


# Course Syllabus

[Jump to Today](#)
 **Edit**

 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Department/School Name</b></p> <p>Department of Sociology, Social Work and Family Sciences</p> <p><b>Course Number and Name</b></p> <p>NUT 3065 – Advanced Nutrition</p> <p><b>Number of Units 3</b></p>
<p>Fall 2020</p>	

<p><b>Meeting days: Mon/Wed</b></p>	<p><b>Instructor title and name: Cindy Swann, MS, RD, CDCES</b></p>
<p><b>Meeting times: 8:15-9:30</b></p>	<p><b>Phone: 619-849-2351</b></p>
<p><b>Meeting location: Evans 122</b></p>	<p><b>Email: cindyswann@pointloma.edu</b></p>
<p><b>Final Exam: (day/time) Wed, 12/2 7:30-10:00 am</b></p>	<p><b>Office location and hours: Mon/Wed 12:15- 1:15 pm; Tues 9:00-10:00 am or by appt.</b></p>

## 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

### Course Description:

Theories are integrated from physiology, biochemistry and nutrition to provide an in-depth study of nutrients and their role in human metabolism. Current research on human metabolic processes is analyzed. Laboratory applications. Three (3) semester unit credits.

### Dietetic Learning Outcomes:

1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development, modification, and evaluation of recipes, menus and food products.
2. Identify and assess scientific literature to evaluate current evidence-based research related to dietetic topics.
3. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among families and societies.

### NUT 3065 Course Student Learning Outcomes:

- Define in-depth nutrient roles.
- Describe how macronutrients are digested and absorbed.
- Outline major biochemical pathways.
- Explain specific reactions for vitamins and minerals as cofactors.
- Draw the nutrient chemical structures.
- Distinguish the relative importance of various foods as sources of nutrients.
- Examine recent scientific literature in referred journals.
- Analyze reports concerning research findings on various nutrients.
- Practice spectrophotometric procedures on measurement of various blood nutrient levels.

- Interpret and report data in a research paper.
- 

### **AND's KRDN Didactic Course Core Knowledge for the RDN in DPD Programs based on 2017 Standards:**

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3: Apply critical thinking skills.

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

### **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

#### Note:

Gropper, S.S., Smith, J.L. and Groff J.L. Advanced Nutrition and Human Metabolism, 7<sup>th</sup> ed., Cengage Learning, 2018.

### **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 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

#### **Distribution of Student Learning Hours**

<b>Category</b>	<b>Time Expectation in Hours</b>
Online Participation in Discussions, Groups, etc.	15
Reading Assignments	40
Written Assignments	30

Category	Time Expectation in Hours
Other Assignments & Learning Activities	15
Quizzes, Surveys	15
<b>Total Hours</b>	<b>115</b>

## COURSE SCHEDULE AND ASSIGNMENTS

### Course Grading Criteria:

### Points

•	13 Chapter quizzes @ 10 pts. each	130
•	4 Term Exams @ 100 pts. each	400
•	Written Research Study	100
•	EAL Tutorial	30
•	1 Oral Presentation @ 50 pts. each	50
•	5 Laboratory Reports @ 15 pts. each	75
•	Diet and Activity Study	100
•	Blood Glucose Journal???	30
•	Debate	25
•	Final Exam	100
•	Review Questions/Discussions on Canvas	<u>varying points</u>
•	<b>TOTAL POINTS</b>	<b>~ 1040 points</b>

### Projects:

#### Diet Activity Report

\_See Canvas for full directions on this project. You will record your dietary intake, and every minute of activity for three consecutive days. Your diet will be analyzed by hand and compared to the DRIs, MyPlate guidelines, and US Dietary Guidelines. Your activities will be calculated using the appropriate MET. Summary reports will be written for each method used, and your comparison of energy intake vs output. A conclusion will state goals on how your daily diet and activities should be adapted to better meet the guidelines.

#### Laboratory Experiment Report Format

A written report will be required to turn in following each lab experiment performed. The report will consist of the following six parts:

1. Objective: what did you measure? What was the point of the experiment?
2. Principle: how did the experiment happen? What reacted to produce a compound that could be measured?
3. Procedure: Step by step directions in how to measure the compound.
4. Raw Data: all readings from the spectrophotometer and all calculations must be shown here.
5. Final Data: What results did you obtain? What was the standard (known value) you were to obtain?
6. Discussion/Conclusion: Were your results accurate? If not, what were some potential sources of errors? Were your results precise? If not, what sources of error may have altered your results? What do the results mean to your patient? Are they in the normal range or not? If not, what could the results indicate? Remember to provide references for your "facts".
7. We will do five (5) lab experiments during class. A lab report will be due the next class period after the lab. Each report is worth 15 pts.

### **Debate**

Topic = Low Carb/Keto/Atkins diets. Research the pros and cons of low carb diets. This debate will be a "tag" format. When you are called on, you must state a fact about low carb diets that is the opposite side of the argument than your classmate. For instance, if the student before you stated a "con", you must summarize their statement, then state a "pro".

-

### **Oral Presentations**

-

Each student will choose one vitamin or one mineral to teach to the class. A 10 minute presentation will be prepared and presented that will include the nutrient's functions, active form, food sources, RDA values, deficiency/toxicity symptoms, and method of assessment. Additionally, a journal article on this nutrient will be presented. A variety of presentation methods may be utilized, but should include a visual presentation, as well as a handout to be used as a study guide.

## Research Report Guidelines

-

The purpose of this assignment is to conduct a research project in its entirety. Each student will be responsible for collecting data, and writing their own paper. The project will consist of several parts.

1. In class, we will practice conducting laboratory experiments on test “blood” reagents. Then you will choose one test kit to use for your research report (ex. cholesterol, triglycerides, glucose, albumin, iron)
2. Sign up with me for an appointment with the Wellness Center for a blood draw. This will be your “pre-diet” test vial. (I will bring in a sign-up sheet to the class for appointments.)
3. Change your diet to attempt to result in a change in this blood value. Write out how your diet will change, and give a sample. For example, add an egg to your diet every day to see if your blood cholesterol level changes; or eliminate red meat in your diet for two weeks to see if it affects your iron status. Follow your diet for two weeks. Keep a journal of what you ate.
4. After at least two weeks, sign up with me for a second appointment with the Wellness Center for a blood draw. This will be your “post-diet” test vial.
5. Run the lab experiment on your pre- and post-diet blood vials (see syllabus for assigned date).
6. Write a research paper. A research report consists of 6 parts:
7. Introduction: Students decide their own hypothesis. For instance, you may want to report on the assumption that increasing your saturated fat levels will raise your blood cholesterol values. The introduction generally has a few paragraphs describing the basic components of the nutrients. For example, what are saturated fats and where are they found, how do they affect blood cholesterol, etc. Next, conduct a literature review and outline what studies have been done on this topic in the past, summarizing what has been found. A literature review/introduction section should be ~5 pages (double spaced). Finish the section by stating the hypothesis of this research project.
8. Methods and Materials: in this section, report exactly how the research was conducted and the materials used. The methods section should be so clear, and complete, that I could repeat your exact study. Examples are a description of the subject(s), the environment, the diet followed, how the blood was drawn and prepared, and the laboratory equipment used. Think of this section as a recipe, **except the text is written in paragraph form** (do not list materials).
9. Results: generally, this is a summary of the data shown in concise graphs or tables with verbal text describing in paragraph form the contents of each graph or table. The raw data and any calculations done will be housed in the appendices. In this section, just report the facts. Write in the third person, past tense, with no opinion given, or discussion made. This will be a very brief section since you are just reporting the pre and post blood values, and the statistics of how compliant you were with your diet changes.

10. Discussion: this section should complete a full circle from your hypothesis and introduction material. Here you will compare or contrast your results to the literature reported, evaluate your procedures and techniques used, and summarize your findings. Finish with a brief conclusion.
11. Reference page: Follow the *Journal of Nutrition* format for referencing all articles used in your paper. Within the body of the paper, you may use the number system, or author/year system when referencing.
12. Appendices: all raw data used, such as diet log, raw data from the lab experiments, etc.

## ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book each week beginning in Week Two of this course. 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 within one week of the end of the class. Grades will be based on the following:

### Standard Grade Scale Based on Percentages

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	

## 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.

## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **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 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](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.



## PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) 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.

## 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](https://www.pointloma.edu/offices/spiritual-development) [.\(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

## USE OF TECHNOLOGY











In order to be successful in the online 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) [.\(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information.










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










## ASSIGNMENTS AT-A-GLANCE










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










## Course Summary:










Date	Details	
Wed Jan 8, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522441">Journal Abstract</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522441">https://canvas.pointloma.edu/courses/53706/assignments/522441</a>	due by 8:15am
Mon Jan 27, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522445">Review on Anatomy and Digestion</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522445">https://canvas.pointloma.edu/courses/53706/assignments/522445</a>	due by 8am
Wed Feb 5, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522447">Writing the Results Section</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522447">https://canvas.pointloma.edu/courses/53706/assignments/522447</a>	due by 8am
Sun Feb 16, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522442">Lipid Review</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522442">https://canvas.pointloma.edu/courses/53706/assignments/522442</a>	due by 11:59pm
Mon Aug 17, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46175&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46175&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46175&amp;include_contexts=course_53706</a>	8:15am to 9:30am
	 <a href="#">WK1   Synchronous Session Agenda</a>	to do: 8:15am
Wed Aug 19, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46176&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46176&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46176&amp;include_contexts=course_53706</a>	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538476">WK 1   Quiz 1 - Digestion (Pre-test)</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/538476">https://canvas.pointloma.edu/courses/53706/assignments/538476</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522305">WK1   Discussion - Introduce Yourself</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522305">https://canvas.pointloma.edu/courses/53706/assignments/522305</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522409">WK1   Quiz 1 - Digestion (Post-test)</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522409">https://canvas.pointloma.edu/courses/53706/assignments/522409</a>	due by 11:59pm










Date	Details	
Mon Aug 24, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46177&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46177&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46177&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522334">WK1   Assignment - Checking In</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522334">https://canvas.pointloma.edu/courses/53706/assignments/522334</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522413">WK2   Quiz 2 - Energy (Pre-test)</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522413">https://canvas.pointloma.edu/courses/53706/assignments/522413</a> )	due by 8:15am
	 <a href="#">WK2   Synchronous Session Agenda</a>	to do: 8:15am
Wed Aug 26, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46178&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46178&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46178&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522408">WK2   Quiz 3 - Carbohydrates (Pre-test)</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522408">https://canvas.pointloma.edu/courses/53706/assignments/522408</a> )	due by 8:15am
Mon Aug 31, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46179&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46179&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46179&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522440">Glucose Lab Report</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522440">https://canvas.pointloma.edu/courses/53706/assignments/522440</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538484">WK3   Quiz 3 - Carbohydrates (Post-test)</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/538484">https://canvas.pointloma.edu/courses/53706/assignments/538484</a> )	due by 11:59pm

Date	Details	
Wed Sep 2, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46180&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46180&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46180&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522410">WK3   Quiz 4 - Fiber (Pre-test)</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522410">https://canvas.pointloma.edu/courses/53706/assignments/522410</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522335">WK3   Assignment - Glycolysis Overview</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522335">https://canvas.pointloma.edu/courses/53706/assignments/522335</a> )	due by 8:15pm
Fri Sep 4, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538482">WK3   Quiz 4 - Fiber (Post-test)</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/538482">https://canvas.pointloma.edu/courses/53706/assignments/538482</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522423">Glycolysis Overview</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522423">https://canvas.pointloma.edu/courses/53706/assignments/522423</a> )	due by 8:15am
Mon Sep 7, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46181&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46181&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46181&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538597">WK4   Exam #1</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/538597">https://canvas.pointloma.edu/courses/53706/assignments/538597</a> )	due by 9:30am
Wed Sep 9, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46182&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46182&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46182&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522336">WK3   Lab Report - Glucose</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522336">https://canvas.pointloma.edu/courses/53706/assignments/522336</a> )	due by 8:15am











Date	Details	
Mon Sep 14, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46183&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46183&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46183&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522404">WK5   Quiz 5 - Lipids</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522404">https://canvas.pointloma.edu/courses/53706/assignments/522404</a> )	due by 8:15am
Wed Sep 16, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46184&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46184&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46184&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522310">WK5   Discussion - Saturated Fat</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522310">https://canvas.pointloma.edu/courses/53706/assignments/522310</a> )	due by 8:15am
Mon Sep 21, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46185&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46185&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46185&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522446">Triglyceride Lab Report</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522446">https://canvas.pointloma.edu/courses/53706/assignments/522446</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522339">WK6   Lab Report - Cholesterol</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522339">https://canvas.pointloma.edu/courses/53706/assignments/522339</a> )	due by 11:59pm
Wed Sep 23, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46186&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46186&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46186&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522338">WK6   Lab Report - Triglyceride</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522338">https://canvas.pointloma.edu/courses/53706/assignments/522338</a> )	due by 8:15am










Date	Details	
Mon Sep 28, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522415">WK6   Quiz 6 - Protein</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522415">https://canvas.pointloma.edu/courses/53706/assignments/522415</a> )	due by 8:15am
Mon Sep 28, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46187&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46187&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46187&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
Mon Sep 28, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522340">WK7   Assignment - Checking In Follow-up</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522340">https://canvas.pointloma.edu/courses/53706/assignments/522340</a> )	due by 8:15am
Wed Sep 30, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46188&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46188&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46188&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
Wed Sep 30, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522342">WK7   Diet and Activity Report</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522342">https://canvas.pointloma.edu/courses/53706/assignments/522342</a> )	due by 8:15am
Sun Oct 4, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522419">Mid-Semester Course Feedback</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522419">https://canvas.pointloma.edu/courses/53706/assignments/522419</a> )	due by 11:59pm
Mon Oct 5, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46189&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46189&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46189&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
Mon Oct 5, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522424">Albumin Lab Report</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522424">https://canvas.pointloma.edu/courses/53706/assignments/522424</a> )	due by 8:15am
Mon Oct 5, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522431">Diet and Activity Study</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522431">https://canvas.pointloma.edu/courses/53706/assignments/522431</a> )	due by 8:15am











Date	Details	
Wed Oct 7, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538939">WK8   Exam #2</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/538939"> (https://canvas.pointloma.edu/courses/53706/assignments/538939)</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/calendar?event_id=46190&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46190&amp;include_contexts=course_53706"> (https://canvas.pointloma.edu/calendar?event_id=46190&amp;include_contexts=course_53706)</a>	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522426">Body Comp Assessment Worksheet</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522426"> (https://canvas.pointloma.edu/courses/53706/assignments/522426)</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522341">WK8   Lab Report - Albumin</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522341"> (https://canvas.pointloma.edu/courses/53706/assignments/522341)</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522411">WK8   Quiz 8 - Energy Balance / Body Comp</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522411"> (https://canvas.pointloma.edu/courses/53706/assignments/522411)</a>	due by 8:15am
Mon Oct 12, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46191&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46191&amp;include_contexts=course_53706"> (https://canvas.pointloma.edu/calendar?event_id=46191&amp;include_contexts=course_53706)</a>	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522328">WK9   Assignment - Body Comp Video</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522328"> (https://canvas.pointloma.edu/courses/53706/assignments/522328)</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522418">WK9   Quiz 7 - Metabolism</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522418"> (https://canvas.pointloma.edu/courses/53706/assignments/522418)</a>	due by 8:15am
Wed Oct 14, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46192&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46192&amp;include_contexts=course_53706"> (https://canvas.pointloma.edu/calendar?event_id=46192&amp;include_contexts=course_53706)</a>	8:15am to 9:30am

Date	Details	
Mon Oct 19, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522430">Debate on Low Carb Diets</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522430">https://canvas.pointloma.edu/courses/53706/assignments/522430</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/calendar?event_id=46193&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46193&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46193&amp;include_contexts=course_53706</a>	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522443">WK10   Oral Presentation - Vitamins</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522443">https://canvas.pointloma.edu/courses/53706/assignments/522443</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522417">WK10   Quiz 10 - Fat Soluble Vitamins</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522417">https://canvas.pointloma.edu/courses/53706/assignments/522417</a>	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522406">WK10   Quiz 9 - Water Soluble Vitamins</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522406">https://canvas.pointloma.edu/courses/53706/assignments/522406</a>	due by 8:15am
Wed Oct 21, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46194&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46194&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46194&amp;include_contexts=course_53706</a>	8:15am to 9:30am
Mon Oct 26, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46195&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46195&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46195&amp;include_contexts=course_53706</a>	8:15am to 9:30am
Wed Oct 28, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522425">Blood Glucose Journal</a> <a href="https://canvas.pointloma.edu/courses/53706/assignments/522425">https://canvas.pointloma.edu/courses/53706/assignments/522425</a>	due by 8:15am
Wed Oct 28, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46196&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46196&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46196&amp;include_contexts=course_53706</a>	8:15am to 9:30am



Date	Details	
Mon Nov 2, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522301">WK11   Discussion - Vitamin Review</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522301">https://canvas.pointloma.edu/courses/53706/assignments/522301</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/calendar?event_id=46197&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46197&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46197&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522448">Written Research Study</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522448">https://canvas.pointloma.edu/courses/53706/assignments/522448</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538940">WK12   Exam #3</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/538940">https://canvas.pointloma.edu/courses/53706/assignments/538940</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/calendar?event_id=46198&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46198&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46198&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
Wed Nov 4, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522432">EAL Tutorial</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522432">https://canvas.pointloma.edu/courses/53706/assignments/522432</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522405">WK12   Quiz 11 - Macrominerals</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522405">https://canvas.pointloma.edu/courses/53706/assignments/522405</a> )	due by 8:15am
Thu Nov 5, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522427">Carbohydrate Review</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522427">https://canvas.pointloma.edu/courses/53706/assignments/522427</a> )	due by 11:59pm
Fri Nov 6, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522433">Energy Review</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522433">https://canvas.pointloma.edu/courses/53706/assignments/522433</a> )	due by 11:59pm
Sun Nov 8, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522444">Protein Review</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522444">https://canvas.pointloma.edu/courses/53706/assignments/522444</a> )	due by 11:59pm

Date	Details	
Mon Nov 9, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46199&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46199&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46199&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522331">WK13   Assignment - Blood Glucose Journal</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522331">https://canvas.pointloma.edu/courses/53706/assignments/522331</a> )	due by 8:15am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522407">WK13   Quiz 12 - Fluid Balance</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522407">https://canvas.pointloma.edu/courses/53706/assignments/522407</a> )	due by 8:15am
Wed Nov 11, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46200&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46200&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46200&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522412">WK13   Quiz 13 - Microminerals</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522412">https://canvas.pointloma.edu/courses/53706/assignments/522412</a> )	due by 8:15am
Mon Nov 16, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46201&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46201&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46201&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
Wed Nov 18, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46202&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46202&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46202&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
Mon Nov 23, 2020	 <a href="https://canvas.pointloma.edu/calendar?event_id=46203&amp;include_contexts=course_53706">NUT3065-1 FA20 - Advanced Nutrition Live Session</a> ( <a href="https://canvas.pointloma.edu/calendar?event_id=46203&amp;include_contexts=course_53706">https://canvas.pointloma.edu/calendar?event_id=46203&amp;include_contexts=course_53706</a> )	8:15am to 9:30am
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522327">WK15   Final Project: Research Paper</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522327">https://canvas.pointloma.edu/courses/53706/assignments/522327</a> )	due by 8:15am

Date	Details	
Wed Dec 2, 2020	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538942">Wrap Up Week   Final Exam</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/538942">https://canvas.pointloma.edu/courses/53706/assignments/538942</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/538485">Extra Credit for Submitting Course Evaluation</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/538485">https://canvas.pointloma.edu/courses/53706/assignments/538485</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522420">Vitamin Review</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522420">https://canvas.pointloma.edu/courses/53706/assignments/522420</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522302">WK10   Discussion -</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522302">https://canvas.pointloma.edu/courses/53706/assignments/522302</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522329">WK11   Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522329">https://canvas.pointloma.edu/courses/53706/assignments/522329</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522330">WK12   Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522330">https://canvas.pointloma.edu/courses/53706/assignments/522330</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522300">WK12   Discussion</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522300">https://canvas.pointloma.edu/courses/53706/assignments/522300</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522299">WK13   Discussion</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522299">https://canvas.pointloma.edu/courses/53706/assignments/522299</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522332">WK14   Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522332">https://canvas.pointloma.edu/courses/53706/assignments/522332</a> )	
	 <a href="https://canvas.pointloma.edu/courses/53706/assignments/522298">WK14   Discussion</a> ( <a href="https://canvas.pointloma.edu/courses/53706/assignments/522298">https://canvas.pointloma.edu/courses/53706/assignments/522298</a> )	

**Date****Details**

 [WK14 | Exam #4](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/538941>)

---

 [WK15 | Assignment](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522333>)

---

 [WK15 | Discussion](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522297>)

---

 [WK2 | Discussion -](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522306>)

---

 [WK3 | Discussion -](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522307>)

---

 [WK4 | Assignment - Cell Review](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522428>)

---

 [WK4 | Assignment - Summary on Energy System Overview](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522434>)

---

 [WK4 | Discussion -](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522308>)

---

 [WK6 | Discussion -](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522309>)

---

 [WK7 | Assignment Diet/Activity Report](#)  
(<https://canvas.pointloma.edu/courses/53706/assignments/522311>)

---

**Date****Details**

---

 [WK8 | Discussion -  
\(https://canvas.pointloma.edu/courses/53706/assignments/522304\)](https://canvas.pointloma.edu/courses/53706/assignments/522304)

---

 [WK9 | Discussion -  
\(https://canvas.pointloma.edu/courses/53706/assignments/522303\)](https://canvas.pointloma.edu/courses/53706/assignments/522303)

---