

**Schedule: HECO 1322  
Fall 2021**

**August:**

Mon.-23<sup>rd</sup> – Sun.-29<sup>th</sup>

**Module 1:**

- *Chapter 1: Overview of Nutrition & Health*

Mon.-30<sup>th</sup> – Sun.-Sept. 5<sup>th</sup>

- *Chapter 3: Carbohydrates*

**September:**

Mon.-6<sup>th</sup> – Sun.-12<sup>th</sup>

- *Chapter 4: Lipids*

Mon.-13<sup>th</sup> – Sun.-19<sup>th</sup>

- *Chapter 5: Protein*

- **Assignment #1 (Food Label)**

- **EXAM #1 (Module 1: Chapters 1 & 3-5)**

Mon.-20<sup>th</sup> – Sun.-26<sup>th</sup>

**Module 2:**

- *Chapter 2: Digestion & Absorption*

Mon.-27<sup>th</sup>

- ***Final day to drop or withdraw without academic penalty***

Mon.-27<sup>th</sup> – Sun.-Oct. 3<sup>rd</sup>

- *Chapter 6: Metabolism, Energy Balance, & Body Composition*  
- *Chapter 6 Nutrition in Practice: Eating Disorders*

**October:**

Mon.-4<sup>th</sup> – Sun.-10<sup>th</sup>

- *Chapter 7: Weight Management*

Mon.-11<sup>th</sup> – Sun.-17<sup>th</sup>

- *Chapter 8: The Vitamins*

- **Assignment #2 (Digestion, Absorption, Metabolism)**

- **EXAM #2 (Module 2: Chapters 2 & 6-8)**

Mon.-18<sup>th</sup> – Sun.-24<sup>th</sup>

**Module 3:**

- *Chapter 9: Water & the Minerals*

Mon.-25<sup>th</sup> – Sun.-31<sup>st</sup>

- *Chapter 11: Nutrition through the Life Span: Pregnancy & Lactation*

**November:**

Mon.-1<sup>st</sup> – Sun.-7<sup>th</sup>

- *Chapter 12: Nutrition through the Life Span: Infancy, Childhood, & Adolescence*  
- *Chapter 13: Nutrition through the Life Span: Later Adulthood*

**November (cont):**

Mon.-1<sup>st</sup> – Sun.-7<sup>th</sup>

- **Assignment #3 (Vitamins & Minerals Review)**

- **EXAM #3 (Module 3: Chapters 9 & 11-13)**

Mon.-8<sup>th</sup> – Sun.-14<sup>th</sup>

**Module 4:**

- Chapter 14: Illness & Nutrition Care
- Chapter 15: Medications, Diet-Drug Interactions, & Herbal Products

Mon.-15<sup>th</sup> – Sun.-21<sup>st</sup>

- Chapter 16: Specialized Nutrition Support: Enteral & Parenteral Nutrition

Thurs.-18<sup>th</sup>

- **Final day to drop or withdraw**

Mon.-22<sup>nd</sup> – Sun.-28<sup>th</sup>

- Chapter 17: Foods & Food Consistency for Upper GI Disorders
- Chapter 18: Fiber-Modified Diets for Lower Gastrointestinal Tract Disorders
- Chapter 21: Carbohydrate-Controlled Diets for Diabetes Mellitus

Mon.-29<sup>th</sup> – Wed.-Dec. 1<sup>st</sup>

- **Assignment #4-Major Assignment:  
Case Study/Nutrition Assessment**

- **FINAL EXAM (Module 4: Chapters 14-18 & 21)**

**\*COURSE EVALUATION:**

Major Exams (4) (100 points each)	400 points total
Assignments (3) (40 points each)	120 points total
<u>Major Assignment</u>	<u>80 points total</u>

**Total Points**

**600 points**

537-600 = A (89.5+)  
477-536 = B (79.5+)  
417-476 = C (69.5+)  
357-416 = D (59.5+)  
< 356 = F