

*Assignment due dates in orange font.

* Dynamic Study Modules (DSM) in Mastering Nutrition (MN) in blue font.

*Exam availability dates in red font.

Online Class Schedule: HECO 1322 Spring 2023

January:

Tues.-17th – Sun.-22nd

- Class Available to Students (1/17 @ 8am)
- **Quiz over syllabus available through 1/24/23 @ 8:00 am (extra credit opportunity)**
- **PRE-TEST available through 1/24/23 @ 8:00 am (extra credit opportunity)**

Module 1:

- *Chapter 1: Overview of Nutrition & Health*
 - ~ DSM (*Ch. 1 What Is Nutrition?*) available in MN
 - ~ DSM (*Ch. 2 Tools for Healthy Eating*) available in MN

Mon.-23rd – Sun.-29th

- *Chapter 3: Carbohydrates*
 - ~ DSM (*Ch. 4 Carbohydrates...*) available in MN
- *Chapter 4: Lipids*
 - ~ DSM (*Ch. 5 Fats-Oils-Other Lipids*) available in MN

February:

Mon-Jan. 30th – Sun.-5th

- *Chapter 5: Protein*
 - ~ DSM (*Ch. 6 Proteins & Amino Acids*) available in MN

Mon.-6th

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

Mon.-6th

- **All Module 1 DSM completed in MN by 8:00 am**

**Mon.-6th – Thurs.-9th
(8:00 am – 8:00 am)**

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

Mon.-6th – Sun.-12th

Module 2:

- *Chapter 2: Digestion & Absorption*
 - ~ DSM (*Ch. 3 The Basics of Digestion*) available in MN

Mon.-13th – Sun.-19th

- *Chapter 6: Metabolism, Energy Balance, & Body Composition*
- *Chapter 6 Nutrition in Practice: Eating Disorders*
 - ~ DSM (*Ch.10 Weight Management & Energy Balance*) available

Mon.-20th – Sun.-26th

- *Chapter 7: Weight Management*
- *Chapter 8: The Vitamins*
 - ~ DSM (*Ch. 7 Vitamins*) available in MN

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Mon.-27th

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

Mon.-27th

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

Mon.-27th

- **All Module 2 DSM completed in MN by 8:00 am**

**Mon.-27th – Thurs.-March 2nd
(8:00 am – 8:00 am)**

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

March:

Mon.-Feb. 27th – Sun.-5th

Module 3:

- *Chapter 9: Water & the Minerals*

~ DSM (*Ch. 8 Minerals and Water*) available in MN

Mon.-6th– Sun.-12th

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

~ DSM (*Ch. 14 Life Cycle Nutrition: Pregnancy...*) available

Mon.-13th – Sun.-19th

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

Mon.-20th – Sun.-26th

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

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

~ DSM (*Ch. 15: Life Cycle Nutrition: Toddlers...*) available in MN

Mon.-27th

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

Mon.-27th

- **All Module 3 DSM completed in MN by 8:00 am**

**Mon.-27th – Thurs.-30th
(8:00 am – 8:00 am)**

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

Mon.-27th – Sun.-April 2nd

Module 4:

- *Chapter 14: Illness & Nutrition Care*

- *Chapter 15: Medications, Diet-Drug Interactions, & Herbal Products*

April:

Mon.-3rd – Sun.-9th

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

Mon.-10th – Sun.-16th

- *Chapter 17: Foods & Food Consistency for Upper GI Disorders*

Fri.-14th

- **Final day to drop or withdraw**

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April (cont.):

Mon.-17th – Sun.-23rd

- *Chapter 18:* Fiber-Modified Diets for Lower Gastrointestinal Tract Disorders

Mon.-24th – Sun.-30th

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

May:

****Mon.-1st**

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

Mon.-1st – Sun.-7th

- Review for Final Exams—Q & A Time!

****Mon.-8th – Thurs.-11th**
(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. ****

***COURSE EVALUATION:**

Major Exams (4) (100 points each)	400 points total
Assignments (3) (40 points each)	120 points total
Dynamic Study Modules (DSM)	20 points total
<u>Major Assignment</u>	<u>60 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