

\*Assignment due dates in orange font.

\*Exam availability dates in red font.

## Online Class Schedule: HECO 1322-71 Fall 2021

### **August:**

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

- Class Available to Students (8/23 @ 8am)
- **Quiz over syllabus available through 8/30/21 @ 8:00 am (extra credit opportunity)**
- **PRE-TEST available through 8/30/21 @ 8:00 am (extra credit opportunity)**

### **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*

**Mon.-20<sup>th</sup>**

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

**Mon.-20<sup>th</sup> – Thurs.-23<sup>rd</sup>  
(8:00 am – 8:00 am)**

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

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*

**Mon.-18<sup>th</sup>**

- **Assignment #2 due by 8:00 am**

**Mon.-18<sup>th</sup> – Thurs.-21<sup>st</sup>  
(8:00 am – 8:00 am)**

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

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**October (cont.):**

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*

Mon.-8<sup>th</sup>

- **Assignment #3 due by 8:00 am**

Mon.-8<sup>th</sup> – Thurs.-11<sup>th</sup>  
(8:00 am – 8:00 am)

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

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*

Mon.-29<sup>th</sup> – Sun.-Dec. 5<sup>th</sup>

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

**December:**

\*\*Mon.-6<sup>th</sup>

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

\*\*Mon.-6<sup>th</sup> – Thurs.-9<sup>th</sup>  
(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