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.

<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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| **Wk #1: Mar 18 - 25** | 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, Mar 22nd, 11:59pm*  
- Post to “Self-Introduction” Discussion Board**  
- Complete and Submit the practice quiz for Respondus and Lockdown Browser  
DUE: Mon, Mar 25th (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!) |

| **Wk #2: Mar 26 – Apr 1** | 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, Mar 29th  
- Post to Week #2 Group Discussion Board Initial Response  
DUE Mon, Apr 1st  
- Peer responses to Week #2 Group Discussion Board (review instructions/questions for full credit/rubric)  
- Quiz #2 |
| Wk #3: Apr 2 - 8       | 3 | READ Insel text and review Bb items for week! CONTINUE to work on and plan for Dietary Analysis Assignment. | DUE Fri, Apr 5th  
• Post to Week #3 Group Discussion Board Initial Response  
DUE Mon, Apr 8th  
• 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) |
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<tbody>
<tr>
<td>READ: Insel Chpts 6-7</td>
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<td>** Alcohol Quiz #3 will cover this material **</td>
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</tbody>
</table>
| 6: Proteins and Amino Acids  
7: Alcohol  
Quiz #3 will cover this material | | | |
| Wk #4: Apr 9 - 15     | 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, Apr 12th  
• Quiz #4 (NOTE earlier date with Midterm next week)  
• Healing Foods Condition/Illness chosen and posted to Blackboard Discussion Board** (see assignment)  
Midterm Exam opens Monday, Apr 15th, 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!) |
| READ: Insel Chpts 10-11 |   | ** Water-Soluble Vitamins Quiz #4 will cover this material **                                   |                                                               |
| 10: Fat-Soluble Vitamins  
11: Water-Soluble Vitamins  
Quiz #4 will cover this material | | | |
| Wk #5: Apr 16 - 22    | 5 | READ Insel text and review Bb items for week!                                                  | DUE: Fri, Apr 19th  
• Post to Week #5 Group Discussion Board Initial Response  
DUE: Mon, Apr 22nd  
• Peer responses to Week #5 Group Discussion Board (review instructions/questions for full credit/rubric)  
• Quiz #5  
• Dietary Analysis Assignment (due by 11:59pm) |
| READ: Insel Chpts 12-13 |   | ** Water and Major Minerals Quiz #5 will cover this material **                               |                                                               |
| 12: Water and Major Minerals  
13: Trace Minerals  
Quiz #5 will cover this material | | | |
| Wk #6: Apr 23 - 29    | 6 | READ Insel text and review Bb items for week! LOTS of GOOD stuff in here this week!             | DUE: Mon, Apr 29th  
• Quiz #6 |
| READ: Insel Chpts 8-9; 14-15 |   | ** Metabolism  
9: Energy Balance and Weight Management  
14: Sports Nutrition ** Quiz #6 will cover this material |                                                               |
| 8: Metabolism  
9: Energy Balance and Weight Management  
14: Sports Nutrition | | | |
15: Diet and Health
Spotlight (Obesity, after Chpt 9)
Spotlight (Eating Disorders, after Chpt 14)
Quiz #6 will cover this material

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<tr>
<th>Week #7: Apr 29 - May 6</th>
<th>7</th>
<th>READ Insel text and review Bb items for week!</th>
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<tr>
<td></td>
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<td>DUE: Mon, May 6th</td>
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<td>• Quiz #7</td>
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<td>• Healing Foods Assignment (due by 11:59pm).</td>
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**READ: Insel Chpts 16-17**
16: Life Cycle: Maternal and Infant Nutrition
17: Life Cycle: From Childhood to Adulthood
Quiz #7 will cover this material

**PREPARE FOR SHORT WEEK NEXT WEEK!**

<table>
<thead>
<tr>
<th>Week #8: May 7 - 10</th>
<th>8</th>
<th>READ Insel text and review Bb items for week!</th>
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<tr>
<td></td>
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<td>SHORT WEEK!! PAY ATTENTION!</td>
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<td>DUE: THURS, May 9th</td>
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<td>• Quiz #8</td>
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<td>Final Exam opens Friday, May 10th, 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.