



HHPH 331: NUTRITION

COURSE SYLLABUS: SPRING 2026

INSTRUCTOR INFORMATION

Instructor: Dr. Rahmatu Kassimu, Adjunct Professor
Office Location: Online
Office Hours: By Appointment
Office Phone: 903-886-5349
Office Fax: 903-886-5365
University Email Address: Rahmatu.Kassimu@etamu.edu
Preferred Form of Communication: **Email; Scheduled appointments**
Communication Response Time: 48 business hours

COURSE INFORMATION

Course Value: Three (3) Credit Hours

Course Location/Time: (2 Sections)

- **Section 01B – In-Person (Face-to-Face)**

- Location: Campus classroom (TBD)
- Day/Time: TBD
- This section meets weekly for lecture, discussion, and completion of applied activities.

- **Section 01W – Online (Asynchronous)**

- Location: myLeo Online (D2L)
- This section does not meet at a fixed day/time. Students complete weekly modules by the posted due dates.

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required Stephenson, T. J., & Passerello, C. W. (2024). *Human Nutrition Science for Healthy Living*. McGraw Hill.

IA version will be available on D2L on first day of class – this is

The syllabus/schedule are subject to change.

more affordable than hard copy

Optional Texts and/or Materials: All course written assignments are to be submitted in APA format style unless otherwise noted in the assignment directions. All students are encouraged to have a current copy of the APA Publication Manual: *Publication Manual of the American Psychological Association*, (7th ed.).

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Course Description

This course introduces students to the relationship of food, its nutrients, and other components to health and human performance. Topics include:

- Biological functions and food sources of nutrients
- Dietary guidelines and diet-planning principles
- Digestion, absorption, and metabolism of nutrients
- Nutrition across the lifecycle (pregnancy through older adulthood)
- Energy balance, weight management, and physical activity
- Vitamins, minerals, and diet-related chronic disease risk

The course is **application-focused**: each week, students engage with a **short lecture**, assigned readings, and a **weekly applied activity** (e.g., case scenarios, counseling scripts, food label analysis) that connects course concepts to realistic nutrition practice. All students, regardless of section, submit their work in D2L.

Student Learning Outcomes (Should be measurable; observable; use action verbs)

1. Define a nutrient and an essential nutrient and list the six classes of nutrients found in foods.
2. State the nutrients that yield energy, how much energy they yield per gram, and how energy is measured.
3. Calculate the number of calories consumed and establish the percentage of intake for the macronutrients.
4. Define the DRI and discuss whom the DRI applies to and how to use the DRI.
5. List the principles for diet-planning and describe the Dietary Guidelines for Americans.
6. Describe the digestion and absorption of nutrients.
7. Describe issues involved with absorption of nutrients and possible solutions.
8. Distinguish between macronutrients and their nutritional pathways.
9. Define metabolism, anabolism, and catabolism, and give an example of each.
10. Define hunger, appetite, satiation, and satiety and describe how each influences food intake.
11. List risk associated with deficient and excessive food intake.
12. Discuss reasonable dietary strategies for achieving and maintaining a healthy body weight.
13. Describe the benefits of physical activity to the human body.
14. List the fat-soluble and water-soluble vitamins, major and trace minerals, and their functions in the human body.
15. List the major diet-related risk factors for select disease states.

The syllabus/schedule are subject to change.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Students should have a basic knowledge of computer and internet skills to be successful in this course, including the ability to:

1. Understand basic terminology (e.g., browser, application, URL).
2. Perform computer operations (save, name, copy, move, backup, rename, delete files; check file properties).
3. Use the learning management system (D2L), Microsoft Word, and PowerPoint; access and navigate sites like YouTube.
4. Copy and paste, use spell check, save files in different formats, and send/download attachments.
5. Connect to the internet, use web browsers, and perform online research using search engines and library databases.
6. Use online communication tools (email, discussion boards, and, if applicable, virtual meeting tools).

Instructional Methods

This is a **multi-modal course** with one in-person section and one fully online section. Instruction will be delivered via:

- Recorded or live **lectures** and/or narrated slides
- Textbook readings and supplementary multimedia resources
- Weekly **quizzes**
- **Applied activities** (e.g., weekly application tasks, mini case scenarios, counseling practice)
- **Case studies and projects** that integrate course content across multiple weeks
- A **midterm** and **final exam**

In-Person Section (01B):

- Meets weekly for lecture, Q&A, and hands-on activities.
- Students will often complete the weekly application task during class in small groups or individually.
- Each student will still submit their own work or group “proof” (e.g., photo of completed worksheet, typed script) in D2L.

Online Section (01W):

- Organized by weekly modules in D2L.
- Students complete readings, lectures, quizzes, and application activities asynchronously.
- Application activities are submitted via D2L (assignment link or discussion board).

In both sections, **D2L is the hub** for instructions, due dates, submissions, and grades.

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Student Responsibilities or Tips for Success in the Course

Self-motivated and independent learner

While aspects of the course offer flexibility (especially in online sections), they also require self-discipline and independence. You are expected to:

- Keep up with weekly modules and due dates.
- Start assignments early enough to ask questions if needed.
- Actively engage with lectures, readings, and applied tasks.

Time commitment

- In-person: attend, participate in discussions and activities, and bring notes/textbook as needed.
- Online: Expect to spend at least as much time on this course as you would for a face-to-face 3-credit course.
- Plan for weekly reading, video/lecture viewing, applied assignments, and periodic exams.

Active learner

- Ask questions if something is unclear, do not wait until the last minute.
- Participate in discussions by responding thoughtfully and engaging respectfully with peers.
- Take responsibility for your learning by “showing up” weekly in D2L, even in fully online formats.

GRADING

Final grades in this course will be based on the following scale:

- A = 90%–100% → 900-1000 points
- B = 80%–89% → 800-899 points
- C = 70%–79% → 700-799 points
- D = 60%–69% → 600-699 points
- F = 59% or below → 0–599 points

Total points possible: **1000**

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**WEIGHTS OF THE ASSESSMENTS IN THE CALCULATION OF
THE FINAL LETTER GRADE**

Assignments are designed to help you practice and apply what you are learning. All assignments are submitted through D2L, even when work is completed during in-person class time.

Assignment Type	Quantity	Points Each	Total Points
Orientation Assignments	2	Varies	25
Weekly Application Tasks	~15	10	150
Weekly Quizzes	15	20	300
Discussion Boards	2	50	100
Projects	2	75	150
Case Studies	3	25	75
Midterm Exam	1	100	100
Final Exam	1	100	100
Total			1000

Note: Weekly applied activities are often integrated into the **case studies** and **projects**. Some weeks, your in-class or online application work will be graded as part of these larger assignment categories (rubrics will specify when this is the case).

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Assessments

Orientation Assignments (25 points total)

- Typically include a syllabus quiz and an introductory activity (“Get to Know Me” discussion or similar).
- Ensure students understand course expectations, grading, and how to navigate D2L.

Weekly Quizzes (450 points total)

- 15 quizzes x 30 points each.
- Cover assigned chapters and any supplemental module materials.
- Mostly multiple-choice/short-answer, often using **short scenarios** rather than recall-only questions.

Discussion Boards (100 points total)

- 2 discussion boards x 50 points each.
- Students respond to a prompt (minimum word count) and provide substantive replies to peers.
- Used to explore real-world nutrition topics and ethical issues (e.g., weight stigma, social media misinformation).

Projects (150 points total)

- **Project 1** and **Project 2** (75 points each).
- Multi-part assignments that integrate weekly application tasks into a more formal “client portfolio” or applied nutrition project (details and rubrics in D2L).

Case Studies (75 points total)

- 3 case studies x 25 points each.
- Present real or simulated scenarios (e.g., digestion issues, macro/micronutrient deficiencies, lifecycle nutrition needs) for students to analyze and propose evidence-based recommendations.

Midterm Exam (100 points)

- Covers content from Weeks 1–8 (as listed in the course outline).
- Administered through D2L (timed) and may include multiple-choice, matching, and short-answer items.

Final Exam (100 points)

- Cumulative for units after the midterm (Weeks 9–16) unless otherwise announced.
- Administered through D2L during finals week.

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LATE WORK POLICY

Late work **is accepted** but will lose **10 points per day** past the due date, unless prior arrangements are made and approved in alignment with course and university policies.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These

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methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

1. You are welcome to email your questions or concerns to me.
2. A reasonable response time to emailed questions is **24–48 business hours**.
3. Questions emailed on weekends may not receive a response until Monday.
4. I may answer emailed questions about assignments, tests, or discussion boards in a general class announcement if it benefits all students.
5. Please be courteous and professional in all interactions with classmates and the instructor.

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COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

- The course is organized by **weekly modules** in D2L.
- Each module follows a similar structure and typically includes:
 - Weekly learning objectives
 - Required readings and/or lecture materials
 - A **chapter quiz**
 - A **weekly application task** (short applied activity)
 - Case study or project components as scheduled
- A **course outline/calendar** with all major due dates is provided at the end of the syllabus and in D2L.
- You are responsible for managing your time to complete readings, watch/listen to lecture content, and submit all assignments in D2L by the posted deadlines.

Use of D2L (Both Sections)

- **D2L is the official hub** for this course. All announcements, content, quizzes, exams, case studies, projects, and weekly application tasks will be posted there.
- **All students, in both sections, submit their work in D2L**, even when the work is completed during in-person class time.
- In-person students will often complete weekly application tasks in class and then **upload their individual “proof” (e.g., photo of worksheet, typed script, group product)** to the appropriate D2L assignment link.
- Online students will complete and submit the **same activities fully online** through D2L (assignment or discussion).

Attendance & Participation

- **Section 01B – In-Person:**
 - Regular in-person attendance is expected.
 - If you must miss class, notify the instructor by email when possible.
 - Participation includes: coming prepared (readings completed), engaging in discussions, contributing to group activities, and bringing your notes/textbook as needed.
- **Section 01W – Online:**
 - “Attendance” = logging into D2L regularly, completing weekly modules, and submitting all work on time.
 - Active participation includes thoughtful contributions to discussion boards and timely completion of assignments and quizzes.

Due dates are **firm**. You may work ahead when materials are available, but you **cannot fall behind**.

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What Should Students Do First? Students should begin by:

At the start of the semester, you should:

1. Thoroughly review this syllabus and the course calendar.
2. Ensure you have access to the required textbook and any listed resources.
3. Explore the course layout in D2L (modules, quizzes, assignment links).
4. Complete the **orientation assignments** (syllabus quiz, intro activity).
5. Review the instructions and rubrics for the major projects and case studies.

How to Proceed Each Week

Each week, you should:

1. Open the weekly module in D2L and review the learning objectives and overview.
2. Complete the assigned readings and view any lecture videos or slides.
3. Complete the **chapter quiz** in D2L.
4. Complete the **weekly application task**:
 - In-person: engage in the in-class activity, then upload your individual/group work (“proof”) to D2L.
 - Online: complete the same prompt and upload your work to D2L (or post in the discussion, if applicable).
5. Work on any **case studies or projects** that are due that week or coming up.

Make-Up Work & Late Work

- Make-up work will follow the **Late Work Policy** described earlier in the syllabus and university protocols.
- Life happens – if an emergency arises, email the instructor **as soon as possible** so we can discuss options within the boundaries of the policy.
- In most cases, documentation (e.g., medical note) is required for extensions or late acceptance of work, and must be provided within the timeframe specified in the Late Work Policy.

Course Specific Policies

1. For 81B students, weekly remote attendance on scheduled day/time is **required**.
 - a. If you are unable to attend a class, please notify me through email.
 - b. While in class, participation is strongly encouraged and includes:
 - i. actively prepare by reading the assigned materials,
 - ii. participate in discussion (ask and answer questions),
 - iii. bring your notes and textbook,

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- iv. bring your ideas, and
 - v. come ready to engage
2. This class may have an “experiential learning” component that will require attendance and travel outside of class. For these activities/sessions, attendance is required as grades are contingent on participation. Those dates will be clearly outlined in the syllabus schedule.
3. For 01W, attendance counts as logging in, completing work weekly. a. Inclusive of active involvement in class discussions, assignments, quizzes and active participation in group activities.
4. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed class work or assignments. If the absence is one of the reasons listed below, you will be able to make up the work. Please notify me ahead of time if you know you will be absent and once back, provide appropriate written documentation via email:
 - a. Participation in an activity appearing on the University’s authorized activity list.
 - b. Death or major illness in a student’s immediate family.
 - c. Illness of a dependent family member
 - d. Participation in legal proceedings or administrative procedures that require a student’s presence.
 - e. Religious Holy Day (please let instructor know at the beginning of the semester so as to discuss alternative accommodations as appropriate).
 - f. Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician).
 - g. Required participation in military duty
5. NO PROFANITY. No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

Make-up Work

Make-up of coursework will follow university protocols as listed above. Life circumstances do happen and in those instances, I encourage you to reach out as soon as possible so we can review and discuss potential make-up/extensions. In most cases:

- Send a notification at least 48 hours business hours prior to the end of the course week a particular assignment is due in order to verify your reason for missing coursework (rare circumstances and/or excused absences).

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Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

<https://inside.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>.

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

ETAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedures 13.99.99.R0.01](#)

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<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

Academic Integrity

Students at East Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

Graduate Students Academic Integrity Policy and Form

[Graduate Student Academic Dishonesty Form](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

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Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu Website:

[Student Disability Services](#)

<https://www.tamuc.edu/student-disability-services/>

Nondiscrimination Notice

East Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

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Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun.

Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url: <http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at The

syllabus/schedule are subject to change.

903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



<http://telusproduction.com/app/5108.html>

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AI use policy

East Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any

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assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty 13.99.99.R0.10
Graduate Student Academic Dishonesty

***Course Specific AI Policies for HHPH 331**

- Because nutrition practice, written communication, and critical thinking are core learning outcomes in this course, **AI tools may not be used to generate any part of your graded written work** (discussion posts, case study responses, projects, exam essays, etc.).
- You may not submit text written by AI tools (e.g., ChatGPT, Copilot, Bard) as your own work.
- If you choose to use AI-powered tools or grammar software (e.g., Grammarly) **for editing only**, you must:
 - Draft your own original work first.
 - Ensure that editing does not substantially change the content or meaning.
- You are fully responsible for any content you submit, including inaccuracies, plagiarism, or misrepresented sources produced by an AI tool.
- If the instructor suspects inappropriate AI use, you may be asked to:
 - Provide drafts and notes showing your writing process, and/or
 - Meet (in person or via Zoom) to verbally explain and defend your work.
- Violations will be addressed according to university academic dishonesty procedures (see Academic Integrity section below).

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*Edited from IOWA Office of Teaching, Learning and Technology.

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HHPH 331: NUTRITION

COURSE OUTLINE / CALENDAR

COURSE OUTLINE: Spring 2025

Please note that this schedule is tentative and is subject to change.

Week	Topic(s) & Chapters*	Assigned Readings	Major Assessments & Activities Due**
1	Course Orientation; Ch. 1 Introduction to Nutrition	Ch. 1; Orientation materials	Syllabus Quiz; Orientation/Intro Activity (e.g., “Get to Know Me” discussion); Week 1 Chapter Quiz; Weekly Application Task (short food log reflection – submit in D2L)
2	Ch. 2 Evaluating Nutrition Information	Ch. 2	Week 2 Chapter Quiz; Discussion Board 1 (evaluating sources); Weekly Application Task (social media critique – submit in D2L)
3	Ch. 3 Basis of a Healthy Diet	Ch. 3	Week 3 Chapter Quiz; Weekly Application Task (“Design a Day” meal plan for a persona – submit in D2L, in class or online)
4	Ch. 4 Human Digestion, Absorption, and Transport	Ch. 4	Week 4 Chapter Quiz; Case Study 1 (digestion/absorption scenario); Weekly Application Task (patient teaching sheet – submit in D2L)
5	Ch. 5 Carbohydrates: Sugars, Starches, and Fibers	Ch. 5	Week 5 Chapter Quiz; Project 1 Assigned/Part 1 Due (see D2L); Weekly Application Task (beverage label comparison – submit in D2L)
6	Ch. 6 Lipids: Triglycerides, Phospholipids, and Sterols	Ch. 6	Week 6 Chapter Quiz; Weekly Application Task (heart-healthy menu swap – submit in D2L)
7	Ch. 7 Proteins: Amino Acids	Ch. 7	Week 7 Chapter Quiz; Case Study 2 (protein needs scenario); Weekly Application Task (budget-friendly protein planning – submit in D2L)
8	Ch. 8 Metabolism	Ch. 8	Week 8 Chapter Quiz; Midterm Exam (D2L); Weekly Application Task (metabolism flow map – submitted as photo or file in D2L)
9	Ch. 9 Vitamin Overview and Fat-Soluble Vitamins	Ch. 9	Week 9 Chapter Quiz; Weekly Application Task (fat-soluble deficiency detective – submit in D2L)
10	Ch. 10 Water-Soluble Vitamins	Ch. 10	Week 10 Chapter Quiz; Weekly Application Task (supplement counseling script – submit in D2L)
11	Ch. 11 Water and Major Minerals	Ch. 11	Week 11 Chapter Quiz; Case Study 3 (fluid and electrolyte imbalance); Weekly Application Task (hydration plan – submit in D2L)
12	Ch. 12 Trace Minerals	Ch. 12	Week 12 Chapter Quiz; Weekly Application Task (population comparison for mineral concerns – submit in D2L)
13	Ch. 13 Obesity, Energy Balance, and Weight Management	Ch. 13	Week 13 Chapter Quiz; Discussion Board 2 (weight stigma/behavior change); Weekly Application Task (non-stigmatizing counseling script – submit in D2L)

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14	Ch. 14 Eating Disorders and Disordered Eating	Ch. 14	Week 14 Chapter Quiz; Project 2 Assigned/Part Due (see D2L); Weekly Application Task (red flags & referral map – submit in D2L)
15	Ch. 16–18 Pregnancy, Lactation through Adulthood	Ch. 16–18	Week 15 Chapter Quiz; Weekly Application Task (lifecycle nutrition stations/summary – submit in D2L)
16	Final Exam Week	Review materials	Final Exam (D2L – see exam window in D2L)

* Chapter numbers and titles follow Human Nutrition Science for Healthy Living (Stephenson & Passerello, 2024).

** Weekly “Application Tasks” are designed so that in-person students can complete most of the work during class and then submit their individual or group proof in D2L, while online students complete and submit the same tasks fully online.

The syllabus/schedule are subject to change.