Weekly Course Calendar  
HSP 4315, Spring 2019 (First 8 weeks)  
January 14 – March 10

**TENTATIVE COURSE OUTLINE** (subject to change based on course flow):

Please see Blackboard for additional links and readings available to you for each topic. Some may be required and will be indicated as such. Otherwise your text will be the primary source for information/reading review.

*SPECIAL NOTE: Weeks after the FIRST week will be Tuesday – Monday, giving you a full weekend to work on your assignments – note the dates and due dates for your quizzes and assignments closely – special attention to the final week of the course.*

<table>
<thead>
<tr>
<th>DATE/TOPICS/READING</th>
<th>WEEK</th>
<th>Reminders!</th>
<th>ASSIGNMENTS/ACTIVITIES WORK/EXAM/DUE schedule</th>
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</thead>
</table>
| Wk #1: Jan 14-21    | 1    | SYLLABUS *(READ!)* and Insel Textbook and Bb items  
• Introduction to course  
• Assignment Review  
• Food Label Activity Due in week 3!  
• Start Dietary Analysis on time so you have a MINIMUM of 7 days recorded!  
• Choose your Healing Foods topic as soon as you want and post (don’t need to wait to post) | TO BEGIN:  
• Review START HERE page on Blackboard  
• Review Course Syllabus, Schedule and ASU Honor Code. Select “Mark Reviewed” to agree to terms of the course and ASU’s policies and access course content.  
DUE: Fri, Jan 18th, 11:59pm* (see bottom of syllabus)  
• Post to “Self-Introduction” Discussion Board** (see bottom)  
• Complete and Submit the practice quiz for Respondus and Lockdown Browser  
DUE: Mon, Jan 21st (note: school holiday; work on before the due date if necessary, but extra day to do with the holiday as you need)  
(Read Insel chpts 1-3):  
• Peer responses to Group Discussion Board for Self-Introduction (review instructions/questions for full credit/rubric)  
• Quiz #1^ (CANNOT access until you take the practice quiz!) |
| READ: INSEL CHPTS 1-3  
1: Food Choices: Nutrients and Nourishment  
2: Nutrition Guidelines and Assessment  
Spotlight (Supplements, after Chpt 2)  
3: Digestion and Absorption  
Quiz #1 will cover this material | 2 | READ Insel text and review Bb items for week!  
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Suggest you BEGIN looking at the Dietary Analysis assignment and SET up the MyFitnessPal login and start PLANNING to complete this on time! | DUE Fri, Jan 25th  
• Post to Week #2 Group Discussion Board Initial Response  
DUE Mon, Jan 28th  
• Quiz #2  
• Peer responses to Week #2 Group Discussion Board (review instructions/questions for full credit/rubric) |
| Wk #2: Jan 22 – 28 | | | |  
READ: Insel Chpts 4-5  
4: Carbohydrates  
5: Lipids  
Quiz #2 will cover this material | | | |
| Wk #3: Jan 29 - Feb 4 | 3 | READ Insel text and review Bb items for week! **CONTINUE to work on and plan for Dietary Analysis Assignment.** | DUE Fri, Feb 1st  
- Post to Week #3 Group Discussion Board Initial Response  
DUE Mon, Feb 4th  
- Peer responses to Week #3 Group Discussion Board (review instructions/questions for full credit/rubric)  
- Quiz #3  
- Food Label Activity Assignment (due by 11:59pm)  
| Wk #4: Feb 5 -11 | 4 | READ Insel text and review Bb items for week! **Dietary Analysis Assignment due NEXT WEEK and we are halfway done and your Healing Foods Assignment should be started by now 😊** | DUE Fri, Feb 8th  
- Quiz #4 (NOTE earlier date with Midterm next week)  
- Healing Foods Condition/Illness chosen and posted to Blackboard Discussion Board** (see bottom/assignment)  
Midterm Exam opens Monday, Feb 11th, at 8:00am and closes at 11:59pm*  
(Exam covers the Chpts 1-7; 10-11; PLUS 5 questions from the Spotlight topics or supplemental readings/video (Fat Surprise) from weeks 1 & 4 from the attached files sections – make sure you read/watch them!)  
| Wk #5: Feb 12 - 18 | 5 | READ Insel text and review Bb items for week! **Last day to drop/add is Feb 15, 2019 for first 8-week session** | DUE: Fri, Feb 15th  
- Post to Week #5 Group Discussion Board Initial Response  
DUE: Mon, Feb 18th  
- Peer responses to Week #5 Group Discussion Board (review instructions/questions for full credit/rubric)  
- Quiz #5  
- Dietary Analysis Assignment (due by 11:59pm)  
| Wk #6: Feb 19 - 25 | 6 | READ Insel text and review Bb items for week! **LOTS of GOOD stuff in here this week!** **HEALING FOODS Assignment due NEXT WEEK!** | DUE: Mon, Feb 25th  
- Quiz #6  
| READ: Insel Chpts 6-7  
6: Proteins and Amino Acids  
7: Alcohol  
Quiz #3 will cover this material | READ: Insel Chpts 10-11  
10: Fat-Soluble Vitamins  
11: Water-Soluble Vitamins  
Quiz #4 will cover this material | READ: Insel Chpts 12-13  
12: Water and Major Minerals  
13: Trace Minerals  
Quiz #5 will cover this material | READ: Insel Chpts 8-9; 14-15  
8: Metabolism  
9: Energy Balance and Weight Management  
14: Sports Nutrition |
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<tr>
<th>Week</th>
<th>Dates</th>
<th>Reading</th>
<th>Quiz/Due</th>
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<tr>
<td>15: Diet and Health</td>
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<td>Spotlight (Obesity, after Chpt 9)</td>
<td>Quiz #6 will cover this material</td>
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<td></td>
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<td>Spotlight (Eating Disorders, after Chpt 14)</td>
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<td>Wk #7:</td>
<td>Feb 26 – Mar 4</td>
<td>READ Insel Chpts 16-17</td>
<td>PREPARE FOR SHORT WEEK NEXT WEEK!</td>
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<td>16: Life Cycle: Maternal and Infant Nutrition</td>
<td>DUE: Mon, Mar 4th</td>
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<td>17: Life Cycle: From Childhood to Adulthood</td>
<td>• Quiz #7</td>
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<td>Quiz #7 will cover this material</td>
<td>• Healing Foods Assignment (due by 11:59pm).</td>
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<td>Wk #8:</td>
<td>Mar 5 - 8</td>
<td>READ Insel Chpts 18-19</td>
<td>SHORT WEEK!! PAY ATTENTION!</td>
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<td>18: Food Safety and Technology</td>
<td>DUE: THURS, Mar 7th</td>
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<td>19: World View of Nutrition</td>
<td>• Quiz #8</td>
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<td>Quiz #8 will cover this material</td>
<td>Final Exam opens Friday, Mar 8th, at 8:00am and closes at 11:59pm*</td>
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<td>(Final Exam covers Chpts 8-9; 12-19)</td>
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*NOTE: all quizzes and exams will CLOSE at 11:59pm CST unless otherwise marked.
^NOTE: all quizzes will open on the Thursday at 8:00am before they are due unless otherwise marked
**NOTE: note these assignments go to the main discussion board, NOT your groups. Please post accordingly.