**Schedule: HECO 1322**

**Summer 2021**

**June:**

Mon.-7th – Sun.-13th ***Module 1***:

- *Chapter 1:* Overview of Nutrition & Health

 - *Chapter 3:* Carbohydrates

- *Chapter 4:* Lipids

 *- Chapter 5:* Protein

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

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

Mon-14th – Sun.-20th ***Module 2***:

- *Chapter 2:* Digestion & Absorption

 - *Chapter 6:* Metabolism, Energy Balance, & Body Composition

- *Chapter 6 Nutrition in Practice:* Eating Disorders

- *Chapter 7:* Weight Management

- *Chapter 8:* The Vitamins

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

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

Wed.-16th - ***Final day to drop or withdraw without***

 ***academic penalty***

Mon.-21st – Sun.-27th ***Module 3***:

- *Chapter 9:* Water & the Minerals

- Chapter 11: Nutrition through the Life Span:

 Pregnancy & Lactation

- Chapter 12: Nutrition through the Life Span:

 Infancy, Childhood, & Adolescence

 - Chapter 13: Nutrition through the Life Span: Later Adulthood

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

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

**July:**

Mon. June 28th – Sun.-4th ***Module 4***:

- *Chapter 14:* Illness & Nutrition Care

- *Chapter 15:* Medications, Diet-Drug Interactions,

 & Herbal Products

- *Chapter 16:* Specialized Nutrition Support: Enteral

 & Parenteral Nutrition

Fri.-2nd - ***Final day to drop or withdraw***

Mon.-5th – Sun.-11th - *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

 - **Assignment #4-Major Assignment:**

 ***Case Study*/*Nutrition Assessment***

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

Mon.-12th **ALL ASSIGNMENTS & EXAMS DUE!**

***\*COURSE EVALUATION:***

Major Exams (4) (100 points each) 400 points total

 Assignments (3) (40 points each) 120 points total

 Major Assignment 80 points total

 **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