

*Assignment due dates in orange font.

*Exam availability dates in red font.

Online Class Schedule: HECO 1322-73

Fall 2020

August:

Mon.-24th – Sun.-30th

- Class Available to Students (8/24 @ 8am)
- **Quiz over syllabus available through 8/31/20 @ 8:00 am (extra credit opportunity)**
- **PRE-TEST available through 8/31/20 @ 8:00 am (extra credit opportunity)**

Module 1:

- *Chapter 1:* Overview of Nutrition & Health

Mon.-31st – Sun.-Sept. 6th

- *Chapter 3:* Carbohydrates

September:

Mon.-7th – Sun.-13th

- *Chapter 4:* Lipids

Mon.-14th – Sun.-20th

- *Chapter 5:* Protein

Mon.-21st

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

**Mon.-21st – Thurs.-24th
(8:00 am – 8:00 am)**

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

Mon.-21st – Sun.-27th

Module 2:

- *Chapter 2:* Digestion & Absorption

Mon.-28th – Sun.-Oct. 4th

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

Mon.-28th

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

October:

Mon.-5th – Sun.-11th

- *Chapter 7:* Weight Management

Mon.-12th – Sun.-18th

- *Chapter 8:* The Vitamins

Mon.-19th

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

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

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

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October (cont.):

Mon.-19th – Sun.-25th

Module 3:

- Chapter 9: Water & the Minerals

Mon.-26th – Sun.-Nov. 1st

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

November:

Mon.-2nd – Sun.-8th

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

Mon.-9th

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

**Mon.-9th – Thurs.-12th
(8:00 am – 8:00 am)**

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

Mon.-9th – Sun.-15th

Module 4:

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

Mon.-16th – Sun.-22nd

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

Thurs.-19th

- **Final day to drop or withdraw**

Mon.-23rd – Sun.-29th

- 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

****Mon.-30th**

- **Assignment #4 (DM Case Study/ADA Website) due by
8:00 am**
- **Extra Credit Assignment due by 8:00 am**

Mon.-30th – Wed.- Dec. 2nd

- Review for Final Exams—Q & A Time!

December:

****Thurs.-3rd – Mon.-7th
(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. ****

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***COURSE EVALUATION:**

Major Exams (4) (100 points each)	400 points total
<u>Assignments (4) (50 points each)</u>	<u>200 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