

Course Syllabus

[Jump to Today](#)

 Edit



Accelerated Undergraduate Studies

NUT1000 Introduction to Nutrition

3 Units

Spring 2026 | Quad 1

January 12 - March 8

Online

Meeting Days: N/A

Meeting Times: N/A

Meeting Location: Fully Online in Canvas

Final Exam: (Day/Time): N/A

Instructor: Crystal Karges

Email: ckarges1@pointloma.edu
(<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=ckarges1@pointloma.edu>)

Phone: Zoom, by appointment

Office Location and Hours: By appointment

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.



Course Description

Introduction to the role of nutrition in human health with respect to essential nutrients, factors that affect eating habits, nutrition research and social media, and establishing a healthy lifestyle.

Course Learning Outcomes

Upon completion of this course students will be able to...

1. Identify credible, scientific sources of nutrition information.
 2. Identify the six classes of nutrients, the essential nutrients, their functions and significant food sources.
 3. Describe food choices which promote optimal health.
 4. Use various tools (Dietary Guidelines, Food Labels, DRIs) to assess and create a healthful diet.
 5. Describe the benefits and controversies of food technology.
 6. Identify the unique nutrient needs of lifespans.
 7. Define food insecurity and identify the causes and efforts to alleviate.
-

General Education 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.

General Education Learning Outcomes (GELO)

Context #1: Learning, Informed by our Faith in Christ

ILO¹ #1: Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits that foster life-long learning.

GELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.

GELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.

GELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.



GELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.

GELO 1e. Quantitative Reasoning: Students will be able to solve problems that are quantitative in nature.

Context #2: Growing, In a Christ-Centered Faith Community

ILO #2: Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments.

GELO 2a. Students will develop an understanding of self that fosters personal well-being.

GELO 2b. Students will understand and appreciate diverse forms of artistic expression.

GELO 2c. Students will demonstrate an understanding of the complex issues faced by diverse groups in global and/or cross-cultural contexts.

Context #3: Serving, In a Context of Christian Faith

ILO #3: Students will serve locally and/or globally in vocational and social settings.

GELO 3. Students will demonstrate an understanding of Christian Scripture, Tradition, and Ethics, including engagement in acts of devotion and works of mercy.

¹ILO - Institutional Learning Objective

Institutional Learning Outcomes

1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. Growing, in a Christ-centered Faith Community

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental, and social contexts.

3. Serving, in a Context of Christian Faith

Students will serve locally and/or globally in vocational and social settings.

Required Texts and Recommended Study Resources

Zimmerman, M., & Snow, B. (2012). [An introduction to nutrition](https://open.umn.edu/opentextbooks/textbooks/an-introduction-to-nutrition)  (<https://open.umn.edu/opentextbooks/textbooks/an-introduction-to-nutrition>) (Version 1.0). Saylor Academy.



Note: Students are responsible for having the required textbooks prior to the first day of class. Students are also encouraged to begin reading the books in preparation for the class as soon as possible.

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. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

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 126 total hours meeting the course learning outcomes. The weekly time estimations are provided in the Canvas modules.

Assessment and Grading

Course Assignments

<i>Assignment Category</i>	<i>Total Points</i>
Discussions	215
Assignments	215
Quizzes	80
Midterm Exam	100
Three-day Diet Analysis Project	80
Presentation	90
Surveys	5

It is important to read the comments posted in the grade book, as these comments are intended to help students improve their work. Final grades will be posted by the due date as posted in the Academic Calendar.

Grading Scale

The following grading scale will be used for all exams and final course grades:

- 93 – 100% = A



- 90 – 92% = A-
 - 87 – 89% = B+
 - 83 – 86% = B
 - 80 – 82% = B-
 - 77 – 79% = C+
 - 73 – 76% = C
 - 70 – 72% = C-
 - 67 – 69% = D+
 - 63 – 66% = D
 - 60 – 62% = D-
 - 59% or below = F
-

Incompletes and Late Assignments

All assignments are to be submitted by the due dates. There will be a 10% reduction of possible points for **each day** an assignment is late, and assignments will **not be** accepted for credit four days after the due date. If missing assignments result in the failure to meet learning outcomes, you may receive a letter grade reduction on the final grade in addition to the loss of points for missing work. Assignments will be considered late if posted after the due date and time using Pacific Standard Time. No assignments will be accepted after midnight on Sunday night, the last day of class.

Exceptions for extenuating circumstances must be pre-approved by the instructor and the program director.

PLNU Spiritual Care

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our Graduate and Adult Undergraduate students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain who is available during class break times across the week. If you have questions or a desire to meet or share any prayer requests with the onsite chaplain, you may email Dr. Sylvia Cortez Masyuk at scortezm@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=scortezm@pointloma.edu>).

In addition, on the MV campus, there is a prayer chapel on the third floor, which is open for use as a space set apart for quiet reflection and prayer.

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>) to view which states allow online (distance education) outside of California.

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.

PLNU Recording Notification

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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.

For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Adult Undergraduate Academic and General Policies](#) <https://pointloma-public.courseleaf.com/aug-catalog/academic-general-policies/#text> for definitions of kinds of academic dishonesty and for further policy information.



During the first week of class, you will be asked to submit an Academic Honesty Verification Statement. Submitting the statement is a requirement of this course. By submitting the Academic Honesty Verification Statement, you will be verifying all assignments completed in this course were completed by you. Carefully review the Academic Honesty Statement below.

Statement: "In submitting this form, I am verifying all the assignments in this course will be completed by me and will be my own work."

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

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. Accommodations are not retroactive, so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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 ensure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

Language and Belonging



Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars, we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice-free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at www.pointloma.edu/bias (<http://www.pointloma.edu/bias>).

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 or find a list of campus pastors via our [Sexual Harassment and Discrimination Policy](https://www.pointloma.edu/title-ix). (<https://www.pointloma.edu/title-ix>)

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources via our [Nondiscrimination and Anti-harassment Policy](https://www.pointloma.edu/bias) (<https://www.pointloma.edu/bias>).

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements.



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 withdrawal date or, after that date, receive an “F” grade.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

Refer to [Academic Policies](https://pointloma-public.courseleaf.com/aug-catalog/academic-general-policies/)  (<https://pointloma-public.courseleaf.com/aug-catalog/academic-general-policies/>) for additional details.

Synchronous Attendance/Participation Definition

For synchronous courses that have specific scheduled meeting times (including in-person, hybrid, and synchronous online courses), absences are counted from the first official meeting of the class regardless of the date of the student’s enrollment. For courses with specific attendance requirements, those requirements are outlined in the course syllabus.

Note: For synchronous courses with an online asynchronous week, refer to the Online Asynchronous Class Attendance policy listed below.

Online Asynchronous Attendance/Participation Definition

Students taking online courses with no specific scheduled meeting times are expected to actively engage throughout each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes, but is not limited to:

- Engaging in an online discussion
- Submitting an assignment
- Taking an exam
- Participating in online labs
- Initiating contact with faculty member within the learning management system to discuss course content

Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.

Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction are fully online.
 1. Synchronous Courses: At least one class meeting takes place at a designated time.



2. Asynchronous Courses: All class meetings are asynchronous.
 2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
 3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).
-

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 \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/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 requires a computer with a camera (tablets are not compatible nor allowable) 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.

GPS Academic Resources

PLNU offers the following free academic resources virtually for Graduate Professional Studies (GPS) Students. Visit myPLNU through the links below for more information.

- [The GPS Writing Center \(https://my.pointloma.edu/pages/writing-center-gps\)](https://my.pointloma.edu/pages/writing-center-gps) offers:
 - **Zoom Writers Workshops** offered each quad on a variety of helpful topics
 - **One-to-one appointments** with the Writing Coach
 - **Microlearning YouTube Video Library** for helpful tips anytime
- [Research Help Guide \(https://my.pointloma.edu/pages/research-help\)](https://my.pointloma.edu/pages/research-help) to help you start your research
 - The physical office is located on the third floor of the [Mission Valley Regional Center \(https://maps.app.goo.gl/CRXui8PJUnSkvokC9\)](https://maps.app.goo.gl/CRXui8PJUnSkvokC9) off the student lounge
- [Academic Writing Resources Course \(https://canvas.pointloma.edu/courses/64301\)](https://canvas.pointloma.edu/courses/64301): Found on your Canvas Dashboard, this course is non-credit with 24/7 access, no time limits, and self-paced content. [Watch a quick video run-through \(https://youtu.be/JB8MmVPznFI\)](https://youtu.be/JB8MmVPznFI) and take time now to explore!
- [Grammarly \(https://www.grammarly.com/edu/point-loma-nazarene-university-graduate-professional-studies\)](https://www.grammarly.com/edu/point-loma-nazarene-university-graduate-professional-studies): Students have unlimited FREE access to Grammarly for Education, a trusted tool designed to help enhance writing skills by providing real-time feedback, identifying areas for improvement, and providing suggestions. Grammarly's Generative AI is NOT available with our student account.



- [Tutoring \(https://my.pointloma.edu/pages/tutoring-gps\)](https://my.pointloma.edu/pages/tutoring-gps): Students have access to 24/7 live or scheduled subject tutoring through Tutor.com, including a Paper Drop-Off Service with feedback within 12 hours.

Assignments-at-a-Glance

The course summary below lists our assignments and their due dates. Click on any assignment to review it.

Course Summary:

Date	Details	Due
	 WK1 Welcome Overview	to do: 8am
	 WK1 Project Review: Three-day Diet Analysis	to do: 11:59pm
Mon Jan 12, 2026	  Important Course Information	to do: 11:59pm
	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/85537/assignments/1253760)	due by 11:59pm
Wed Jan 14, 2026	 WK1 Discussion: Introduce Yourself (https://canvas.pointloma.edu/courses/85537/assignments/1253761)	due by 11:59pm
Sun Jan 18, 2026	 WK1 Responses to Discussions Due (https://canvas.pointloma.edu/calendar?event_id=179716&include_contexts=course_85537)	12am
Tue Jan 20, 2026	 WK2 Overview	to do: 8am
Wed Jan 21, 2026	 WK2 Discussion: Mindless Eating - Why We Eat More Than We Think (https://canvas.pointloma.edu/courses/85537/assignments/1253763)	due by 11:59pm
	 WK2 Discussion: Protein Supplements	due by 

Date	Details	Due
	(https://canvas.pointloma.edu/courses/85537/assignments/1253764)	
Fri Jan 23, 2026	 WK2 Fuel for a Healthy Lifestyle Quiz (https://canvas.pointloma.edu/courses/85537/assignments/1253758)	due by 11:59pm
	 WK2 Quiz: Ch. 1 & Ch. 2 (Up to 2.6) (https://canvas.pointloma.edu/courses/85537/assignments/1253757)	due by 11:59pm
Sun Jan 25, 2026	 WK2 Responses to Discussions Due (https://canvas.pointloma.edu/calendar?event_id=179717&include_contexts=course_85537)	12am
	 WK2 Study-Parenting Style and Obesity Risk in Children (https://canvas.pointloma.edu/courses/85537/assignments/1253777)	due by 11:59pm
Mon Jan 26, 2026	 WK3 Overview	to do: 8am
	 WK3 Discussion: Cultural Food Traditions (https://canvas.pointloma.edu/courses/85537/assignments/1253770)	due by 11:59pm
Wed Jan 28, 2026	 WK3 Group SIGNUP & Discussion: Micronutrient Infographic (https://canvas.pointloma.edu/courses/85537/assignments/1253765)	due by 11:59pm
	 WK3 Macronutrients Quiz (https://canvas.pointloma.edu/courses/85537/assignments/1253756)	due by 11:59pm
Fri Jan 30, 2026	 WK3 Micronutrients Quiz (https://canvas.pointloma.edu/courses/85537/assignments/1253750)	due by 11:59pm
Sun Feb 1, 2026	 WK3 Responses to Discussions Due (https://canvas.pointloma.edu/calendar?event_id=179718&include_contexts=course_85537)	12am
	 WK3 Final Life Cycle Presentation SIGNUP	to do: 

Date	Details	Due
	 WK3 PART A. Three-day Diet Analysis Project: Food Intake Log https://canvas.pointloma.edu/courses/85537/assignments/1253778	due by 11:59pm
Mon Feb 2, 2026	 WK4 Overview	to do: 8am
	 WK4 Discussion: Fiber Experiment https://canvas.pointloma.edu/courses/85537/assignments/1253768	due by 11:59pm
Wed Feb 4, 2026		
	 WK4 Discussion: Following a Low Carbohydrate Diet https://canvas.pointloma.edu/courses/85537/assignments/1253762	due by 11:59pm
Fri Feb 6, 2026	 WK4 Digestion Quiz https://canvas.pointloma.edu/courses/85537/assignments/1253751	due by 11:59pm
	 WK4 Responses to Discussions Due https://canvas.pointloma.edu/calendar?event_id=179712&include_contexts=course_85537	12am
Sun Feb 8, 2026		
	 WK4 Metabolism Video and Case Study https://canvas.pointloma.edu/courses/85537/assignments/1253779	due by 11:59pm
Mon Feb 9, 2026	 WK5 Overview	to do: 8am
	 WK5 Discussion: Fast Food Menu Analysis https://canvas.pointloma.edu/courses/85537/assignments/1253772	due by 11:59pm
Wed Feb 11, 2026		
	 WK5 Discussion: Teach a Nutrition Label https://canvas.pointloma.edu/courses/85537/assignments/1253769	due by 11:59pm
Fri Feb 13, 2026	 WK5 Midterm Exam https://canvas.pointloma.edu/courses/85537/assignments/1253755	due by 11:59pm



Date	Details	Due
Sun Feb 15, 2026	 WK5 Responses to Discussions Due https://canvas.pointloma.edu/calendar?event_id=179714&include_contexts=course_85537	12am
Mon Feb 16, 2026	 WK5 PART B. Three-day Diet Analysis Project: Reports https://canvas.pointloma.edu/courses/85537/assignments/1253780	due by 11:59pm
Wed Feb 18, 2026	 WK6 Discussion: Experiment with Sugar https://canvas.pointloma.edu/courses/85537/assignments/1253773	due by 11:59pm
Fri Feb 20, 2026	 WK6 Fad Diets SIGNUP & Discussion https://canvas.pointloma.edu/courses/85537/assignments/1253766	due by 11:59pm
Sun Feb 22, 2026	 WK6 Healthy Eating & Disease Prevention Quiz https://canvas.pointloma.edu/courses/85537/assignments/1253752	due by 11:59pm
Sun Feb 22, 2026	 WK6 Responses to Discussions Due https://canvas.pointloma.edu/calendar?event_id=179719&include_contexts=course_85537	12am
Mon Feb 23, 2026	 WK6 Lowering Saturated Fat in a Diet https://canvas.pointloma.edu/courses/85537/assignments/1253781	due by 11:59pm
Mon Feb 23, 2026	 WK7 Overview	to do: 8am
Wed Feb 25, 2026	 WK7 Discussion: Food Inequality Paper https://canvas.pointloma.edu/courses/85537/assignments/1253774	due by 11:59pm
Wed Feb 25, 2026	 WK7 Discussion: Food Technology https://canvas.pointloma.edu/courses/85537/assignments/1253767	due by 11:59pm



Date	Details	Due
Fri Feb 27, 2026	 WK7 Food Insecurity Quiz https://canvas.pointloma.edu/courses/85537/assignments/1253759	due by 11:59pm
	 WK7 Responses to Discussions Due https://canvas.pointloma.edu/calendar?event_id=179715&include_contexts=course_85537	12am
	 EXTRA CREDIT: Attend a Writers Session https://canvas.pointloma.edu/courses/85537/assignments/1294466	due by 11:59pm
Sun Mar 1, 2026	 WK7 Food Inequality Research Paper https://canvas.pointloma.edu/courses/85537/assignments/1253782	due by 11:59pm
	 WK7 Fooducate Report https://canvas.pointloma.edu/courses/85537/assignments/1253783	due by 11:59pm
	 WK7 PART C. Three-day Diet Analysis Project: Worksheets & Analysis https://canvas.pointloma.edu/courses/85537/assignments/1253784	due by 11:59pm
Mon Mar 2, 2026	 WK8 Overview	to do: 8am
Tue Mar 3, 2026	 WK8 Final Life Cycle Presentation (Group Submission) https://canvas.pointloma.edu/courses/85537/assignments/1253786	due by 11:59pm
	 WK8 Discussion: Presentation Showcase https://canvas.pointloma.edu/courses/85537/assignments/1253771	due by 11:59pm
Wed Mar 4, 2026	 WK8 Discussion: Role of Preconception Care in Health of Fetus https://canvas.pointloma.edu/courses/85537/assignments/1253775	due by 11:59pm
Fri Mar 6, 2026	 WK8 Life Cycles Quiz https://canvas.pointloma.edu/courses/85537/assignments/1253754	due by 11:59pm



Date	Details	Due
Sun Mar 8, 2026	 WK8 NUT1000 Survey (https://canvas.pointloma.edu/courses/85537/assignments/1253753)	due by 11:59pm
	 WK8 Responses to Discussions Due (https://canvas.pointloma.edu/calendar?event_id=179713&include_contexts=course_85537)	12am
	 WK8 End-of-Course Evaluation (https://canvas.pointloma.edu/courses/85537/assignments/1253785)	due by 11:59pm
	 WK1 Interactive Exercises (PILOT for ID) (https://canvas.pointloma.edu/courses/85537/assignments/1253776)	

