**NUTR 3010-002**  
Nutrition Intervention in the Treatment and Prevention of Chronic Disease

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**INSTRUCTOR INFORMATION**

Jean Zancanella, MS, RD, Assistant Professor  
(Lecturer), Department of Nutrition and Integrative Physiology

Phone and Email: (801) 581-5280. [Email within Canvas system](#).

Office location: HPR-N #212

Office hours will be posted on the [home page](#) every Monday morning.

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**TEACHING ASSISTANT INFORMATION:**

Contacting our TA: [Email within Canvas system](#).  
Office location: HPR-W #108G  
Office hours: see below  
Email or call to set up an appointment for an in-person or phone meeting.

**TEACHING ASSISTANT INFORMATION**

<table>
<thead>
<tr>
<th>Name</th>
<th>Office hours*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rachel Palmer</td>
<td>Tuesday, 11:00-12:00 p.m.</td>
</tr>
</tbody>
</table>
Syllabus for NURS 3010-002 Spring 2020 Nutrition Intervention

1/6/2020

Hailey Morris
Thursday, 11:00-12:00 p.m.

Dean Mackley
Friday, 1:30-2:30 p.m.

Contacting our TAs: Email within Canvas system.
Office location: HPR-W #108G
Office hours: 12:30 p.m. - 1:30 p.m. on Wednesdays
Email or call to set up an appointment for an in-person or phone meeting.

CLASS MEETING INFORMATION

This class meets from 10:45 a.m. - 12:05 p.m. on Mondays and Wednesdays in HPR-N #238.

STUDENT LEARNING OUTCOMES

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.

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.

PREREQUISITES

• There are prerequisites. You should have already taken these courses, or an equivalent course, before taking NURS 3010: BIOL 1210 or CHEM 1120; and BIOL 2325 or BIOL 2420.
• 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).
• This is a hybrid online/on-campus class: This course requires access and use of technology. The class will meet as a group every Monday and Wednesday from 10:45 a.m. until 12:05 p.m. in HPR-N #238. The calendar below lists the material covered in each class as well as all due dates. Exams, assignments, and quizzes are all administered online via Canvas.

QUICK CHECK

Have you taken the prerequisites for this course?

☐ Yes
☐ No

REQUIRED MATERIAL

Get comfortable with Canvas!

• Teaching and Learning Methods:
  The course is dependent upon the required textbook with additional resources provided in class and on Canvas such as chapter guides and supplemental material that is relevant to the material presented. It is recommended that you read the assigned readings prior to taking the chapter quiz and coming to class. Doing so will create a foundation for course material and will allow you to follow the class discussions more easily. Exam material will come from class discussions, the online module material, and chapter readings. The calendar has suggestions for what chapters we will be covering each week as well as all due dates.
  • See the Course Design page for more information.
**Required Text:** The book is required for the course and older versions are not acceptable as important.


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

The book may be purchased directly from the publisher or at the bookstore. You may purchase a paperback or an ebook, or you may rent it. I have also requested a reserve copy of the book ([https://utah-primo.explore/search?query=any,contains,NUTR%203010%20McIntosh&tab=uuu_alma_cr_restricted&search_scope=UUU_ALMA](https://utah-primo.explore/search?query=any,contains,NUTR%203010%20McIntosh&tab=uuu_alma_cr_restricted&search_scope=UUU_ALMA) to be available at the Marriott Library.

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**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 the total grade (18 quizzes – one for each module):

  What are we doing on the quizzes and why? 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 10:30 a.m. Mountain Time on Tuesday or Thursday of the week they are due.

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

  The assignments (forms and instructions) are available to download from the [Assignment page](https://utah.instructure.com/courses/597664/assignments/syllabus) on Canvas.

  What are we doing on the assignments and why? The main goal of our assignments is to show you some of the biochemical and anthropometric tools commonly available to assess a patient’s nutritional status. And to help you interpret these results properly for your future patients/clients.

  **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.

  **Body Composition Project:** (65 points) This project will provide you with anthropometric information from which you can assess your own body composition and nutritional health status as it relates to body composition.
Iron Status Worksheet: (75 points) You will evaluate your iron status as well as dietary sources of iron. In addition, you will locate, read, and summarize 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 the paper, 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. Assignments submitted incorrectly will not be graded. 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 the 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). You must register for each exam. 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.

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. We will provide you with a study guide in advance of the exam to help you prepare.

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. 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. We encourage you all to review graded assignments and to contact us 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?**

  We 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 ½ 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 at (801) 585-5959 or one of your instructors 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 quiz 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 your instructor. If the incident resulting in a missed assignment or exam occurs on the due date - you will have 24 hours to contact your instructor 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 your instructor, messages can be left on our 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, we are 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, take the exam before you leave!)

**GRADING SCALE:**

https://utah.instructure.com/courses/597664/assignments/syllabus
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.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100</td>
<td>C</td>
<td>73-77</td>
</tr>
<tr>
<td>A-</td>
<td>90-92</td>
<td>C-</td>
<td>70-72</td>
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<tr>
<td>B+</td>
<td>88-89</td>
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<td>B</td>
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<td>63-67</td>
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<tr>
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<td>80-82</td>
<td>D-</td>
<td>60-62</td>
</tr>
<tr>
<td>C+</td>
<td>78-79</td>
<td>E</td>
<td>&lt; 59</td>
</tr>
</tbody>
</table>

**COURSE RESPONSIBILITIES:**

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

- **Late assignments:** Canvas uses electronic dating to close (the Assignment Drop Box, Postings, and Assessments/Quizzes), therefore late assignments, postings and quizzes cannot be submitted.

- **Classroom equivalency:** Discussion threads, e-mails, and chat rooms on Canvas 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.
INSTITUTIONAL POLICIES

Drop/Withdrawal Policies

Students may drop a course within the first two weeks of a given semester without any penalties.

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 “W” is not used in calculating the student’s GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's Academic Calendar. (https://registrar.utah.edu/academic-calendars/index.php)

Plagiarism & Cheating

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

“...Includes, but is not limited to, cheating, misrepresenting one’s work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct.”

For details on plagiarism and other important course conduct issues, see the U's Code of Student Rights and Responsibilities. (http://regulations.utah.edu/academics/6-400.php)

Safety at the U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.
For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu (http://safeu.utah.edu/).

To report suspicious activity or to request a courtesy escort, contact:

**Campus Police & Department of Public Safety**

📞 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu](https://dps.utah.edu/)

📍 1735 E. S. Campus Dr.
    Salt Lake City, UT 84112

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**Wellness at the U**

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.

Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

**Center for Student Wellness**

📞 801-581-7776

🌐 [wellness.utah.edu](http://wellness.utah.edu/)

📍 2100 Eccles Student Life Center
    1836 Student Life Way
    Salt Lake City, UT 84112

**Women's Resource Center**

📞 801-581-8030

🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu/)

📍 411 Union Building
    200 S. Central Campus Dr.
    Salt Lake City, UT 84112

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**Addressing Sexual Misconduct**

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status, or genetic information.
If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

**Title IX Coordinator & Office of Equal Opportunity and Affirmative Action**

- 📞 801-581-8365
- 🌐 [oeo.utah.edu](https://oeo.utah.edu/)
- 📍 135 Park Building
  - 201 Presidents' Cir.
  - Salt Lake City, UT 84112

**Office of the Dean of Students**

- 📞 801-581-7066
- 🌐 [deanofstudents.utah.edu](https://deanofstudents.utah.edu/)
- 📍 270 Union Building
  - 200 S. Central Campus Dr.
  - Salt Lake City, UT 84112

To file a police report, contact:

**Campus Police & Department of Public Safety**

- 📞 801-585-COPS (801-585-2677)
- 🌐 [dps.utah.edu](https://dps.utah.edu/)
- 📍 1735 E. S. Campus Dr.
  - Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide free, confidential and trauma-informed support services to students, faculty, and staff who have experienced interpersonal violence.

To privately explore options and resources available to you with an advocate, contact:

**Center for Student Wellness**

- 📞 801-581-7776
- 🌐 [wellness.utah.edu](http://wellness.utah.edu/)
- 📍 328 Student Services Building
  - 201 S. 1460 E.
  - Salt Lake City, UT 84112

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**Americans With Disabilities Act (ADA)**

The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability & Access. The CDA will work with you and the instructor to make arrangements for accommodations.
All written information in this course can be made available in alternative format with prior notification to the Center for Disability & Access.

If you will need accommodations in this class, contact:

**Center for Disability & Access**

📞 801-581-5020  
🌐 [disability.utah.edu](https://disability.utah.edu)  
📍 162 Union Building  
   200 S. Central Campus Dr.  
   Salt Lake City, UT 84112

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**Diverse Student Support**

**Student Support Services (TRIO)**

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor’s degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Student Support Services (TRIO)**

📞 801-581-7188  
🌐 [trio.utah.edu](https://trio.utah.edu)  
📍 Room 2075  
   1901 E. S. Campus Dr.  
   Salt Lake City, UT 84112

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**American Indian Students**

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:
American Indian Resource Center
📞 801-581-7019
🌐 diversity.utah.edu/centers/airc
📍 Fort Douglas Building 622
   1925 De Trobriand St.
   Salt Lake City, UT 84113

Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center
📞 801-213-1441
🌐 diversity.utah.edu/centers/bcc
📍 Fort Douglas Building 603
   95 Fort Douglas Blvd.
   Salt Lake City, UT 84113

Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources
📞 801-585-5897
🌐 childcare.utah.edu
📍 408 Union Building
   200 S. Central Campus Dr.
   Salt Lake City, UT 84112

Students with Disabilities
The Center for Disability & Access is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability & Access
📞 801-581-5020
✉️ disability.utah.edu  (https://disability.utah.edu/)
📍 162 Union Building
   200 S. Central Campus Dr.
   Salt Lake City, UT 84112

Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Ethnic Student Affairs
📞 801-581-8151
✉️ diversity.utah.edu/centers/cesa/  (https://diversity.utah.edu/centers/cesa/)
📍 235 Union Building
   200 S. Central Campus Dr.
   Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center
📞 801-587-9122
✉️ writingcenter.utah.edu  (http://writingcenter.utah.edu/)
📍 2701 Marriott Library
   295 S 1500 E
   Salt Lake City, UT 84112
Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

**Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence.** The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

**Dream Center**

📞 801-213-3697  
🌐 [dream.utah.edu](http://dream.utah.edu/)  
📍 1120 Annex (Wing B)  
  1901 E. S. Campus Dr.  
  Salt Lake City, UT 84112

LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**LGBTQ+ Resource Center**
LGBTQ+ Resource Center

📞 801-587-7973
🌐 [lgbt.utah.edu](http://lgbt.utah.edu)
📍 409 Union Building
   200 S. Central Campus Dr.
   Salt Lake City, UT 84112

Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Veterans Support Center**

📞 801-587-7722
🌐 [veteranscenter.utah.edu](http://veteranscenter.utah.edu)
📍 418 Union Building
   200 S. Central Campus Dr.
   Salt Lake City, UT 84112

Women

The Women’s Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women’s identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Women’s Resource Center**

📞 801-581-8030
🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu)
📍 411 Union Building
   200 S. Central Campus Dr.
   Salt Lake City, UT 84112

Inclusivity at the U

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https://utah.instructure.com/courses/597664/assignments/syllabus
The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

*Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, devalues, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.*

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

**Office for Inclusive Excellence**

📞 801-581-4600

🔗 [inclusive-excellence.utah.edu](http://inclusive-excellence.utah.edu)

📍 170 Annex (Wing D)

   1901 E. S. Campus Dr.

   Salt Lake City, UT 84112

**Other Student Support**

To learn more about some of the other resource groups available at the U, check out:

🔗 [diversity.utah.edu/student-groups](http://diversity.utah.edu/student-groups)

🔗 [studentsuccess.utah.edu/resources/student-support](https://studentsuccess.utah.edu/resources/student-support)

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

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Copyright notice to students taking online courses: Notice to students that materials used in connection with the course may be subject to copyright protection.

TEACH Act Copyright Notice: The materials on this course Website are only for the use of students enrolled in this course for purposes associated with this course and may not be retained or further disseminated.
# Course Summary:

<table>
<thead>
<tr>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Dec 30, 2019</td>
<td>Example Assignment &amp; Course Basics quiz will be available starting today. (<a href="https://utah.instructure.com/calendar?event_id=1664287&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td>Mon Jan 6, 2020</td>
<td>Read syllabus and complete the &quot;Getting Started&quot; Module (<a href="https://utah.instructure.com/calendar?event_id=1664284&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td></td>
<td>Spring Semester begins (<a href="https://utah.instructure.com/calendar?event_id=1664292&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td>Tue Jan 7, 2020</td>
<td>Make your appointment for lab testing! (<a href="https://utah.instructure.com/calendar?event_id=1664286&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td>Wed Jan 8, 2020</td>
<td>Using Scientific Literature Module (<a href="https://utah.instructure.com/calendar?event_id=1664291&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td>Sat Jan 11, 2020</td>
<td>Course Basics Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877869">link</a>)</td>
</tr>
<tr>
<td></td>
<td>Example Assignment (<a href="https://utah.instructure.com/courses/597664/assignments/6877876">link</a>)</td>
</tr>
<tr>
<td>Mon Jan 13, 2020</td>
<td>Lab Testing begins (<a href="https://utah.instructure.com/calendar?event_id=1664294&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td></td>
<td>Chapter 1 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877870">link</a>)</td>
</tr>
<tr>
<td>Wed Jan 15, 2020</td>
<td>Chapter 2 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877861">link</a>)</td>
</tr>
<tr>
<td>Sat Jan 18, 2020</td>
<td>Project #1: Using Scientific Literature (<a href="https://utah.instructure.com/courses/597664/assignments/6921689">link</a>)</td>
</tr>
<tr>
<td>Mon Jan 20, 2020</td>
<td>Martin Luther-King Day (<a href="https://utah.instructure.com/calendar?event_id=1664655&amp;include_contexts=course_597664">link</a>)</td>
</tr>
<tr>
<td>Wed Jan 22, 2020</td>
<td>Chapter 3 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877875">link</a>)</td>
</tr>
<tr>
<td>Date</td>
<td>Details</td>
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<tr>
<td>Mon Jan 27, 2020</td>
<td>Chapter 4 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877868">https://utah.instructure.com/courses/597664/assignments/6877868</a>)</td>
</tr>
<tr>
<td>Tue Jan 28, 2020</td>
<td>Last day for lab testing! (<a href="https://utah.instructure.com/calendar?event_id=1664295&amp;include_contexts=course_597664">https://utah.instructure.com/calendar?event_id=1664295&amp;include_contexts=course_597664</a>)</td>
</tr>
<tr>
<td>Wed Jan 29, 2020</td>
<td>Chapter 5 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877873">https://utah.instructure.com/courses/597664/assignments/6877873</a>)</td>
</tr>
<tr>
<td>Mon Feb 3, 2020</td>
<td>Chapter 6 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877852">https://utah.instructure.com/courses/597664/assignments/6877852</a>)</td>
</tr>
<tr>
<td>Wed Feb 5, 2020</td>
<td>Chapter 15 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877856">https://utah.instructure.com/courses/597664/assignments/6877856</a>)</td>
</tr>
<tr>
<td>Sat Feb 8, 2020</td>
<td>Project #2: Body Composition (<a href="https://utah.instructure.com/courses/597664/assignments/6921703">https://utah.instructure.com/courses/597664/assignments/6921703</a>)</td>
</tr>
<tr>
<td>Mon Feb 10, 2020</td>
<td>Dietary Supplement Safety (<a href="https://utah.instructure.com/calendar?event_id=1664288&amp;include_contexts=course_597664">https://utah.instructure.com/calendar?event_id=1664288&amp;include_contexts=course_597664</a>)</td>
</tr>
<tr>
<td>Wed Feb 12, 2020</td>
<td>Exam 1 Available Through Saturday (<a href="https://utah.instructure.com/calendar?event_id=1670432&amp;include_contexts=course_597664">https://utah.instructure.com/calendar?event_id=1670432&amp;include_contexts=course_597664</a>)</td>
</tr>
<tr>
<td>Sat Feb 15, 2020</td>
<td>EXAM 1-NURS 3010-002 (Ch. 1-6, 15) (<a href="https://utah.instructure.com/courses/597664/assignments/6914227">https://utah.instructure.com/courses/597664/assignments/6914227</a>)</td>
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<tr>
<td>Mon Feb 17, 2020</td>
<td>Presidents Day (<a href="https://utah.instructure.com/calendar?event_id=1664658&amp;include_contexts=course_597664">https://utah.instructure.com/calendar?event_id=1664658&amp;include_contexts=course_597664</a>)</td>
</tr>
<tr>
<td>Wed Feb 19, 2020</td>
<td>Chapter 7 - Water Soluble Vitamins (<a href="https://utah.instructure.com/calendar?event_id=1664293&amp;include_contexts=course_597664">https://utah.instructure.com/calendar?event_id=1664293&amp;include_contexts=course_597664</a>)</td>
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<tr>
<td></td>
<td>Chapter 7 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877871">https://utah.instructure.com/courses/597664/assignments/6877871</a>)</td>
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<tr>
<td>Mon Feb 24, 2020</td>
<td>Chapter 8 Quiz (<a href="https://utah.instructure.com/courses/597664/assignments/6877860">https://utah.instructure.com/courses/597664/assignments/6877860</a>)</td>
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<tr>
<td>Wed Feb 26, 2020</td>
<td>Chapter 8 cont (<a href="https://utah.instructure.com/calendar?event_id=1670504&amp;include_contexts=course_597664">https://utah.instructure.com/calendar?event_id=1670504&amp;include_contexts=course_597664</a>)</td>
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<tr>
<td>Date</td>
<td>Details</td>
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<tr>
<td>Mon Mar 2, 2020</td>
<td>Chapter 9 Quiz</td>
</tr>
<tr>
<td>Wed Mar 4, 2020</td>
<td>Chapter 10 Quiz</td>
</tr>
<tr>
<td>Sun Mar 8, 2020</td>
<td>Spring Break</td>
</tr>
<tr>
<td>Mon Mar 16, 2020</td>
<td>Chapter 11 Quiz</td>
</tr>
<tr>
<td>Wed Mar 18, 2020</td>
<td>Chapter 12 Quiz</td>
</tr>
<tr>
<td>Sat Mar 21, 2020</td>
<td>EXAM 2, NURS 3010-002(Ch. 7-12)</td>
</tr>
<tr>
<td>Mon Mar 23, 2020</td>
<td>No campus class meeting</td>
</tr>
<tr>
<td>Wed Mar 25, 2020</td>
<td>Exam 2 Available Through 2/28</td>
</tr>
<tr>
<td>Mon Mar 30, 2020</td>
<td>Chapters 17 &amp; 22 Case Studies in Class</td>
</tr>
<tr>
<td>Mon Apr 6, 2020</td>
<td>Chapter 18 continued</td>
</tr>
<tr>
<td>Wed Apr 8, 2020</td>
<td>Chapter 19 Quiz</td>
</tr>
<tr>
<td>Sat Apr 11, 2020</td>
<td>Project #4: Cholesterol &amp; Blood Pressure</td>
</tr>
<tr>
<td>Mon Apr 13, 2020</td>
<td>Chapter 20 Quiz</td>
</tr>
<tr>
<td>Date</td>
<td>Details</td>
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<tr>
<td>Wed Apr 15, 2020</td>
<td><a href="https://utah.instructure.com/courses/597664/assignments/6877853">Chapter 21 Quiz</a></td>
</tr>
<tr>
<td>Mon Apr 20, 2020</td>
<td><a href="https://utah.instructure.com/calendar?event_id=1668738&amp;include_contexts=course_597664">exam review</a></td>
</tr>
<tr>
<td>Tue Apr 21, 2020</td>
<td><a href="https://utah.instructure.com/calendar?event_id=1668740&amp;include_contexts=course_597664">last day of classes</a></td>
</tr>
<tr>
<td>Mon Apr 27, 2020</td>
<td><a href="https://utah.instructure.com/calendar?event_id=1664279&amp;include_contexts=course_597664">Exam #3 Available</a></td>
</tr>
</tbody>
</table>