

*Assignment due dates in orange font.

*Exam availability dates in red font.

Online Class Schedule: HECO 1322-72 Summer 2021

July:

Tues.-13th – Sun.-18th

- Class Available to Students (7/13 @ 8am)
- **Quiz over syllabus available through 7/20/21 @ 8:00 am (extra credit opportunity)**
- **PRE-TEST available through 7/20/21 @ 8:00 am (extra credit opportunity)**

Module 1:

- *Chapter 1:* Overview of Nutrition & Health
- *Chapter 3:* Carbohydrates
- *Chapter 4:* Lipids
- *Chapter 5:* Protein

Mon.-19th

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

Mon.-19th – Thurs.-22nd
(8:00 am – 8:00 am)

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

Mon.-19th – Sun.-25th

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

Thurs.-22nd

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

Mon.-26th

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

Mon.-26th – Thurs.-29th
(8:00 am – 8:00 am)

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

Mon.-26th – Sun.-Aug. 1st

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

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August:

Mon.-2nd

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

Mon.-2nd – Thurs.-5th
(8:00 am – 8:00 am)

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

Mon.-2nd – Sun.-8th

Module 4:

- Chapter 14: Illness & Nutrition Care
- Chapter 15: Medications, Diet-Drug Interactions, & Herbal Products
- Chapter 16: Specialized Nutrition Support: Enteral & Parenteral Nutrition

Mon.-9th

- **Final day to drop or withdraw**

Mon.-9th – Sun.-15th

- 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

**Thurs.-12th

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

**Thurs.-12th – Mon.-16th
(8:00 am – 8:00 am)

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

****Please note the due date for the final 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