

*Assignment due dates in orange font.

*Exam availability dates in red font.

**Online Class Schedule: HECO 1322
Spring 2021**

January:

Tues.-19th – Sun.-24th

- Class Available to Students (8/19 @ 8am)
- **Quiz over syllabus available through 1/26/21 @ 8:00 am (extra credit opportunity)**
- **PRE-TEST available through 1/26/21 @ 8:00 am (extra credit opportunity)**

Module 1:

- *Chapter 1: Overview of Nutrition & Health*

Mon.-25th – Sun.-31st

- *Chapter 3: Carbohydrates*

February:

Mon.-1st – Sun.-13th

- *Chapter 4: Lipids*

Mon.-8th – Sun.-14th

- *Chapter 5: Protein*

Mon.-15th

- **Assignment #1 (Your One-Day Food Intake) due by 8:00 am**

**Mon.-15th – Thurs.-18th
(8:00 am – 8:00 am)**

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

Mon.-15th – Sun.-21st

Module 2:

- *Chapter 2: Digestion & Absorption*

Mon.-22nd – Sun.-28th

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

March:

Mon.-1st

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

Mon.-1st – Sun.-7th

- *Chapter 7: Weight Management*

Mon.-8th – Sun.-14th

- *Chapter 8: The Vitamins*

Mon.-15th

- **Assignment #2 (Quizlet) due by 8:00 am**

**Mon.-15th – Thurs.-18th
(8:00 am – 8:00 am)**

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

Mon.-15th – Sun.-21st

Module 3:

- *Chapter 9: Water & the Minerals*

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March (cont.):

Mon.-22nd – Sun.-28th

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

Mon.-29th – Sun.-April 4th

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

April:

Mon.-5th

- **Assignment #3 (Vitamins & Minerals Review) due by
8:00 am**

**Mon.-5th – Thurs.-8th
(8:00 am – 8:00 am)**

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

Mon.-5th – Sun.-11th

Module 4:

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

Mon.-12th – Sun.-18th

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

Fri.-16th

- ***Final day to drop or withdraw***

Mon.-19th – Sun.-25th

- *Chapter 17: Foods & Food Consistency for Upper GI Disorders*
- *Chapter 18: Fiber-Modified Diets for Lower Gastrointestinal
Tract Disorders*

Mon.-26th – Sun.-May 2nd

- *Chapter 21: Carbohydrate-Controlled Diets for Diabetes Mellitus*

May:

****Mon.-3rd**

- **Assignment #4-Major Assignment:**
Case Study/Nutrition Assessment due by 8:00 am
- **Extra Credit Assignment due by 8:00 am**

Mon.-3rd – Wed.- 6th

- Review for Final Exams—Q & A Time!

****Thurs.-6th – Mon.-10th
(8:00 am – 8:00 am)**

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

****Please note the due date for the major assignment as well as the
availability dates for the FINAL exam. ****

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***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