

4. Carbohydrates
5. Protein
6. Vitamins
7. Water/Minerals
8. Energy/Weight Control
9. Eating Disorders
10. Fitness/Sports Nutrition
11. Nutrition and Diet-related Diseases

8. Teaching Methods: Readings, Internet and textbook assignments and a computer dietary analysis.

9. Course Expectations:

- a. Reading Assignments: students are responsible for those chapters in the text that correspond to the assignment topics.
- b. Assignments are to be submitted to Black board by the specified due date. Late assignments will not be accepted for full credit.
- c. Instructions for the Dietary Analysis Project will be posted on black board in course materials. The Project is due on the specified date for full credit; late Projects will not be accepted. Instructions for submission of the Project will be posted.

10. Grading

The Dietary Analysis Project must be neatly prepared, typed, and well organized. Points will be deducted for poor grammar and spelling errors.

24 Internet Assignments (2 assignments per topic)	240 points
36 Chapter Questions (3 questions per chapter)	360
Dietary Analysis Project	<u>100 points</u>
	800 points

No extra credit assignments will be accepted or negotiated.

The grading scale is as follows:

A 93-100%	B+ 87-89	C+ 77-79	D+ 67-69	F < 60
A- 90-92	B 83-86	C 70-76	D 60-66	
	B- 80-82			

PBHL 221: NUTRITION
(Winter 2012-2013)

DUE DATE by midnight of the date listed Chapter #

12/26	Topic & chapter questions 1:	Ch 1
12/27	Topic & chapter questions 2:	Ch 2
12/28	Topic & chapter questions 3:	Ch 3
12/30	Topic & chapter questions 4:	Ch 4
1/2	Topic & chapter questions 5:	Ch 5
1/3	Topic & chapter questions 6:	Ch 6
1/5	Topic & chapter questions 7:	Ch 7
1/6	Topic & chapter questions 8:	Ch 8
1/7	Topic & chapter questions 9:	Ch 9
1/8	Topic & chapter questions 10:	Ch 10
1/9	Topic & chapter questions 11:	Ch 11
1/10	Topic & chapter questions 12:	Ch 12
1/11	Dietary Analysis Project Due	