

*Assignment due dates in orange font.

*Exam availability dates in red font.

Online Class Schedule: HECO 1322-71
Spring 2022

January:

Tues.-18th – Sun.-23rd

- Class Available to Students (1/18 @ 8am)
- **Quiz over syllabus available through 1/25/22 @ 8:00 am (extra credit opportunity)**
- **PRE-TEST available through 1/25/22 @ 8:00 am (extra credit opportunity)**

Module 1:

- *Chapter 1: Overview of Nutrition & Health*

Mon.-24th – Sun.-30th

- *Chapter 3: Carbohydrates*

February:

Mon.-Jan. 31st – Sun.-6th

- *Chapter 4: Lipids*

Mon.-7th– Sun.-13th

- *Chapter 5: Protein*

Mon.-14th

- **Assignment #1 due by 8:00 am**

**Mon.-14th – Thurs.-17th
(8:00 am – 8:00 am)**

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

Mon.-14th – Sun.-20th

Module 2:

- *Chapter 2: Digestion & Absorption*

Mon.-21st – Sun.-27th

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

Mon.-Feb. 28th

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

March:

Mon.-Feb. 28th – Sun.-6th

- *Chapter 7: Weight Management*
- *Chapter 8: The Vitamins*

Mon.-7th

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

**Mon.-7th – Thurs.-10th
(8:00 am – 8:00 am)**

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

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March (cont.):

Mon.-7th – Sun.-13th

Module 3:

- Chapter 9: Water & the Minerals

Mon.-14th – Sun.-20th

***** SPRING BREAK *****

Mon.-21st – Sun.-27th

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

Mon.-28th – Sun.-April 3rd

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

April:

Mon.-4th

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

**Mon.-4th – Thurs.-7th
(8:00 am – 8:00 am)**

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

Mon.-4th – Sun.-10th

Module 4:

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

Mon.-11th – Sun.-17th

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

Fri.-15th

- **Final day to drop or withdraw**

Mon.-18th – Sun.-24th

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

Mon.-25th – Sun.-May 1st

- Chapter 21: Carbohydrate-Controlled Diets for Diabetes Mellitus

May:

****Mon.-2nd**

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

Mon.-2nd – Wed.- 4th

- Review for Final Exams—Q & A Time!

****Thurs.-5th – Mon.-9th
(8:00 am – 8:00 am)**

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

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

***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