

**San José State University**  
**Departments of Nutrition, Food Science, & Packaging and Kinesiology**  
**NUFS/KIN 163, Physical Fitness & Nutrition**  
**Spring 2022 Sections 15 & 16**

Department	KIN	NUFS
<b>Instructor</b>	Luci Gabel, MA, MBA, ACE, ACSM	Toni Bloom
<b>Office</b>	Virtual	Virtual
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<b>Office hours</b>	Fridays 4:00-5:30 via Zoom. Many other times available! E-mail to schedule an appointment for office hours or other.	Mon & Wed 4:00-5:00pm via Zoom, please email to schedule an appointment or to request another day, time or mode of meeting
<b>Zoom Personal Meeting Links</b>	<a href="https://sjsu.zoom.us/j/2039036403">https://sjsu.zoom.us/j/2039036403</a>	<a href="https://sjsu.zoom.us/j/9593493395">https://sjsu.zoom.us/j/9593493395</a>
<b>Assignments &amp; Exams</b>	All Fitness papers and presentations are to be uploaded to Canvas and exams (quizzes) are taken via Canvas	All Nutrition papers and presentations are to be uploaded to Canvas and exams (quizzes) are taken via Canvas
<b>Class days/time</b>	Sections 15 & 16: Monday and Wednesday 10:30-11:45am	
<b>Classroom</b>	ONLINE with some synchronous meetings, see Syllabus for schedule	
<b>Prerequisites</b>	"Passage of the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted), and completion of Core General Education are prerequisite to all SJSU Studies courses. Completion of, or co-registration in, 100W is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, & V shall be required of all students."  Not for Nutrition majors or minors	
<b>GE - SJSU Studies</b>	Area R – Earth & Environment	

### Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

### Course Description

Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance. (3 units)

## **GE Area R (Earth & Environment) Goal**

Students will cultivate knowledge of the scientific study of the physical universe or its life forms. Students will understand and appreciate the interrelationship of science and human beings to each other.

## **General Education Learning Outcomes (GELOs)**

Upon successful completion of this course, students should be able to:

- GELO 1: Demonstrate an understanding of the methods and limits of scientific investigation. The “Analysis of Scientific Literature” assignment is keyed to this Area R GELO. This assignment requires students to comprehend the objectives/purposes of the study as well as the methods used to examine/study the problem. In addition, students will critically evaluate the strengths and weaknesses of the scientific research (including the research design, methods, and discussion), and see how the research fits into the larger scope of literature on a particular topic.
- GELO 2: Distinguish science from pseudo-science. The assignment keyed to this Area R GELO is the nutrition and fitness “Consumer Product” paper. Students will critically evaluate the credibility of nutrition and exercise information presented in an advertisement for a food, food supplement, piece of exercise equipment, or exercise program, differentiating between evidence derived from scientific research (based on the student’s review of literature) and non-scientific evidence.
- GELO 3: Apply a scientific approach to answer questions about the earth and environment. The assignment keyed to this Area R GELO is the “Oral Presentation,” which requires students to use primary research to answer questions related to fitness and nutrition.

## **Course Learning Outcomes (CLOs)**

Upon successful completion of this course, students will be able to:

- CLO 1: Explain how the principles of fitness and nutrition (such as body composition, energy intake and expenditure, acute and chronic physical changes related to exercise and nutrition) complement each other.
- CLO 2: Identify social, cultural, ethnic, and environmental factors that influence food habits and exercise/activity patterns.
- CLO 3: Examine the biochemical and physiological effects of exercise and various nutritional practices.
- CLO 4: Describe the different exercise guidelines and nutritional requirements related to gender and diverse populations.
- CLO 5: Assess the advantages/disadvantages of recent advances in new food formulations, and new exercise and fitness equipment for the general population.
- CLO 6: Identify the scientific principles involved in studying pathophysiology in human populations.

## **Required Texts**

Rawson, E. S. Branch, J.D, and Stephenson, T.J. (2020). *Nutrition for health, fitness, and sport* (12<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 978-1260258974. This text will be known as “RBS” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions:

<https://create.mheducation.com/shop/#/catalog/details/?isbn=9781307437669>

Fahey, T. D., Insel, P. M., & Roth, W. T. (2019). *Fit & well* (14<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 9781260025675. This text will be known as “FIR” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions: <https://www.mheducation.com/highered/custom/product/9781307750553.html>

## Library Liaison

Geetali Basu is the NUFS/PKG reference librarian; geetali.basu@sjsu.edu. Phone number (408) 808-2651.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian. (408)-808-2019. adriana.poo@sjsu.edu

## Course Format

This course will include lecture, class discussion, and student presentations. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. Students are expected to have read the assigned materials before class and to be prepared to actively participate, discussing course content, raising issues, providing information from their own experiences, and asking questions during the class. If students miss class, they are responsible for obtaining lecture notes and viewing material online before contacting the instructor about the missed content.

## Course Lecture Schedule and Technology

**Nutrition portion of the class:** There will be a mixture of synchronous and asynchronous Zoom lectures for the Nutrition portion of this class. **You are highly encouraged to attend the synchronous lectures shown in the syllabus calendar as “10:30 am LIVE Zoom”.** The nutrition instructor also invites you to attend any other live lectures she provides to other sections of this course. These occur outside of your scheduled class time and are therefore marked “asynchronous” in the syllabus calendar. **You are not expected to attend lectures occurring outside your usual class time but are welcome if your schedule allows.** All synchronous and asynchronous lectures are recorded and posted in the Nutrition Week modules as soon as they are available from Zoom for you to review at your leisure.

**Fitness portion of the class:** The content for the Physical Fitness portion of the class is synchronous and asynchronous (some classes will be Live on Zoom at class time (10:30 AM), and some will be pre-recorded with discussion homework). Please check the schedule to know when to attend live class on Zoom. Participation in a select number of live classes is part of your grade in the Fitness Section.

## Course Requirements and Assignments

Assignment	Points	Approximate % of Overall Grade	GELO	CLOs
Nutrition Chapter Quizzes	70	17		1,2,3,4,6
Nutrition Exam	30	7		
Fitness Participation: Discussion, Questions & Comments on Canvas and Paper Proof	50	12		
Fitness Exam	50	12		

Analysis of Scientific Literature #1 (practice)	20	4	1	5 5
Analysis of Scientific Literature #2	50	12	1	
Oral Presentation on Analysis of Scientific Literature #2	50	12	3	
Consumer Product: Fitness	50	12	2	
Consumer Product: Nutrition	50	12	2	
<b>Total</b>	420	100		

- Quiz and exam questions will be based on assigned readings, lectures, and class discussions. Quizzes and exams will be given on CANVAS on the dates and times shown in the Schedule and in the Modules. Make-up quizzes and exams will be given only in cases of serious illness or emergencies, and requests for make-ups will be evaluated on an individual basis. The student is responsible for notifying the instructor and arranging a make-up date **prior** to exams and quizzes. The last exam of the semester will be administered during the final exam period scheduled by SJSU.
- Due dates and times are clearly identified on the calendar in the syllabus and on each Assignment on Canvas. **Papers are to be uploaded to Canvas by 11:59 pm on the due date for the assignment.** Assignments turned in after the due date and time, unless otherwise specified, will be considered late. There is a 5% penalty (minus 2 ½ points on a 50 point assignment) for each calendar day, or partial calendar day, that assignments are late. Assignments will not be accepted 1 week past the due date.
- All assignments must be typed and double spaced. Unless otherwise noted by the instructor, students should **not** use direct quotations or copied material from scientific sources. Instead, students should paraphrase source information and use appropriate APA citation format, including the source's author(s) and year of publication. Individual instructors will provide procedures to be used for electronic submission and plagiarism screening via turnitin.com.
- Writing in general education courses is assessed for grammar, content, clarity, conciseness, and coherence. The SJSU Writing Center, located in Clark Hall, Suite 126, offers one-on-one tutoring services and workshops. To make an appointment or refer to the online resources offered through the Writing Center, visit the Writing Center website at <http://www.sjsu.edu/writingcenter>.
- Detailed guidelines for the Analysis of Scientific Literature #1 (Practice) & #2, Consumer Product, and Group Oral Presentation assignments can be found in each assignment within their respective Module. However, all the assignment guidelines can be viewed in one document, called the Assignment Packet, which is linked within each respective Module.
- Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words:
  - Analysis of Scientific Literature #1                      3-4 pages or 750-1,000 words
  - Analysis of Scientific Literature #2                      3-4 pages or 750-1,000 words
  - Consumer Product: Fitness                                3-4 pages or 750-1,000 words
  - Consumer Product: Nutrition                              3-4 pages or 750-1,000 words

- [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf), Course Syllabi (<http://www.sjsu.edu/senate/docs/S16-9.pdf>) describes the expected time commitment for SJSU classes: “Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practice. Other course structures will have equivalent workload expectations as described in the syllabus.”

### Assignment of Grades

97-100% (406-420 pts) = A plus	93-96% (390–405) pts = A	90-92% (377-389 pts) = A minus
87-89% (364-376 pts) = B plus	83-86% (348-363 pts) = B	80-82% (334-347 pts) = B minus
77-79% (322-333 pts) = C plus	73-76% (306-321 pts) = C	70-72% (293-305 pts) = C minus
67-69% (280-292 pts) = D plus	63-66% (264-279 pts) = D	60-62% (251-263 pts) = D minus
Below 60% (0-250 pts) = F		

### University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>” Make sure to review these university policies and resources.

Multiple nutrition assessment methods utilize gender-specific values that provide distinct recommendations for males and females. These criteria do not take into account for gender identity or gender expression and no guidelines exist regarding nutrition assessment for transgender or gender non-conforming population.

## Resources

These peer-reviewed journals and on-line resources should be used for your written assignments and oral presentation.

### Journals (partial list)

American Journal of Clinical Nutrition	Journal of Health, Physical Education, Recreation & Dance
American Journal of Public Health	Journal of Nutrition
American Journal of Sports Medicine	Medicine & Science in Sports & Exercise
International Journal of Sports Medicine	New England Journal of Medicine
Journal of Athletic Training	Nutrition Reviews
Journal of the Academy of Nutrition and Dietetics	Physician and Sports Medicine
Journal of the American Medical Association	Research Quarterly for Exercise and Sport
Journal of Strength and Conditioning Research	Sports Medicine
Journal of Food Science	Strength and Conditioning Journal

### On-Line Resources (partial list)

American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>
Academy of Nutrition and Dietetics	<a href="http://www.eatright.org">www.eatright.org</a>
American Medical Association	<a href="http://www.ama-assn.org">www.ama-assn.org</a>
Australian Institute of Sport	<a href="http://www.ais.org.au/sssm/index.asp">www.ais.org.au/sssm/index.asp</a>
Centers for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>
Government Healthfinder	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
International Food Information Council	<a href="http://www.ific.org">www.ific.org</a>
Medline: <a href="http://www.sjlibrary.org">www.sjlibrary.org</a> website for access to database	<a href="http://www.ncbi.nlm.nih.gov/pubmed/">www.ncbi.nlm.nih.gov/pubmed/</a>
MyPlate.gov	<a href="http://www.myplate.gov">www.myplate.gov</a>
National Institutes of Health	<a href="http://www.nih.gov">www.nih.gov</a>
New England Journal of Medicine	<a href="http://www.nejm.org">www.nejm.org</a>
Physician and Sportsmedicine	<a href="http://www.physsportsmed.com">www.physsportsmed.com</a>
Gatorade Sports Science Exchange	<a href="http://www.gssiweb.com">www.gssiweb.com</a>
Sport Science Organization	<a href="http://www.sportsci.org">www.sportsci.org</a>
World Health Organization	<a href="http://www.who.int/en">www.who.int/en</a>

## NUFS/KIN 163 – Physical Fitness & Nutrition, Spring 2022

### Proposed Course Schedule for Section 15

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **NUTRITION**

Zoom link for all Nutrition lectures: Bloom's Zoom Room at: <https://sisu.zoom.us/j/9593493395>

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Nutrition Introduction	Wed Jan 26	<i>10:30am LIVE Zoom</i> Course Introduction, Policies & Procedures	Syllabus and Assignment Packet on Canvas	Link for this lecture recording is in the Week 1 module
Nutrition 1	Mon Jan 31	Asynchronous recorded lecture on Introduction to Nutrition (or attend live 9am Zoom if you are able, but not expected)	RBS: Chap. 1	Link for this lecture recording is in the Week 1 module
	Wed Feb 2	<i>10:30am LIVE Zoom</i> on Healthful Nutrition  Chapter 1 Quiz	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	<b>Chapter 1 Quiz</b>
Nutrition 2	Mon Feb 7	<i>Asynchronous recorded lecture on</i> Healthful Nutrition (or attend live 12noon Zoom if you are able, but not expected)	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	Link for this lecture recording is in the Week 2 module
	Wed Feb 9	<i>10:30am LIVE Zoom</i> Group Collaboration on Analysis of Scientific Literature #1 (Practice)  Chapter 2 Quiz	IFIC article, Chiba et al (2020) and instructions are on Canvas in Week 2 Module	<b>Chapter 2 Quiz</b>
Nutrition 3	Mon Feb 14	No Zoom Analysis of Scientific Lit #1 due		<b>Analysis of Scientific Lit #1</b>
	Wed Feb 16	Asynchronous recorded lecture on Carbohydrates (or attend live 1:30pm Zoom if you are able, but not expected)  Chapter 4 Quiz	RBS: Chap. 4	Link for this lecture recording is in the Week 3 module  <b>Chapter 4 Quiz</b>
Nutrition 4	Mon Feb 21	No Zoom Consumer Product - Nutrition due	Instructions in Assignment Packet and on Canvas under Assignments	<b>Consumer Product - Nutrition</b> Link to a recording of the instructions are in Week 4 module
	Wed Feb 23	Asynchronous recorded lecture on Fat (or attend the live 9am	RBS: Chap. 5	Link for this lecture recording is in the Week 5 module

		Zoom if you are able, but not expected)  Chapter 5 Quiz		<b>Chapter 5 Quiz</b>
Nutrition 5	<b>Mon Feb 28</b>	<b>10:30am LIVE Zoom</b> on Protein	RBS: Chap. 6	Link for this lecture recording is in the Week 5 module
	Wed Mar 2	Asynchronous recorded lecture on Body Composition and Eating Disorders (or attend the live 12noon Zoom if you are able, but not expected)  Chapter 6 Quiz	RBS: Chap. 10	Link for this lecture recording is in the Week 5 module  <b>Chapter 6 Quiz</b>
Nutrition 6	Mon Mar 7	Asynchronous recorded lecture on Weight Loss (or attend the live 1:30pm Zoom if you are able, but not expected)	RBS: Chap. 11	Link for this lecture recording is in the Week 6 module
	<b>Wed Mar 9</b>	<b>10:30am LIVE Zoom Office Hour / Oral Presentation and Analysis of Scientific Lit #2 Q&amp;A</b>  Chapter 10 Quiz		Link for this lecture recording is in the Week 6 module  <b>Chapter 10 Quiz</b>
Nutrition 7	Mon Mar 14	No Zoom Oral Presentations and Analysis of Scientific Lit #2 due for Nutrition Groups 1 - 4 only  Chapter 11 Quiz		<b>Oral P &amp; Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>  <b>Chapter 11 Quiz</b>
	Wed Mar 16	No Zoom Review all Nutrition material for Exam	Exam Study Guide can be found in Week 7 module	
Nutrition 8	<b>Mon Mar 21</b>	<b>10:30am NUTRITION EXAM open on Canvas from 10:30 – 11:45am ONLY</b>	RBS Chap. 1, 2, 4, 5, 6, 10 & 11	<b>NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 &amp; 11)</b>
***** <b>Finish Nutrition / Begin Fitness</b> *****				
Fitness 1	Wed Mar 23	Introduction to class & how to succeed in the Fitness Section	Syllabus and Assignment Packet on Canvas	Module: Introduction <b>Live Zoom 10:30 am</b>
	Mon Mar 28	SPRING RECESS		
Fitness 2	Wed Mar 30	SPRING RECESS		
	Mon April 4	Consumer Product Fitness Preparation Discussion	FIR Ch 1	<b>Live Zoom 10:30 am</b> AND Module: Ch 1



Fitness 3	Wed April 6	Principles of Physical Fitness	FIR Ch 2	Module: Ch 2
	Mon April 11	Cardiorespiratory Endurance	FIR Ch 3	Module: Ch 3
Fitness 4	Wed April 13	Muscular Strength and Endurance	FIR Ch 4	<b>Live Zoom 10:30 am</b> And Module: Ch 4
	Mon April 18	Consumer Product Fitness		<b>Consumer Product - Fitness</b> Due 11:59 pm
Fitness 5	Wed April 20	Flexibility and Low Back Health	FIR Ch 5	Module: Ch 5
	Mon April 25	Body Composition and Related Disease	FIR Ch 6	Module: Ch 6
Fitness 6	Wed April 27	Live instruction and Q&A for oral presentations		<b>Live Zoom 10:30 am</b>
	Mon May 2	Live, Oral Presentations and Fitness Group 1		<b>Oral presentation Group 1</b> <b>Live Zoom 10:30 am</b>
Fitness 7	Wed May 4	Live, Oral Presentations and Fitness Group 2		<b>Oral presentation Group 2</b> <b>Live Zoom 10:30 am</b>
	Mon May 9	Live, Oral Presentations and Fitness Group 3		<b>Oral presentation Group 3</b> <b>Live Zoom 10:30 am</b>
Fitness 8	Wed May 11	Live, Oral Presentations and Fitness Group 4		<b>Oral presentation Group 4</b> <b>Live Zoom 10:30 am</b>
<b>Finals</b>	<b>Thursday May 19</b>	9:45 am-12:00 pm	FIR Chapters 1-6	<b>FITNESS EXAM</b>

## NUFS/KIN 163 – Physical Fitness & Nutrition, Spring 2022

### Proposed Course Schedule for Section 16

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **FITNESS**

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Fitness 1	Wed Jan 26	Introduction to class & how to succeed in the Fitness Section	Syllabus and Assignment Packet on Canvas	Module: Introduction <b>Live Zoom 10:30 am</b>
	Mon Jan 31	Introduction to analysis of scientific literature	IFIC article	Module: How to Analyze Scientific Literature
Fitness 2	Wed Feb 2	Zoom Group Prep and discussion on Analysis of Scientific Literature #1		<b>Live Zoom 10:30 am</b>
	Mon Feb 7	Introduction to Wellness, Fitness, and Lifestyle Management	FIR Ch 1	Module: Ch 1
Fitness 3	Wed Feb 9	Analysis of Scientific Lit #1 Due 11:59 pm		<b>Analysis of Scientific Lit #1</b> Due 11:59 pm
	Mon Feb 14	Consumer Product Preparation, Discussion & Principles of Physical Fitness	FIR Ch 2	<b>Live Zoom 10:30 am</b> And Module: Ch 2
Fitness 4	Wed Feb 16	Cardiorespiratory Endurance	FIR Ch 3	Module: Ch 3
	Mon Feb 21	Muscular Strength and Endurance	FIR Ch 4	<b>Live Zoom 10:30 am</b> And Module: Ch 4
Fitness 5	Wed Feb 23	Consumer Product - Fitness Due 11:59 pm		<b>Consumer Product - Fitness</b> Due 11:59 pm
	Mon Feb 28	Flexibility and Low Back Health	FIR Ch 5	Module: Ch 5
Fitness 6	Wed Mar 2	Body Composition and Related Disease	FIR Ch 6	Module: Ch 6
	Mon Mar 7	Live, Oral Presentations and Fitness Group 1		<b>Oral presentation Group 1</b> <b>Live Zoom 10:30 am</b>
Fitness 7	Wed Mar 9	Live, Oral Presentations and Fitness Group 2		<b>Oral presentation Group 2</b> <b>Live Zoom 10:30 am</b>

	Mon Mar 14	Live, Oral Presentations and Fitness Group 3		<b>Oral presentation Group 3</b> <b>Live Zoom 10:45 am</b>
Fitness 8	Wed Mar 16	Live, Oral Presentations and Fitness Group 4		<b>Oral presentation Group 4</b> <b>Live Zoom 10:30 am</b>
	Mon Mar 21	<b>FITNESS EXAM</b>	FIR Chapters 1-6	<b>FITNESS EXAM Respondus Lockdown / Canvas Quizzes 10:45 am</b>
***** <b>Finish Fitness / Begin Nutrition</b> *****				
Nutrition 1	<b>Wed Mar 23</b>	<b>10:30am LIVE Zoom</b> Instructor Introduction, Policies & Procedures	Syllabus and Assignment Packet	Link for this lecture recording is in the Week 1 module
<i>Spring Break</i>	Mon Mar 28	<b>No School – Spring Break</b>		
	Wed Mar 30	<b>No School – Spring Break</b>		
Nutrition 2	Mon Apr 4	Asynchronous recorded lecture on Introduction to Nutrition (or attend live 9am Zoom if you are able, but not expected)	RBS: Chap. 1	Link for this lecture recording is in the Week 2 module
	<b>Wed Apr 6</b>	<b>10:30am LIVE Zoom</b> lecture on Healthful Nutrition  Chapter 1 Quiz	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	Link for this lecture recording is in the Week 2 module  <b>Chapter 1 Quiz</b>
Nutrition 3	Mon Apr 11	Asynchronous recorded lecture on Healthful Nutrition (or attend live 12noon Zoom if you are able, but not expected)	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	Link for this lecture recording is in the Week 3 module
	Wed Apr 13	No Zoom Chapter 2 Quiz		<b>Chapter 2 Quiz</b>
Nutrition 4	Mon Apr 18	Asynchronous recorded lecture on Carbohydrates (or attend live 1:30pm Zoom if you are able, but not expected)	RBS: Chap. 4	Link for this lecture recording is in the Week 4 module
	<b>Wed Apr 20</b>	<b>10:30am LIVE Zoom</b> Office Hour / Consumer Product Q&A  Chapter 4 Quiz	Instructions in Assignment Packet and on Canvas under Assignments	Link for this lecture recording is in the Week 4 module  <b>Chapter 4 Quiz</b>
Nutrition 5	Mon Apr 25	No Zoom Consumer Product - Nutrition due	Recorded instructions are linked in Week 4	<b>Consumer Product - Nutrition</b>

	Wed Apr 27	Asynchronous recorded lecture on Fat (or attend the live 9am Zoom if you are able, but not expected) Chapter 5 Quiz	RBS: Chap. 5	Link for this lecture recording is in the Week 5 module <b>Chapter 5 Quiz</b>
Nutrition 6	Mon May 2	10:30am LIVE Zoom on Protein	RBS: Chap. 6	Link for this lecture recording is in the Week 6 module
	Wed May 4	10:30am LIVE Zoom Office Hour / Oral Presentation and Analysis of Scientific Lit #2 Q&A  Chapter 6 Quiz		Link for this lecture recording is in the Week 6 module  <b>Chapter 6 Quiz</b>
Nutrition 7	Mon May 9	Asynchronous recorded lecture on Body Composition and Eating Disorders (or attend the live 12noon Zoom if you are able, but not expected)	RBS: Chap. 10	Link for this lecture recording is in the Week 7 module
	Wed May 11	Asynchronous recorded lecture on Weight Loss (or attend the live 1:30pm Zoom if you are able, but not expected)  Oral Presentations and Analysis of Scientific Lit #2 due (for Nutrition Groups 1 - 4 only)  Chapter 10 Quiz	RBS: Chap. 11	Link for this lecture recording is in the Week 7 module <b>Oral P &amp; Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>  <b>Chapter 10 Quiz</b>
Nutrition 8	Mon May 16	No Zoom Chapter 11 Quiz		<b>Chapter 11 Quiz</b>
FINAL EXAM	Thur May 19 at 9:45am	9:45am NUTRITION EXAM, only open on Canvas from 9:45 – 11am using Respondus Browser	Study Guide linked in Week 8 module	<b>NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 &amp; 11)</b>