

# Course Syllabus

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 **Edit**



**Dept of Sociology, Social Work and Family Sciences**

**NUT2025 Fundamentals of Nutrition**

**3 Units / Prerequisite is Chem 103 or 152**

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**Spring 2023**

**1/10 - 2/28**

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**Meeting Days:** N/A

**Meeting Times:** Asynchronous

**Meeting Location:** Online

**Final Exam: (Day/Time):** Week 8

**Instructor:** Natasha Godwin MS RDN

**Email:** [ngodwin@pointloma.edu](mailto:ngodwin@pointloma.edu)  
(<mailto:ngodwin@pointloma.edu>)

**Phone:** By appointment upon request

**Office Location and Hours:** By appointment upon request

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## PLNU MISSION

**To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an

expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

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## FOUNDATIONAL EXPLORATIONS MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

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## COURSE DESCRIPTION

This course addresses evidence-based foundations of nutrition science and the scientific use of diet in health and well-being. Course content includes dietary guidelines, macro- and micro-nutrients, and an overview on chronic diseases related to nutrition.

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## COURSE LEARNING OUTCOMES

1. Demonstrate content knowledge of nutrient requirements for growth and development during the lifecycle stages of conception through late maturity.
  2. Apply content knowledge to disease prevention and treatment, and start developing skills in teaching/counseling nutrition information to individuals or groups.
  3. Apply foundations of knowledge in physical and biological sciences, as they relate to human physiology, nutrient sources and nutrient function
  4. Analyze, interpret and evaluate current evidence-based research related to nutrition topics.
  5. Examine cultural differences in food-related behaviors when working with peoples of diverse ethnic, religious and socio-economic backgrounds.
  6. Evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.
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## ASSESSMENT OUTCOMES

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
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DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
<p>Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan. (Learning)</p>	<p>1.1 Demonstrate content knowledge of nutrient requirements for growth and development during the lifecycle stages of conception through late maturity.</p> <p>1.2 Apply content knowledge to disease prevention and treatment, and start developing skills in teaching/counseling nutrition information to individuals or groups.</p>	<p><b>1.1.1 Explain nutrition's role in disease prevention, health and well-being</b></p> <p><b>1.1.2 Discuss nutritional requirements of individuals and variation in needs, depending on lifecycle stage and activity level</b></p> <p><b>1.2.1 Describe the different measures of nutritional requirements/dietary adequacy, e.g., DRIs, RDAs, AIs, TUILs of nutrients, food planning guides</b></p> <p><b>1.2.3 Identify the macronutrients and major micronutrients, describing basic functions and food sources of each</b></p> <p><b>1.2.4 Explain how diet is modified in the prevention/treatment of chronic health conditions.</b></p>	<p>Chapter quizzes</p> <p>Design a high fiber diet</p> <p>Discuss the 2015 Dietary Guidelines for Americans</p> <p>Create a video analysis of a nutrition facts label</p> <p>Alter a given diet to lower the saturated fat content</p> <p>Calculate your RDA for protein</p> <p>Plan a one-day menu meeting your protein needs</p> <p>Analyze a 3-day diet</p> <p>Interview family member on following a modified diet</p>
<p>2. Students will identify appropriate resources to use in application for</p>	<p>2.1 Apply foundations of knowledge in physical and biological</p>	<p><b>2.1.1 Describe the process of human digestion, nutrient absorption, nutrient</b></p>	<p>Chapter quizzes</p> <p>Discuss factors that affect digestion</p>

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
<p>problem solving. (Learning)</p>	<p>sciences, as they relate to human physiology, nutrient sources and nutrient function.</p>	<p><b>transport and metabolism;</b> <b>2.1.2 Identify determinants of energy balance and how imbalance can impact long-term health</b></p>	<p>Calculate your BMI and total energy expenditure using standard equations Research fad diets Create a best choice vs worse choice fast food menu</p>
<p>3. Students will analyze research data or original published works, and use critical thinking skills for evaluating products, research, or theories.</p>	<p>3.1 Analyze, interpret and evaluate current evidence-based research related to nutrition topics.</p>	<p><b>3.1.1 Examine the accuracy and validity of nutrition information sources and claims;</b> <b>3.1.2 Complete a dietary recall and analysis of the food intake recorded;</b></p>	<p>Chapter quizzes Create a video analysis of a nutrition facts label Record a 3-day diet food and beverage intake Analyze 3-day diet record Research fad diets Create a best choice vs worse choice fast food menu</p>
<p>4. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith. (Growing)</p>	<p>4.1 Examine cultural differences in food-related behaviors when working with peoples of diverse ethnic, religious and socio-economic backgrounds. 4.2 Evaluate the effects of societal,</p>	<p><b>4.1.1 Describe how cultural and environmental factors could influence food patterns and health beliefs of individuals</b> <b>4.1.2 Display professional behavior: respect and</b></p>	<p>Chapter quizzes Discuss own food choices, and mindless eating Interview family member on following a modified diet Punctual attendance</p>

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
	cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families, and societies.	<b>consideration for classmates and instructor</b>	and adherence to online policies

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## FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES

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## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Insel, P. M. (2017). *Nutrition* (6th edition). Jones & Bartlett Learning.

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## COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit class delivered over 8 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules and shown below:

ASSIGNMENTS	HOURS
Reading (13 chapters)	45
Quizzes	7.5
Discussions	23
Videos	8
Teaching a Nutrition Facts Label	4
Diet Change Assignments	6
3-Day Diet Analysis	10
Family Member Diet Interview	5
Fast Food Menu Analysis	2
Metabolism Case Study	2
<b>Total</b>	<b>112.5</b>

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## ASSESSMENT AND GRADING

Your grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the feedback provided in the grade book as these comments are intended to help you improve your work. Final grades will be posted within ten days of the end of the class. Multiple measures of evaluation are used in the course, allowing students opportunities to demonstrate their learning in more than one way, and giving consideration to individual learning styles. Course components that will be evaluated include:

### 1. Discussions

Each week, students will participate in online discussions with classmates, which are related to the week's readings. These discussions replace the interactive dialogue that occurs in the traditional classroom setting. **Discussions represent 20% of the overall course grade.**

### 2. Quizzes

Quizzes are required for each chapter. Read the chapter, access the quiz, and answer the questions. You have unlimited time, and two attempts at each quiz, however your second attempt will record as your final grade. **Quizzes represent 10% of the overall course grade.**

### 3. Written Assignments

There are several written assignments due in this 8-week course. They include changing diets to make healthier choices, teaching a nutrition label, completing a case study on metabolism, researching fad diets and interviewing a family member regarding his/her diet change. The final

assignment for this course is analyzing a 3-day diet. The purpose of this assignment is to learn more about your dietary intake, as well as your ability to correctly analyze the nutritional value of a diet. These assignments must reflect college-level writing and critical thinking. **Assignments represent 40% of the overall course grade.**

#### 4. Exams

After each week's instruction, there will be a required exam. The exam will cover the chapters from the previous week. The exams will be timed, and you cannot use your text. **Exams represent 15% of the overall course grade.**

#### 5. Final Exam

The last day of class will involve taking a final exam. It will cover information you should now know and understand after doing the quizzes, projects and weekly exams. Again, the final exam will be timed, and you cannot use your text. **The Final Exam represents 15% of the overall course grade.**

Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Grades will be based on the following:

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

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## STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course,

continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

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## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted by the due dates posted. There will be a 25% reduction of possible points for each day an assignment is late. If missing assignments result in the failure to meet learning outcomes, this instructor may give up to a letter grade reduction on the final grade in addition to the loss of points for missing work. No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

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## PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

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## PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies \(https://catalog.pointloma.edu/content.php?catoid=52&](https://catalog.pointloma.edu/content.php?catoid=52&)

[navoid=2919#Academic\\_Honesty](#)) for definitions of kinds of academic dishonesty and for further policy information.

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## PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

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## PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies \(https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic\\_Honesty\)](https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic_Honesty) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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## SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development**.

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## SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office \(https://www.pointloma.edu/title-ix\)](https://www.pointloma.edu/title-ix). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) (<mailto:counselingservices@pointloma.edu>) or find a list of campus pastors at the [Title IX Office | Get Help Now \(https://www.pointloma.edu/title-ix/get-help-now\)](https://www.pointloma.edu/title-ix/get-help-now)

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## USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements \(https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

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## ASSIGNMENTS AT-A-GLANCE

# Course Summary:

Date	Details	Due
Tue Jan 10, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863030">Academic Honesty Verification Statement</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863030">/courses/66080/assignments/863030</a>	due by 11:59pm
Wed Jan 11, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863029">Ch. 01: Food choices - nutrients and nourishment</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863029">/courses/66080/assignments/863029</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863049">Introduce yourself</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863049">/courses/66080/assignments/863049</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863022">Ch. 02: Nutrition Guidelines and Assessment</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863022">/courses/66080/assignments/863022</a>	due by 11:59pm
Thu Jan 12, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863048">Chp 1 Discussion: Why we eat what we eat</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863048">/courses/66080/assignments/863048</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863043">Mindless Eating - Why We Eat More Than We Think</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863043">/courses/66080/assignments/863043</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863052">Analyze Dietary Guidelines</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863052">/courses/66080/assignments/863052</a>	due by 11:59pm
Fri Jan 13, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863055">Fooducate</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863055">/courses/66080/assignments/863055</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863063">Teach a Food Label</a> <a href="https://canvas.pointloma.edu/courses/66080/assignments/863063">/courses/66080/assignments/863063</a>	due by 11:59pm

Date	Details	Due
Mon Jan 16, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863033">Ch. 03: Digestion and Absorption</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863033">https://canvas.pointloma.edu/courses/66080/assignments/863033</a> )	due by 11:59pm
Tue Jan 17, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863047">Digestion Video</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863047">https://canvas.pointloma.edu/courses/66080/assignments/863047</a> )	due by 11:59pm
Wed Jan 18, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863017">Exam 1</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863017">https://canvas.pointloma.edu/courses/66080/assignments/863017</a> )	due by 11:59pm
Thu Jan 19, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863027">Ch. 04: Carbohydrates</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863027">https://canvas.pointloma.edu/courses/66080/assignments/863027</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863046">Following a Low Carbohydrate Diet</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863046">https://canvas.pointloma.edu/courses/66080/assignments/863046</a> )	due by 11:59pm
Fri Jan 20, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863056">Increasing Fiber in a Diet</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863056">https://canvas.pointloma.edu/courses/66080/assignments/863056</a> )	due by 11:59pm
Mon Jan 23, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863035">Ch. 05: Lipids</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863035">https://canvas.pointloma.edu/courses/66080/assignments/863035</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863057">Lipid Digestion Video</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863057">https://canvas.pointloma.edu/courses/66080/assignments/863057</a> )	due by 11:59pm
Tue Jan 24, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863058">Lowering Saturated Fat in a Diet (Groupwork)</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863058">https://canvas.pointloma.edu/courses/66080/assignments/863058</a> )	due by 11:59pm
Wed Jan 25, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863036">Exam 2</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863036">https://canvas.pointloma.edu/courses/66080/assignments/863036</a> )	due by 11:59pm

Date	Details	Due
Thu Jan 26, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863028">Ch. 06: Proteins and Amino Acids (https://canvas.pointloma.edu/courses/66080/assignments/863028)</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863041">Protein Supplements (https://canvas.pointloma.edu/courses/66080/assignments/863041)</a>	due by 11:59pm
Fri Jan 27, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863061">Protein Needs (https://canvas.pointloma.edu/courses/66080/assignments/863061)</a>	due by 11:59pm
Mon Jan 30, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863021">Ch. 08: Metabolism (https://canvas.pointloma.edu/courses/66080/assignments/863021)</a>	due by 11:59pm
Tue Jan 31, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863059">Metabolism Video and Case Study (Groupwork) (https://canvas.pointloma.edu/courses/66080/assignments/863059)</a>	due by 11:59pm
Wed Feb 1, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863018">Exam 3 (https://canvas.pointloma.edu/courses/66080/assignments/863018)</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863044">10 Commandments of Health (https://canvas.pointloma.edu/courses/66080/assignments/863044)</a>	due by 11:59pm
Thu Feb 2, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863025">Ch. 10: Fat Soluble Vitamins (https://canvas.pointloma.edu/courses/66080/assignments/863025)</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863016">Ch. 11: Water-Soluble Vitamins (https://canvas.pointloma.edu/courses/66080/assignments/863016)</a>	due by 11:59pm
Mon Feb 6, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863020">Ch. 12: Water and Major Minerals (https://canvas.pointloma.edu/courses/66080/assignments/863020)</a>	due by 11:59pm

Date	Details	Due
Tue Feb 7, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863040">Fad Diets</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863040">https://canvas.pointloma.edu/courses/66080/assignments/863040</a> )	due by 11:59pm
Wed Feb 8, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863026">Ch. 13: Trace Minerals</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863026">https://canvas.pointloma.edu/courses/66080/assignments/863026</a> )	due by 11:59pm
Fri Feb 10, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863031">Exam 4</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863031">https://canvas.pointloma.edu/courses/66080/assignments/863031</a> )	due by 11:59pm
Sun Feb 12, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863051">3-Day Diet Analysis</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863051">https://canvas.pointloma.edu/courses/66080/assignments/863051</a> )	due by 11:59pm
Mon Feb 13, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863038">3-Day Diet Discussion</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863038">https://canvas.pointloma.edu/courses/66080/assignments/863038</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863034">Ch. 14: Sports Nutrition</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863034">https://canvas.pointloma.edu/courses/66080/assignments/863034</a> )	due by 11:59pm
Tue Feb 14, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863062">Sports Nutrition Infographic (+Peer Evaluation)</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863062">https://canvas.pointloma.edu/courses/66080/assignments/863062</a> )	due by 11:59pm
Wed Feb 15, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863023">Ch. 14A: Eating Disorders</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863023">https://canvas.pointloma.edu/courses/66080/assignments/863023</a> )	due by 11:59pm
Thu Feb 16, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863039">Addressing Disordered Eating Patterns</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863039">https://canvas.pointloma.edu/courses/66080/assignments/863039</a> )	due by 11:59pm
Fri Feb 17, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863053">Disordered Eating &amp; EAT 26</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863053">https://canvas.pointloma.edu/courses/66080/assignments/863053</a> )	due by 11:59pm

Date	Details	Due
Mon Feb 20, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863032">Ch. 09: Energy Balance, Body Composition, Weight Management</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863032">https://canvas.pointloma.edu/courses/66080/assignments/863032</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863042">Diet Analysis</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863042">https://canvas.pointloma.edu/courses/66080/assignments/863042</a> )	due by 11:59pm
Tue Feb 21, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863054">Fast Food Menu Analysis</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863054">https://canvas.pointloma.edu/courses/66080/assignments/863054</a> )	due by 11:59pm
Wed Feb 22, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863019">Ch. 15: Diet and Health</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863019">https://canvas.pointloma.edu/courses/66080/assignments/863019</a> )	due by 11:59pm
Thu Feb 23, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863060">Modified Diet Interview</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863060">https://canvas.pointloma.edu/courses/66080/assignments/863060</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863050">Reflection on Diet Interview</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863050">https://canvas.pointloma.edu/courses/66080/assignments/863050</a> )	due by 11:59pm
Mon Feb 27, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863045">Longevity Quiz</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863045">https://canvas.pointloma.edu/courses/66080/assignments/863045</a> )	due by 11:59pm
Tue Feb 28, 2023	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863024">Final Exam</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863024">https://canvas.pointloma.edu/courses/66080/assignments/863024</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/66080/assignments/863037">Nutrition Takeaways Discussion</a> ( <a href="https://canvas.pointloma.edu/courses/66080/assignments/863037">https://canvas.pointloma.edu/courses/66080/assignments/863037</a> )	due by 11:59pm