

**TENTATIVE ONLINE COURSE SCHEDULE\***  
**SPRING 2017**

| Dates  | Topics   | Homework and Class Assignments   |
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| <b>January 16 – Martin Luther King, Jr. Birthday (University Closed)</b> |  |  |
| <b>Module 1 – Basic of Nutrition</b>                                     |  |  |
| <b>WEEK 1</b><br><u>January 17 – 22</u>                                  | <b>Overview of the course</b><br>Review Syllabus<br>Why Nutrition Matters?<br>Nutrition Scientific Information     | Reading Ch. 1 Food choices and Human Health<br>D&W Create your profile – Skill Building Calories – Track your diet   |
| <b>WEEK 2</b><br><u>January 23 – 29</u>                                  | Dietary Guidelines 2015<br>Nutrient Dense foods  | Reading Ch. 2 – Standards and Guidelines<br>Dietary Guidelines 2015<br>D&W Track your diet – Skill Building: DRIs – Compare intake with USDA   |
| <b>WEEK 3</b><br><u>January 30 – February 5</u>                          | Body Basics and Digestive System   | Reading Ch. 3 – Remarkable Body<br>D&W Track your diet – Skill Building: Fiber<br>Introductions <b>DUE</b> on Bb<br><b>Quiz Module 1 – Available February 3 - 5</b>  |
| <b>Module 2 – Macronutrients</b>   |  |  |
| <b>WEEK 4</b><br><u>February 6 – 12</u>                                  | Carbohydrates: Structure, use, digestion and absorption  | Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber<br>D&W Track your diet – Skill Building: Carbohydrates, Analyze carbohydrate intake<br><b>Discussion Board: The kids Menu Due Feb 12<sup>th</sup> at midnight</b> |
| <b>WEEK 5</b><br><u>February 13 - 19</u>                                 | Lipids: Classification, storage, use, digestion and absorption   | Reading Ch. 5 – Lipids: Fats, phospholipids and sterols<br>D&W Track your diet – Skill Building: saturated fat   |
| <b>WEEK 6</b><br><u>February 20 – 26</u>                                 | Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess                          | Reading Ch. 6 – Proteins and Amino acids<br>D&W Track your diet – Skill Building: Protein, Analyze your protein<br><b>Quiz Module 2 – Available February 24 - 26</b>   |
| <b>Module 3 – Micronutrients</b>   |  |  |
| <b>WEEK 7</b><br><u>February 27 – March 5</u>                            | Vitamins: Definition and classification. Fat soluble and water soluble<br>Vitamin Supplements                      | Reading Ch. 7 – The Vitamins<br>D&W Track your diet – Skill Building: Vitamin C, Analyze your vitamin intake   |
| <b>WEEK 8</b><br><u>March 6 – 12</u>                                     | Water and Minerals – Major and Trace minerals  | Reading Ch. 8 – Water and Minerals<br>D&W Track your diet – Skill Building: DASH Diet, Analyze your Calcium Intake<br><b>Quiz Module 3 – Available March 10 – 12</b>   |
| <b>SPRING BREAK: March 13 – 17</b>                                       |  |  |
| <b>Module 4 – Energy Balance, Diet and Health</b>                        |  |  |
| <b>WEEK 10</b><br><u>March 20 – 26</u>                                   | Energy Balance & body weight.<br>Body fat vs. body weight<br>Body energy balance and requirements. EER Calculation | Reading Ch. 9 – Energy balance and Healthy Body Weight<br>Watch documentary: Fed Up<br>D&W Track your diet – Analyze your Energy Balance   |
| <b>WEEK 11</b><br><u>March 27 – April 2</u>                              | Fitness benefits. The active body.<br>Vitamins, Minerals and Fluids for performance and physical activity          | Reading Ch. 10 – Performance Nutrition<br>Overview Dietary Analysis Project & Recipes<br>D&W Track your diet – Skill Building: Physical Activity, Analyze your diet and activities.  |
| <b>WEEK 12</b><br><u>April 3 – 9</u>                                     | Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer                    | Reading Ch. 11 – Diet and Health<br>D&W Track your diet – Analyze your diet for Health Promotion<br><b>Quiz Module 4 – Available April 9 – 10</b>  |

| <b>Module 5 – Nutrition thru the lifecycle and Food security</b> |  |  |
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| <b>WEEK 13</b><br><u>April 10 – 16</u>                           | Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition                         | Reading Ch. 13 – Lifecycle Nutrition<br>D&W Track your diet – Skill Building: Pregnancy  |
| <b>WEEK 14</b><br><u>April 17 – 23</u>                           | Early and middle childhood. Nutrition and adolescence and later years.                               | Reading Ch. 14 – Child, Teen, and Older adult<br><b>Discussion Board:</b> Fed up <b>DUE</b> April 21st at midnight on Blackboard<br>D&W Track your diet – Skill Building: Women, Infant and Children Program (WIC) |
| <b>WEEK 15</b><br><u>April 24 – 30</u>                           | U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? | Reading Ch. 15 – Hunger and the future of food<br>D&W Track your diet – Skill Building: World Hunger<br><b>Quiz Module 5 – Available April 28 – 30</b>   |
| <b>WEEK 16</b><br><u>May 1 – 4</u>                               | Mindful eating and Optimum Nutrition   | Reading on Mindful eating on Blackboard  |
| <b>Final Exams Week</b>  | <b>Available May 9 – 10</b>  |  |
| <b>Commencement May 13, 2017</b>                                 |  |  |

\* 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.

\*\* Mar 30<sup>th</sup> Spring Drop/Withdrawal deadline

\*\*Mar 31<sup>st</sup> Cesar Chavez Day Observance (No Classes)

\*\*April 14, 2017 – SPRING Study Day (No Classes)