

# NUIP 3010- 90

## Nutrition Intervention in the Treatment and Prevention of Chronic Disease

SPRING 2019

### CLASS TIME AND LOCATION

- **This is a fully online asynchronous class conducted via Canvas:** We will not meet as a group on campus.
- **This is a 4 credit hour class:** Please make sure you have the necessary time to dedicate to this course. Translation: roughly 3-6 hr per credit hr (12-24 hr/week).

### INSTRUCTOR INFORMATION

**Staci McIntosh**, MS, RD, Certified Online Instructor, Assistant Professor (Lecturer), Department of Nutrition and Integrative Physiology

Phone and Email: (801) 581-3175. **Email within Canvas system.**

Office location: HPR-N #211

Office hours will be posted on the **home page** every Monday morning.



### TEACHING ASSISTANT INFORMATION

**Samantha Shanahan**, Graduate Student, Class of 2019

Contacting our TA: **Email within Canvas system.**

Office location: HPR-W #108G

Office hours: Wednesdays 1-2pm

Email or call to set up an appointment for an in-person or phone meeting.



## COURSE DESCRIPTION

Nutritional biochemistry and cellular homeostasis are integrated with nutrition intervention in the prevention and treatment of chronic disease. This course is designed for students anticipating a career in health care.

## PREREQUISITES

- **There are prerequisites.** You should have already taken these courses before taking NUIP 3010: BIOL 1210 or CHEM 1120; **and** BIOL 2325 or BIOL 2420.

## ⚡ QUICK CHECK

Have you taken the prerequisites for this course?

- Yes
- No

## REQUIRED MATERIAL

**Required Text:** The book is required for the course and older versions are not acceptable as important infor

Nix S: *Williams' Basic Nutrition & Diet Therapy*, 15th edition, Elsevier, 2017.

**ISBN:** 978-0-323-37731-7

The book may be purchased directly from the publisher or at the bookstore. You may purchase a paper/ [Marriott Library](http://utah-primoprod.hosted.exlibrisgroup.com/primolibweb/action/search.dcfn=search&ct=search&initialSearch=true&mode=Basic&tab=uuu_alma_cr_restricted&indx=1&dum=true&si) [\\_ \(http://utah-primoprod.hosted.exlibrisgroup.com/primolibweb/action/search.dcfn=search&ct=search&initialSearch=true&mode=Basic&tab=uuu\\_alma\\_cr\\_restricted&indx=1&dum=true&si](http://utah-primoprod.hosted.exlibrisgroup.com/primolibweb/action/search.dcfn=search&ct=search&initialSearch=true&mode=Basic&tab=uuu_alma_cr_restricted&indx=1&dum=true&si)

**Internet:** This course requires access and use of technology.

## STUDENT LEARNING OUTCOMES

**Active participation in this course should allow you to:**

- Describe the processes of digestion and metabolism, specifically for the macronutrients.
- Identify the structure, function, and dietary requirements of micro- and macronutrients in the prevention of toxicity or deficiency syndromes and chronic disease.
- Specify and interpret the recommendations for a prudent diet as defined by the Dietary Guidelines and apply these recommendations to yourself as well as your future patients/clients.
- Identify and apply various nutrition assessment techniques.
- Demonstrate the relationships between medical nutritional therapy and treatment of chronic disease throughout the life cycle.

## TEACHING AND LEARNING METHODS

- The *course is dependent upon the required textbook* with additional resources on Canvas such as chapter guides and supplemental material that is relevant to the material presented in the text. It is recommended that you read the assigned readings prior to accessing the associated online module and chapter quiz. Doing so will create a foundation for course material and will allow you to follow the outlines more easily. Exam material will come from both online module material and chapter readings.
- The [calendar](#) has suggestions for what chapters you should be covering each week as well as all due dates.
- See the [Course Design page](#) for more information.

## LEARNING ASSESSMENTS

You'll have multiple opportunities to demonstrate your mastery of the material in this course! There will be 18 quizzes, 4 assignments, and 3 exams.

- **Quizzes: 15% of total grade** (18 quizzes – one for each chapter):

**Purpose:** *Quizzes are an effective tool for assessing your recall and basic understanding of the didactic material that forms the groundwork of nutrition intervention.*

**What's the fine print?** *The quizzes are taken online. Each quiz is open book/notes and will cover the topics in the relevant chapter. Once you start the quiz, you will have 10 minutes to complete it (unless otherwise noted). You do not need to register for the quiz. You may access it and take it when you feel you have covered the material efficiently. Quizzes will close at 11:59pm Mountain Time on Saturday of the week they are due.*

- **Assignments: 25% of total grade** (4 assignments at 30 to 90 points each):

The assignments (forms and instructions) are available to download from the [Assignment page](#) on Canvas.

**Purpose:** *The main goal of our assignments is to show you some of the biochemical and anthropometric tools that we have to assess our patient's nutritional status. And to help you interpret these results properly for your future patients/clients.*

**Body Composition Project: (61 points)** This project will provide you with anthropometric information from which you can assess your body composition and nutritional health status as it relates to body composition.

**Using the Scientific Literature (30 points):** This assignment will help familiarize you with the use of peer-reviewed scientific literature. We will explore a review article and a primary research paper.

**Iron Status Worksheet: (76 points)** You will evaluate your iron status and other dietary sources of iron. In addition, you will practice reading and summarizing research articles from peer reviewed scientific journals.

**Cholesterol and Blood Pressure Project: (90 points)** This project is designed to familiarize you with measurements performed to assess risk of cardiovascular disease. As with the Iron project, you will be locating 2 research papers, reading, and summarizing your findings for this project.

**What's the fine print?** *In order to complete three of the assignments, you must complete a few biochemical and anthropometric tests at the beginning of the semester. Your course fees cover this testing through the Department of Nutrition and Integrative Physiology. Go to the ["lab testing instructions"](#) page for details and to schedule an appointment. The testing will take about 15-20 minutes per person. You will only need to go one time for this testing. This testing is required to complete your assignments. Copies of lab results pertaining to each assignment must be submitted along with the assignment.*

*It is **required** that each assignment be submitted through the Canvas assignment tool. Emailed assignments will be not accepted. All assignments are to be typed and saved with your name in the file name in Word format (.doc) or a PDF file if using other word processing software.*

- **Exams: 60% of total grade** (3 exams at 50 points each):

**What do I need to know about exams?** *Dates and material covered on each exam are listed below. All exams are administered through U-online. Instructions on how to register for your exams is located on the "Schedule Exams" page (see class menu to the left). Please register 2 weeks in advance of each exam as appointments are limited. Exams are administered online in various locations with approved proctors. Exam registration for each site, day, and time is limited. If you are out of area, you may work directly with Uonline to locate an approved proctor in your location.*

**What's the format of the exam?** *The exams are a combination of multiple choice, true/false, matching, fill-in-the-blank, calculation, and short answer questions. They will be timed at 2 hours each. They will look very similar to your graded quizzes online. I will provide you with a detailed study guide well in advance of the exam to help you prepare.*

## GRADE CRITERIA



Grading in this course is based upon your display of knowledge on the assignments, quizzes, and exams noted above. Since all assignments are related directly to the course objectives, failure to complete any assignment will result in an unsatisfactory course grade.

A	93-100	C	73-77
A-	90-92	C-	70-72
B+	88-89	D+	68-69
B	83-87	D	63-67
B-	80-82	D-	60-62
C+	78-79	E	< 59

## COURSE POLICIES AND RESPONSIBILITIES

Online courses require significant self-motivation. Online courses are different than on-campus courses and **online learning** is not ideal for everyone. Some lessons take a considerable amount of time to complete. Please note that not all modules are created equal. Some may take a bit more time than others. Some people believe this to be a much easier way to study this subject than in the on-campus frame work. Others may feel very intimidated at first. Be patient as you work your way through the first few modules. If you are serious about the material, you will learn as much as, if not more than, most on-campus students about this subject and develop reading and communication skills that are vital to the workforce of the 21st century.

- **Electronic or equipment failure:** It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course. Equipment failures (*including* loss of internet access) will not be an acceptable excuse for late or absent assignments. I receive notifications

from U-online directly in the event that Canvas goes down for any period of time. This rarely ever happens but if it does, I will deal with affected individuals on a case by case basis.

- **Document archiving:** You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type:** You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **Due dates/times:** The deadlines on the Canvas Assignment, Quiz, and Discussion pages are the final word on all deadlines and are set to **Mountain time zone** (regardless of your personal time zone). Students may finish course requirements early according to their own academic schedule but they may **not** complete the quizzes late. Online courses require students to be self-driven and accountable for meeting course deadlines.
- **Classroom equivalency:** Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
  - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
  - Off-color language and photos are never appropriate.
  - Using angry or abusive language is called "flaming", is not acceptable, and will be dealt with according to the Student Code.
  - Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. Privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

## FREQUENTLY ASKED QUESTIONS

### What's the best way to go about managing my time for this class?

Successful students (those that get A's and B's) use their time wisely. Just like a face-to-face course, the standard formula for college coursework is that for every 1 hour of class time will result in 3 to 6 hours (and sometimes more) of homework; thus, a 4 credit course will require an average of 12 to 24 hours of homework (reading, research, studying) per week. As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work. Please note the class is cumulative in nature. A good understanding of the material in the first part of the semester is necessary in order to proceed successfully throughout the remainder of the semester.

### How can I find out how I did on exams and assignments?

All assignments will be returned via electronic uploads to Canvas. I encourage you all to review graded assignments and to contact me with any questions. Graded quizzes will be available to review

after the due date. To review your exam, please plan to come to the office to meet with your instructor or TA. If you have any questions or concerns about the grading of your assignments or exams we ask that you bring that to our attention within one week of the grade being posted so that we may handle any issues in a timely manner.

### **I missed an assignment due date, now what?**

I will grade late assignments (defined as assignments submitted between 12am MST the day after the due date up until 3 days after the due date) for  $\frac{1}{2}$  credit. Please keep in mind that assignments can be submitted as early as you like! They'll be open from the first day of the semester until the set due date/time. If you experience technical difficulties with submitting these assignments, please contact U-online for technical assistance (801.585.5959) or call (801.581.3175) immediately.

### **What happens if I miss a quiz?**

Bummer. You will have from the first day of the semester until the due date to take it. If you snooze, you lose. It will not be reopened. Your lowest score will be dropped from your grade though so you can afford to miss one quiz.

### **What if I miss an exam?**

There will be no make-up exams without prearranged permission from me. If the incident resulting in a missed assignment or exam occurs on the due date - you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control. Late exams must be completed within one week of the *first* date the exam is offered. To contact me, messages can be left on my e-mail or voice mail prior to the scheduled exam time or within 24 hours after the incident. Missed assignments and exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, I am happy to work with you to make arrangements. These *arrangements must be scheduled* at least 1 week in *advance* of the exam for a time before the originally planned test date (i.e., if you are jetting to Cabo during the week of the exam, you better take the exam before you leave.)



## **INSTITUTIONAL POLICIES & PROCEDURES**

### **Faculty and Student Responsibilities**

“All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, beginning with verbal warnings and progressing to dismissal from class and failing grade. Students have the right to appeal such action to the Student Behavior Committee.”

“Faculty...must strive in the classroom to maintain a climate conducive to thinking and learning.” PPM 8-12.3, B.

“Students have a right to support and assistance from the University in maintaining a climate conducive to thinking and learning.” PPM 8-10, II. A.

## Wellness Statement

Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness - [www.wellness.utah.edu](http://www.wellness.utah.edu) (<http://www.wellness.utah.edu>); 801-581-7776.

## Academic Dishonesty

The instructor of this course will take appropriate actions in response to Academic Dishonesty, as defined the University’s Student Code. Acts of academic dishonesty include but are not limited to:

- **Cheating:** using, attempting to use, or providing others with any unauthorized assistance in taking quizzes, tests, examinations, or in any other academic exercise or activity. Unauthorized assistance includes:
  - Working in a group when the instructor has designated that the quiz, test, examination, or any other academic exercise or activity be done “individually;”
  - Depending on the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;
  - Substituting for another student, or permitting another student to substitute for oneself, in taking an examination or preparing academic work;
  - Acquiring tests or other academic material belonging to a faculty member, staff member, or another student without express permission;
  - Continuing to write after time has been called on a quiz, test, examination, or any other academic exercise or activity;
  - Submitting substantially the same work for credit in more than one class, except with prior approval of the instructor; or engaging in any form of research fraud.
- **Falsification:** altering or fabricating any information or citation in an academic exercise or activity.



- **Plagiarism:** representing, by paraphrase or direct quotation, the published or unpublished work of another person as one's own in any academic exercise or activity without full and clear acknowledgment. It also includes using materials prepared by another person or by an agency engaged in the sale of term papers or other academic materials.

## Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. It is the policy of the University of Utah to maintain an academic and work environment free of sexual harassment for students, faculty, staff and participants. A claim under this policy may be brought by any faculty, staff member, student or participant based on the conduct of any University employee or student that is related to or in the course of University business. A claim may also be brought by an administrator acting on behalf of the University. The Office of Equal Opportunity and Affirmative Action (OEO/AA) will handle all alleged sexual harassment matters pursuant to the Procedures set forth in Policy 5-210.

Any student, staff, faculty member, or participant in university services or activities who believes that there is or has been sexual harassment should contact any of the following:

1. the cognizant academic chair of the department or the dean of the college within which the conduct occurred;
2. the immediate supervisor or director of the operational unit within which the conduct occurred;
3. the Human Resources Division (Address: 420 Wakara Way, Suite 105, Salt Lake City, Utah 84108; Phone: 801-581-2169; TDD: 801-585-9070);
4. directors or deans of Student Affairs and Services (Associate Dean- SW 108; Phone: 801-581-8828);
5. or the Office of Equal Opportunity and Affirmative Action (201 South Presidents Circle, John Park Building, Room 135, Salt Lake City, Utah 84112; Phone/TDD: 801-581-8365).

Once informed, the supervisor, chair or dean shall consult with OEO/AA. Similarly, OEO/AA shall advise as appropriate the cognizant dean, staff director or administrator of any complaints of sexual harassment OEO/AA receives concerning a member of the faculty, staff or student body.

## Withdrawal Policy and "I" Grade Policy

Failure to withdraw from school results in a E or EU grade being recorded in all classes.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade of "W" is not used in calculating the student's GPA.

For more information concerning the withdrawal policy, visit the **[Office of the Registrar website](https://registrar.utah.edu/handbook/withdrawal.php)**. (<https://registrar.utah.edu/handbook/withdrawal.php>)

An Incomplete grade can be given for work not completed due to circumstances beyond your control. You must be passing the course and have completed at least 80% of the required coursework. Arrangements must be made between you and the instructor concerning the completion of the work. You may not retake a course without paying tuition. If you attend class during a subsequent term, in an effort to complete the coursework, you must register for the course. Once the work has been completed, the instructor submits the grade to the Registrar's Office. The I grade will change to an E if a new grade is not reported within one year. A written agreement between you and the instructor may specify the grade to be given if the work is not completed within one year. Copies of the agreement are kept by the instructor and the academic department.

## Students with Disabilities

The University of Utah does not discriminate on the basis of race, color, religion, national origin, sex, age, status as a disabled individual, sexual orientation, gender identity/expression, genetic information or protected veteran's status, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services.

Additionally, the University endeavors to provide reasonable accommodations and to ensure equal access to qualified persons with disabilities. Inquiries concerning perceived discrimination or requests for disability accommodations may be referred to the University's Title IX/ADA/Section 504 Coordinator:

Director, Office of Equal Opportunity and Affirmative Action

201 South Presidents Circle, Rm.135

Salt Lake City, UT, 84112

801-581-8365 (voice/tdd)

801-585-5746 (fax)

[www.oeo.utah.edu](http://www.oeo.utah.edu) [\(http://www.oeo.utah.edu/\)](http://www.oeo.utah.edu/).

## CANVAS INFORMATION

Canvas is the where course content, grades, and communication will reside for this course.

- Access Canvas through [utah.instructure.com \(http://utah.instructure.com\)](http://utah.instructure.com) or through [CIS \(https://cis.utah.edu\)](https://cis.utah.edu)
- For Canvas, Passwords, or any other computer-related technical support contact the [Campus Help Desk \(https://it.utah.edu/help/\)](https://it.utah.edu/help/).
  - 801 581-4000
  - <http://it.utah.edu/help> [\(https://it.utah.edu/help/\)](https://it.utah.edu/help/)
  - [helpdesk@utah.edu \(mailto:helpdesk@utah.edu\)](mailto:helpdesk@utah.edu)
- For Canvas related issues or bugs, contact the Teaching & Learning Technologies help desk
  - 801-581-6112 ext 2

- o [classhelp@utah.edu \(mailto:classhelp@utah.edu\)](mailto:classhelp@utah.edu)

## COURSE SCHEDULE







THE INSTRUCTOR RESERVES THE RIGHT TO CHANGE/MODIFY THE CONTENTS OF THIS SYLLABUS
















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












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








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### Course Summary:




Date	Details	
Mon Dec 31, 2018	 <b>Example Assignment &amp; Course Basics quiz will be available starting today.</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460636&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460636&amp;include_contexts=course_538339</a> )	12am
Tue Jan 1, 2019	 <b>New Years Day</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460663&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460663&amp;include_contexts=course_538339</a> )	12am
Mon Jan 7, 2019	 <b>Read syllabus and complete the "Getting Started" Module</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460632&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460632&amp;include_contexts=course_538339</a> )	12am
	 <b>Spring 2019 Semester Begins</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460661&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460661&amp;include_contexts=course_538339</a> )	12am
Tue Jan 8, 2019	 <b>Cover this week: Ch. 1</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460630&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460630&amp;include_contexts=course_538339</a> )	12am
Wed Jan 9, 2019	 <b>Make your appointment for lab testing!</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460626&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460626&amp;include_contexts=course_538339</a> )	12am

Date	Details	
Sat Jan 12, 2019	 <b>Chapter 1 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634954">https://utah.instructure.com/courses/538339/assignments/5634954</a>	due by 11:59pm
Sat Jan 12, 2019	 <b>Course Basics Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634966">https://utah.instructure.com/courses/538339/assignments/5634966</a>	due by 11:59pm
Sat Jan 12, 2019	 <b>Example Assignment</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634980">https://utah.instructure.com/courses/538339/assignments/5634980</a>	due by 11:59pm
Mon Jan 14, 2019	 <b>Cover this week: Ch. 2-3</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460629&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460629&amp;include_contexts=course_538339</a> )	12am
Tue Jan 15, 2019	 <b>Lab Testing begins</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460651&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460651&amp;include_contexts=course_538339</a> )	12am
Sat Jan 19, 2019	 <b>Chapter 2 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634958">https://utah.instructure.com/courses/538339/assignments/5634958</a>	due by 11:59pm
Sat Jan 19, 2019	 <b>Chapter 3 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634955">https://utah.instructure.com/courses/538339/assignments/5634955</a>	due by 11:59pm
Mon Jan 21, 2019	 <b>Martin Luther King, Jr. Day</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460662&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460662&amp;include_contexts=course_538339</a> )	12am
Tue Jan 22, 2019	 <b>Cover this week: Ch. 4-5</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460649&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460649&amp;include_contexts=course_538339</a> )	12am
Thu Jan 24, 2019	 <b>You should be registered for Exam #1 by now!</b> <a href="https://utah.instructure.com/calendar?event_id=1460637&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460637&amp;include_contexts=course_538339</a>	12am
Fri Jan 25, 2019	 <b>Last day for lab testing!</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460652&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460652&amp;include_contexts=course_538339</a> )	12am
Sat Jan 26, 2019	 <b>Chapter 4 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634963">https://utah.instructure.com/courses/538339/assignments/5634963</a>	due by 11:59pm
Sat Jan 26, 2019	 <b>Chapter 5 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634974">https://utah.instructure.com/courses/538339/assignments/5634974</a>	due by 11:59pm
Mon Jan 28, 2019	 <b>Cover this week: Ch. 6 &amp; 15</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460624&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460624&amp;include_contexts=course_538339</a> )	12am
Tue Jan 29, 2019	 <b>Start working on your Body Comp project!</b> <a href="https://utah.instructure.com/calendar?event_id=1460635&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460635&amp;include_contexts=course_538339</a>	12am

Date	Details	
Sat Feb 2, 2019	 <b>Chapter 15 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634965">https://utah.instructure.com/courses/538339/assignments/5634965</a>	due by 11:59pm
Sat Feb 2, 2019	 <b>Chapter 6 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634979">https://utah.instructure.com/courses/538339/assignments/5634979</a>	due by 11:59pm
Sat Feb 2, 2019	 <b>Project #1: Body Composition</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634981">https://utah.instructure.com/courses/538339/assignments/5634981</a>	due by 11:59pm
Mon Feb 4, 2019	 <b>Prepare for Exam #1</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460638&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460638&amp;include_contexts=course_538339</a> )	12am
Thu Feb 7, 2019	 <b>Exam #1 available the rest of this week</b> <a href="https://utah.instructure.com/calendar?event_id=1460627&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460627&amp;include_contexts=course_538339</a>	12am
Sat Feb 9, 2019	 <b>NUIP 3010-90 Exam 1 (Ch. 1-6, 15)</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634960">https://utah.instructure.com/courses/538339/assignments/5634960</a>	due by 11:59pm
Mon Feb 11, 2019	 <b>Cover this week: Chapter 7 AND Using Scientific Literature module</b> <a href="https://utah.instructure.com/calendar?event_id=1460641&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460641&amp;include_contexts=course_538339</a>	12am
Sat Feb 16, 2019	 <b>Chapter 7 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634973">https://utah.instructure.com/courses/538339/assignments/5634973</a>	due by 11:59pm
Sat Feb 16, 2019	 <b>Project #2: Using Scientific Literature</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634962">https://utah.instructure.com/courses/538339/assignments/5634962</a>	due by 11:59pm
Mon Feb 18, 2019	 <b>Cover this week: Ch. 8</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460623&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460623&amp;include_contexts=course_538339</a> )	12am
Mon Feb 18, 2019	 <b>Presidents Day</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460665&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460665&amp;include_contexts=course_538339</a> )	12am
Tue Feb 19, 2019	 <b>Start working on your Iron Status Project!</b> <a href="https://utah.instructure.com/calendar?event_id=1460640&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460640&amp;include_contexts=course_538339</a>	12am
Sat Feb 23, 2019	 <b>Chapter 8 Quiz</b> <a href="https://utah.instructure.com/courses/538339/assignments/5634956">https://utah.instructure.com/courses/538339/assignments/5634956</a>	due by 11:59pm
Mon Feb 25, 2019	 <b>Cover this week: Ch. 9-10</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460622&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460622&amp;include_contexts=course_538339</a> )	12am

Date	Details	
Thu Feb 28, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460625&amp;include_contexts=course_538339">You should be registered for Exam #2 by now!</a></u></b> (https://utah.instructure.com/calendar?event_id=1460625&include_contexts=course_538339)	12am
Sat Mar 2, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634978">Chapter 9 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634978)	due by 11:59pm
Sat Mar 2, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634953">Chapter 10 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634953)	due by 11:59pm
Sat Mar 2, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634982">Project #3: Iron Status Worksheet</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634982)	due by 11:59pm
Mon Mar 4, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460648&amp;include_contexts=course_538339">Cover this week: Ch. 11-12</a></u></b> (https://utah.instructure.com/calendar?event_id=1460648&include_contexts=course_538339)	12am
Sat Mar 9, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634976">Chapter 11 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634976)	due by 11:59pm
Sat Mar 9, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634977">Chapter 12 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634977)	due by 11:59pm
Mon Mar 11, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460668&amp;include_contexts=course_538339">Spring Break</a></u></b> (https://utah.instructure.com/calendar?event_id=1460668&include_contexts=course_538339)	12am
Tue Mar 12, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460669&amp;include_contexts=course_538339">Spring Break</a></u></b> (https://utah.instructure.com/calendar?event_id=1460669&include_contexts=course_538339)	12am
Wed Mar 13, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460670&amp;include_contexts=course_538339">Spring Break</a></u></b> (https://utah.instructure.com/calendar?event_id=1460670&include_contexts=course_538339)	12am
Thu Mar 14, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460671&amp;include_contexts=course_538339">Spring Break</a></u></b> (https://utah.instructure.com/calendar?event_id=1460671&include_contexts=course_538339)	12am
Fri Mar 15, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460672&amp;include_contexts=course_538339">Spring Break</a></u></b> (https://utah.instructure.com/calendar?event_id=1460672&include_contexts=course_538339)	12am
Sun Mar 17, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460674&amp;include_contexts=course_538339">St. Patrick's Day</a></u></b> (https://utah.instructure.com/calendar?event_id=1460674&include_contexts=course_538339)	12am
Mon Mar 18, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460620&amp;include_contexts=course_538339">Prepare for Exam #2</a></u></b> (https://utah.instructure.com/calendar?event_id=1460620&include_contexts=course_538339)	12am
Thu Mar 21, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460621&amp;include_contexts=course_538339">Exam #2 available the rest of this week</a></u></b> (https://utah.instructure.com/calendar?event_id=1460621&include_contexts=course_538339)	12am

Date	Details	
Sat Mar 23, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634967">NUIP 3010-90 Exam 2 (Ch. 7-12)</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634967)	due by 11:59pm
Mon Mar 25, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460642&amp;include_contexts=course_538339">Cover this week: Ch. 17/22</a></u></b> (https://utah.instructure.com/calendar?event_id=1460642&include_contexts=course_538339)	12am
Sat Mar 30, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634972">Chapters 17 &amp; 22 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634972)	due by 11:59pm
Mon Apr 1, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460643&amp;include_contexts=course_538339">Cover this week: Ch. 18</a></u></b> (https://utah.instructure.com/calendar?event_id=1460643&include_contexts=course_538339)	12am
Sat Apr 6, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634964">Chapter 18 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634964)	due by 11:59pm
Mon Apr 8, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460615&amp;include_contexts=course_538339">Cover this week: Ch. 19</a></u></b> (https://utah.instructure.com/calendar?event_id=1460615&include_contexts=course_538339)	12am
Mon Apr 8, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460639&amp;include_contexts=course_538339">Start working on your Cholesterol/BP project!</a></u></b> (https://utah.instructure.com/calendar?event_id=1460639&include_contexts=course_538339)	12am
Thu Apr 11, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460633&amp;include_contexts=course_538339">You should be registered for Exam #3 by now!</a></u></b> (https://utah.instructure.com/calendar?event_id=1460633&include_contexts=course_538339)	12am
Sat Apr 13, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634969">Chapter 19 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634969)	due by 11:59pm
Sat Apr 13, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634983">Project #4: Cholesterol &amp; Blood Pressure</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634983)	due by 11:59pm
Mon Apr 15, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460644&amp;include_contexts=course_538339">Cover this week: Ch. 20 - 21</a></u></b> (https://utah.instructure.com/calendar?event_id=1460644&include_contexts=course_538339)	12am
Sat Apr 20, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634971">Chapter 20 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634971)	due by 11:59pm
Sat Apr 20, 2019	 <b><u><a href="https://utah.instructure.com/courses/538339/assignments/5634959">Chapter 21 Quiz</a></u></b> (https://utah.instructure.com/courses/538339/assignments/5634959)	due by 11:59pm
Sun Apr 21, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460675&amp;include_contexts=course_538339">Easter</a></u></b> (https://utah.instructure.com/calendar?event_id=1460675&include_contexts=course_538339)	12am
Mon Apr 22, 2019	 <b><u><a href="https://utah.instructure.com/calendar?event_id=1460645&amp;include_contexts=course_538339">Prepare for Exam #3</a></u></b> (https://utah.instructure.com/calendar?event_id=1460645&include_contexts=course_538339)	12am

Date	Details	
Tue Apr 23, 2019	 <b>Last Day for Spring Semester</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460676&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460676&amp;include_contexts=course_538339</a> )	12am
Thu Apr 25, 2019	 <b>Exam #3 available</b> ( <a href="https://utah.instructure.com/calendar?event_id=1460634&amp;include_contexts=course_538339">https://utah.instructure.com/calendar?event_id=1460634&amp;include_contexts=course_538339</a> )	12am
Sat Apr 27, 2019	 <b>NUIP 3010-90 Exam 3 (Ch. 17-22)</b> ( <a href="https://utah.instructure.com/courses/538339/assignments/5634961">https://utah.instructure.com/courses/538339/assignments/5634961</a> )	due by 11:59pm