

## Overall Course Syllabus

**M W** 5:00–6:20 PM Peterson Hall 108 **Office:** HSS 1145D Mon 3:30-4:30 PM **(BY APPT)**  
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**This syllabus is subject to change. Schedule changes will be posted on the CANVAS course website. Please check the site FREQUENTLY.**

<u>DATE</u>	<u>LECTURE</u>	<u>READING</u>
Jan 8	The Biochemical Banquet	Chapter #1
Jan 10	Structure/Function: Carbs/Lipids	Chapter #2 & #3
Jan 15	<b>HOLIDAY</b>	
Jan 17	Structure/Function: Lipids/Proteins	Chapter #3
Jan 22	GI tract in Digestion & Absorption (Quiz #1).	Chapter #4
Jan 24	Heart & Pumps: Cardiovascular System	Chapter #5
Jan 29	Breath of Life: Respiration	Chapter #6
Jan 31	What goes in must come out: Kidney & Water	Chapter #7
Feb 5	The Energy Crisis	Chapter #8
<b>Feb 7</b>	<b><u>MIDTERM #1 EXAM</u></b>	
Feb 12	Endocannabinoid System & Health*	Chapter #9
Feb 14	Sugar Kills? Carb, Fat & Protein Metabolism	Chapter #10
Feb 19	<b>HOLIDAY</b>	
Feb 21	Mother's Little Helpers: Vitamins	Chapter #11
Feb 26	Food & Mood: Eating Disorders* (Quiz #2)	Chapter #13
Feb 28	Macro and Micro - Minerals	Chapter #12
Mar 4	Run-Bike-Swim: Nutrition & Exercise	Chapter #14
Mar 6	Nutrition and Mental Health*	
<b><u>DIET PROJECT &amp; PAPER REVIEWS DUE Mar 8<sup>th</sup> (BEFORE MIDNIGHT)</u></b>		
Mar 11	Diana's Gift, Tribute to Dr. Saltman, & Personal Story	
<b>Mar 13</b>	<b><u>MIDTERM #2 EXAM</u></b>	<b>Cumulative Exam</b>