This course is self-paced. All unit quizzes are open until the end of the 8-week semester just before the final exam. All are due 10/8 by 11:59pm. There are 2 exceptions: quiz 1 and 2 are due within the two weeks of class for attendance purposes and the final exam is only open for a 5-day window. The “due dates” column of the course calendar is basically a suggestion of when to complete unit exams so as you move through this course at an appropriate pace.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Sun</td>
<td>8/28-9/3</td>
<td>Getting Started, Nutrition: Making it Work for You</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Human Body: Are We Really What We Eat?</td>
<td>Quiz 1: Nutrition</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Quiz 2: Digestion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Must complete these first two exams by Sunday, 9/10 by 11:59pm to indicate participation in the course for the 12th class day role.</td>
</tr>
<tr>
<td></td>
<td>Mon - Sun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon - Sun</td>
<td>9/4-9/10</td>
<td>Carbohydrates: Plant-Derived Energy Nutrients</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fats: Essential Energy-Supplying Nutrients</td>
<td>Quiz 3: CHO</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Proteins: Crucial Components of All Body Tissues</td>
<td>Quiz 4: Fat</td>
</tr>
<tr>
<td>Mon - Sun</td>
<td>9/11-9/17</td>
<td>Vitamins: Micronutrients with Macro Powers</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Minerals: Building and Moving Our Body</td>
<td>Quiz 5: Pro</td>
</tr>
<tr>
<td>Mon - Sun</td>
<td>9/18-9/24</td>
<td>Fluid Balance, Water and Alcohol</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Achieving and Maintaining a Healthful Body Weight</td>
<td>Quiz 8: Fluids</td>
</tr>
<tr>
<td>Mon - Sun</td>
<td>9/25-10/1</td>
<td>Nutrition and Physical Activity: Keys to Good Health</td>
<td>Quiz 9: Wt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Quiz 10: Phys</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Quiz 11: Preg</td>
</tr>
</tbody>
</table>

The rest of the course will be self-paced. The dates provided are to help you manage your schedule efficiently. **The unit quizzes below will all close on 10/8**
## Course Calendar
### NUTR 1138-501- Diet and Fitness
#### Fall 2023

<table>
<thead>
<tr>
<th>Date</th>
<th>Modules</th>
<th>Quizzes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Sun</td>
<td>Nutrition Throughout the Lifecycle: Pregnancy and Infancy</td>
<td>Quiz 12: Child</td>
</tr>
<tr>
<td>10/2-10/8</td>
<td>Nutrition Throughout the Lifecycle: Toddlers and Childhood</td>
<td>Quiz 13: Elderly</td>
</tr>
<tr>
<td></td>
<td>Nutrition Throughout the Lifecycle: Adulthood and Elderly</td>
<td><strong>All quizzes must be completed by Sunday, 10/8 before 11:59pm</strong></td>
</tr>
<tr>
<td></td>
<td>Review all modules for final exam</td>
<td></td>
</tr>
<tr>
<td>Mon - Fri</td>
<td>Comprehensive Final: Opens at 12:00am on M 10/9, closes at 11:59pm on F 10/13</td>
<td>Final Exam</td>
</tr>
</tbody>
</table>

*Syllabus and Course Timeline are subject to change. Always refer to the Course Timeline in Brightspace for specific due dates and times of quizzes and exams.*