During <b>Pregnancy</b> and <b>lactation</b> and Conditions and Interventions during these lifecycle stages Obesity and pregnancy; Twin pregnancies; Adolescent pregnancy Maternal diet during pregnancy and lactation; Breastfeeding and milk composition	<b>Readings:</b> Chapter 4, 5, 6 & 7 Crossword puzzle: Chapter 5 & 7 - Due Wednesday at midnight Case Study 2 – Due Friday* Quiz 2 – Due Sunday* Discussion board 3: Breastfeeding barriers and strategies*
<b>WEEK 4</b>	<b>Infant, Toddler</b> and <b>preschooler</b> nutrition and Common Nutritional issues and concerns in these lifecycle stages Growth assessment and Nutrition Guidelines	<b>Readings:</b> Chapters 8, 9, 10 & 11 Crossword puzzle: Chapter 9 & 11 - Due Wednesday at midnight Case Study 3 – Due Friday * Quiz 3 – Due Sunday* Discussion board 4: Baby Led Weaning
<b>Midterm Exam</b> – Available on BB November 16 – 17		
<b>WEEK 5</b>	<b>Child, preadolescent</b> nutrition and <b>adolescent</b> Nutrition Health and nutrition behaviors during adolescence: Promotion of healthy eating behaviors; disordered eating and eating disorders Overweight and obesity; Supplement use Special dietary concerns among adolescents	<b>Readings:</b> Chapters 12, 13, 14 & 15 Crossword puzzle: Chapter 13 & 15 - Due Wednesday at midnight Case Study 4 – Due Friday* Quiz 4 – Due Sunday* Discussion board 5: Eating Disorders
<b>WEEK 6</b>	<b>Adult</b> and <b>older adults'</b> nutrition: Common conditions and interventions during these lifecycle stages Tracking adult nutritional health; Energy, dietary and physical activity recommendations for adults Aging and physiological changes and Importance of Nutrition and aging. Overweight and obesity; Metabolic syndrome and Cardiovascular disease	<b>Readings:</b> Chapter: 16, 17, 18 & 19 Crossword puzzle: Chapter 17 & 19 - Due Wednesday at midnight Case Study 5 – Due Friday* Quiz 5 – Due Sunday* Discussion board 6: Overweight and obesity
<b>WEEK 7</b>	Summary of the course Mindful eating and optimum Nutrition	Final projects <b>Due</b> on BB December 6, 2017 by Midnight
<b>Final Exam December 7, 2017</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.

\* Due dates:

**Crossword** puzzles are due each Wednesday at midnight and assignments will remain available for late submission with 1 point being deducted for each day it is late until it closes 9 days after the due date.

**Case Studies** are due each Friday at midnight and will remain available for late submission with 10 points being deducted for each day these are late until it closes 4 days after the due date.

**Quizzes** are due each Sunday and they will not remain open for late submissions

**Discussion boards** are due the following Monday and boards will remain available for late submission with 1 point being deducted for each day it is late until it closes 9 days after the due date.