

**San José State University**  
**Departments of Nutrition, Food Science, & Packaging and Kinesiology**  
**NUFS/KIN 163, Physical Fitness & Nutrition**  
**Spring 2022 Sections 13 & 14**

Department	KIN	NUFS
<b>Instructor</b>	Lacey Atkinson	Toni Bloom
<b>Office</b>	Virtual	Virtual
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<b>Office hours</b>	Mon & Tues 8:00 – 9:00 am via zoom, or by appointment	Mon & Wed 4:00-5:00pm via Zoom, please email to schedule an appointment or to request another day, time or mode of meeting
<b>Zoom Personal Meeting Links</b>	See canvas	<a href="https://sjsu.zoom.us/j/9593493395">https://sjsu.zoom.us/j/9593493395</a>
<b>Assignments &amp; Exams</b>	All Fitness papers and presentations are to be uploaded to Canvas and exams (quizzes) are taken via Canvas	All Nutrition papers and presentations are to be uploaded to Canvas and exams (quizzes) are taken via Canvas
<b>Class days/time</b>	Sections 13 & 14: Monday and Wednesday 9:00am – 10:15am	
<b>Classroom</b>	ONLINE with some synchronous meetings, see Syllabus for schedule	
<b>Prerequisites</b>	“Passage of the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted), and completion of Core General Education are prerequisite to all SJSU Studies courses. Completion of, or co-registration in, 100W is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, & V shall be required of all students.”  Not for Nutrition majors or minors	
<b>GE - SJSU Studies</b>	Area R – Earth & Environment	

**Faculty Web Page and MYSJSU Messaging**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

**Course Description**

Use of scientific principles, scientific investigation, and current technological advances to assess the relationship between diet, physical fitness, and disease. Examine scientific literature to evaluate the effects of nutritional intervention on exercise performance. (3 units)

## **GE Area R (Earth & Environment) Goal**

Students will cultivate knowledge of the scientific study of the physical universe or its life forms. Students will understand and appreciate the interrelationship of science and human beings to each other.

## **General Education Learning Outcomes (GELOs)**

Upon successful completion of this course, students should be able to:

- GELO 1: Demonstrate an understanding of the methods and limits of scientific investigation. The “Analysis of Scientific Literature” assignment is keyed to this Area R GELO. This assignment requires students to comprehend the objectives/purposes of the study as well as the methods used to examine/study the problem. In addition, students will critically evaluate the strengths and weaknesses of the scientific research (including the research design, methods, and discussion), and see how the research fits into the larger scope of literature on a particular topic.
- GELO 2: Distinguish science from pseudo-science. The assignment keyed to this Area R GELO is the nutrition and fitness “Consumer Product” paper. Students will critically evaluate the credibility of nutrition and exercise information presented in an advertisement for a food, food supplement, piece of exercise equipment, or exercise program, differentiating between evidence derived from scientific research (based on the student’s review of literature) and non-scientific evidence.
- GELO 3: Apply a scientific approach to answer questions about the earth and environment. The assignment keyed to this Area R GELO is the “Oral Presentation,” which requires students to use primary research to answer questions related to fitness and nutrition.

## **Course Learning Outcomes (CLOs)**

Upon successful completion of this course, students will be able to:

- CLO 1: Explain how the principles of fitness and nutrition (such as body composition, energy intake and expenditure, acute and chronic physical changes related to exercise and nutrition) complement each other.
- CLO 2: Identify social, cultural, ethnic, and environmental factors that influence food habits and exercise/activity patterns.
- CLO 3: Examine the biochemical and physiological effects of exercise and various nutritional practices.
- CLO 4: Describe the different exercise guidelines and nutritional requirements related to gender and diverse populations.
- CLO 5: Assess the advantages/disadvantages of recent advances in new food formulations, and new exercise and fitness equipment for the general population.
- CLO 6: Identify the scientific principles involved in studying pathophysiology in human populations.

## **Required Texts**

Rawson, E. S. Branch, J.D, and Stephenson, T.J. (2020). *Nutrition for health, fitness, and sport* (12<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 978-1260258974. This text will be known as “RBS” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions:

<https://create.mheducation.com/shop/#/catalog/details/?isbn=9781307437669>

Fahey, T. D., Insel, P. M., & Roth, W. T. (2019). *Fit & well* (14<sup>th</sup> ed.). Boston: McGraw-Hill. ISBN: 9781260025675. This text will be known as “FIR” in the proposed schedule.

You can purchase an eBook from the publisher for \$35 here and Canvas has instructions: <https://www.mheducation.com/highered/custom/product/9781307750553.html>

## Library Liaison

Geetali Basu is the NUFS/PKG reference librarian; geetali.basu@sjsu.edu. Phone number (408) 808-2651.

Adriana Poo is the Health Science, Kinesiology, and Recreation, Liaison Librarian. (408)-808-2019. adriana.poo@sjsu.edu

## Course Format

This course will include lecture, class discussion, and student presentations. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. Students are expected to have read the assigned materials before class and to be prepared to actively participate, discussing course content, raising issues, providing information from their own experiences, and asking questions during the class. If students miss class, they are responsible for obtaining lecture notes and viewing material online before contacting the instructor about the missed content.

## Course Lecture Schedule and Technology

**Nutrition portion of the class:** There will be a mixture of synchronous and asynchronous Zoom lectures for the Nutrition portion of this class. **You are highly encouraged to attend the synchronous lectures shown in the syllabus calendar as “9 am LIVE Zoom”.** The nutrition instructor also invites you to attend any other live lectures she provides to other sections of this course. These occur outside of your scheduled class time and are therefore marked “asynchronous” in the syllabus calendar. **You are not expected to attend lectures occurring outside your usual class time but are welcome if your schedule allows.** All synchronous and asynchronous lectures are recorded and posted in the Nutrition Week modules as soon as they are available from Zoom for you to review at your leisure.

**Fitness portion of the class:** The content for the Physical Fitness portion of the class is entirely online, meeting both Monday’s and Wednesdays via zoom unless otherwise indicated on the syllabus/Canvas.

## Course Requirements and Assignments

Assignment	Points	Approximate % of Overall Grade	GELO	CLOs
Nutrition Quizzes	70	17		1,2,3,4,6
Nutrition Exam	30	7		
Fitness Exam	50	12		
Fitness Quizzes	50	12		
Analysis of Scientific Literature #1 (practice)	20	5	1	
Analysis of Scientific Literature #2	50	12	1	

Oral Presentation on Analysis of Scientific Literature #2	50	12	3	5
Consumer Product: Fitness	50	12	2	
Consumer Product: Nutrition	50	12	2	
<b>Total</b>	420	100		

- Quiz and exam questions will be based on assigned readings, lectures, and class discussions. Quizzes and exams will be given on CANVAS on the dates and times shown in the Schedule and in the Modules. Make-up quizzes and exams will be given only in cases of serious illness or emergencies, and requests for make-ups will be evaluated on an individual basis. The student is responsible for notifying the instructor and arranging a make-up date **prior** to exams and quizzes. The last exam of the semester will be administered during the final exam period scheduled by SJSU.
- Due dates and times are clearly identified on the calendar in the syllabus and on each Assignment on Canvas. **Papers are to be uploaded to Canvas by 11:59 pm on the due date for the assignment.** Assignments turned in after the due date and time, unless otherwise specified, will be considered late. There is a 5% penalty (minus 2 ½ points on a 50 point assignment) for each calendar day, or partial calendar day, that assignments are late. Assignments will not be accepted 1 week past the due date.
- All assignments must be typed and double spaced. Unless otherwise noted by the instructor, students should **not** use direct quotations or copied material from scientific sources. Instead, students should paraphrase source information and use appropriate APA citation format, including the source’s author(s) and year of publication. Individual instructors will provide procedures to be used for electronic submission and plagiarism screening via turnitin.com.
- Writing in general education courses is assessed for grammar, content, clarity, conciseness, and coherence. The SJSU Writing Center, located in Clark Hall, Suite 126, offers one-on-one tutoring services and workshops. To make an appointment or refer to the online resources offered through the Writing Center, visit the Writing Center website at <http://www.sjsu.edu/writingcenter>.
- Detailed guidelines for the Analysis of Scientific Literature #1 (Practice) & #2, Consumer Product, and Group Oral Presentation assignments can be found in each assignment within their respective Module. However, all the assignment guidelines can be viewed in one document, called the Assignment Packet, which is linked within each respective Module.
- Consistent with guidelines for SJSU Studies courses, students will write a minimum of 3,000 words:
  - Analysis of Scientific Literature #1                      3-4 pages or 750-1,000 words
  - Analysis of Scientific Literature #2                      3-4 pages or 750-1,000 words
  - Consumer Product: Fitness                                3-4 pages or 750-1,000 words
  - Consumer Product: Nutrition                              3-4 pages or 750-1,000 words
- [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf), Course Syllabi (<http://www.sjsu.edu/senate/docs/S16-9.pdf>) describes the expected time commitment for SJSU classes: “Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for

instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practice. Other course structures will have equivalent workload expectations as described in the syllabus.”

### Assignment of Grades

97-100% (406-420 pts) = A plus	93-96% (390–405) pts = A	90-92% (377-389 pts) = A minus
87-89% (364-376 pts) = B plus	83-86% (348-363 pts) = B	80-82% (334-347 pts) = B minus
77-79% (322-333 pts) = C plus	73-76% (306-321 pts) = C	70-72% (293-305 pts) = C minus
67-69% (280-292 pts) = D plus	63-66% (264-279 pts) = D	60-62% (251-263 pts) = D minus
Below 60% (0-250 pts) = F		

### University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>” Make sure to review these university policies and resources.

Multiple nutrition assessment methods utilize gender-specific values that provide distinct recommendations for males and females. These criteria do not take into account for gender identity or gender expression and no guidelines exist regarding nutrition assessment for transgender or gender non-conforming population.

## Resources

These peer-reviewed journals and on-line resources should be used for your written assignments and oral presentation.

### Journals (partial list)

American Journal of Clinical Nutrition	Journal of Health, Physical Education, Recreation & Dance
American Journal of Public Health	Journal of Nutrition
American Journal of Sports Medicine	Medicine & Science in Sports & Exercise
International Journal of Sports Medicine	New England Journal of Medicine
Journal of Athletic Training	Nutrition Reviews
Journal of the Academy of Nutrition and Dietetics	Physician and Sports Medicine
Journal of the American Medical Association	Research Quarterly for Exercise and Sport
Journal of Strength and Conditioning Research	Sports Medicine
Journal of Food Science	Strength and Conditioning Journal

### On-Line Resources (partial list)

American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>
Academy of Nutrition and Dietetics	<a href="http://www.eatright.org">www.eatright.org</a>
American Medical Association	<a href="http://www.ama-assn.org">www.ama-assn.org</a>
Australian Institute of Sport	<a href="http://www.ais.org.au/sssm/index.asp">www.ais.org.au/sssm/index.asp</a>
Centers for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>
Government Healthfinder	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
International Food Information Council	<a href="http://www.ific.org">www.ific.org</a>
Medline: <a href="http://www.sjlibrary.org">www.sjlibrary.org</a> website for access to database	<a href="http://www.ncbi.nlm.nih.gov/pubmed/">www.ncbi.nlm.nih.gov/pubmed/</a>
MyPlate.gov	<a href="http://www.myplate.gov">www.myplate.gov</a>
National Institutes of Health	<a href="http://www.nih.gov">www.nih.gov</a>
New England Journal of Medicine	<a href="http://www.nejm.org">www.nejm.org</a>
Physician and Sportsmedicine	<a href="http://www.physsportsmed.com">www.physsportsmed.com</a>
Gatorade Sports Science Exchange	<a href="http://www.gssiweb.com">www.gssiweb.com</a>
Sport Science Organization	<a href="http://www.sportsci.org">www.sportsci.org</a>
World Health Organization	<a href="http://www.who.int/en">www.who.int/en</a>

## NUFS/KIN 163 – Physical Fitness & Nutrition, Spring 2022

### Proposed Course Schedule for Section 13

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **NUTRITION**

Zoom link for all Nutrition lectures: Bloom's Zoom Room at: <https://sisu.zoom.us/j/9593493395>

WEEK	DATE	TOPIC	READING ASSIGNMENTS	DUE
Nutrition Introduction	Wed Jan 26	<i>9am LIVE Zoom</i> Course Introduction, Policies & Procedures	Syllabus and Assignment Packet on Canvas	Link for this lecture recording is in the Week 1 module
Nutrition 1	Mon Jan 31	<i>9am LIVE Zoom</i> on Introduction to Nutrition	RBS: Chap. 1	Link for this lecture recording is in the Week 1 module
	Wed Feb 2	Asynchronous recorded lecture on Healthful Nutrition (or attend live 10:30am Zoom if you are able, but not expected)  Chapter 1 Quiz	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	Link for this lecture recording is in the Week 1 module  <b>Chapter 1 Quiz</b>
Nutrition 2	Mon Feb 7	<i>Asynchronous recorded lecture on</i> Healthful Nutrition (or attend live 12noon Zoom if you are able, but not expected)	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	Link for this lecture recording is in the Week 2 module
	Wed Feb 9	<i>9am LIVE Zoom</i> Group Collaboration on Analysis of Scientific Literature #1 (Practice)  Chapter 2 Quiz	IFIC article, Chiba et al (2020) and instructions are on Canvas in Week 2 Module	Link for this lecture recording is in the Week 2 module  <b>Chapter 2 Quiz</b>
Nutrition 3	Mon Feb 14	No Zoom Analysis of Scientific Lit #1 due		<b>Analysis of Scientific Lit #1</b>
	Wed Feb 16	Asynchronous recorded lecture on Carbohydrates (or attend live 1:30pm Zoom if you are able, but not expected)  Chapter 4 Quiz	RBS: Chap. 4	Link for this lecture recording is in the Week 3 module  <b>Chapter 4 Quiz</b>
Nutrition 4	Mon Feb 21	No Zoom Consumer Product - Nutrition due	Instructions in Assignment Packet and on Canvas under Assignments	<b>Consumer Product - Nutrition</b> Link to a recording of the instructions are in Week 4 module

	Wed Feb 23	9am LIVE Zoom on Fat  Chapter 5 Quiz	RBS: Chap. 5	Link for this lecture recording is in the Week 4 module <b>Chapter 5 Quiz</b>
Nutrition 5	Mon Feb 28	Asynchronous lecture on Protein (or attend the live 10:30am Zoom if you are able, but not expected)	RBS: Chap. 6	Link for this lecture recording is in the Week 5 module
	Wed Mar 2	Asynchronous recorded lecture on Body Composition and Eating Disorders (or attend the like 12noon Zoom if you are able, but no expected)  Chapter 6 Quiz	RBS: Chap. 10	Link for this lecture recording is in the Week 5 module  <b>Chapter 6 Quiz</b>
Nutrition 6	Mon Mar 7	Asynchronous recorded lecture on Weight Loss (or attend the live 1:30pm Zoom if you are able, but not expected)	RBS: Chap. 11	Link for this lecture recording is in the Week 6 module
	Wed Mar 9	9am LIVE Zoom Office Hour / Oral Presentation and Analysis of Scientific Lit #2 Q&A  Chapter 10 Quiz		Link for this lecture recording is in the Week 6 module  <b>Chapter 10 Quiz</b>
Nutrition 7	Mon Mar 14	No Zoom Oral Presentations and Analysis of Scientific Lit #2 due for Nutrition Groups 1 - 4 only  Chapter 11 Quiz		<b>Oral P &amp; Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>  <b>Chapter 11 Quiz</b>
	Wed Mar 16	No Zoom Review all Nutrition material for Exam	Exam Study Guide can be found in Week 7module	
Nutrition 8	Mon Mar 21	9am NUTRITION EXAM open on Canvas from 9:00am – 10:15am ONLY	RBS Chap. 1, 2, 4, 5, 6, 10 & 11	<b>NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 &amp; 11)</b>
***** <b>Finish Nutrition / Begin Fitness</b> *****				
Fitness 1	Wed Mar 23	Fitness intro & Finding Empirical Research	Syllabus and Assignment Packet on Canvas	
Fitness 2	Mon Mar 28	SPRING RECESS		
	Wed Mar 30	SPRING RECESS		



Fitness 3	Mon April 4	CH 1 Introduction to Wellness, Fitness & Lifestyle Management		CH 1&2 Quiz
	Wed April 6	CH 2 Principles of Physical Fitness		
Fitness 4	Mon April 11	CH 3 Energy Systems & Cardiorespiratory Endurance		CH 3 & 4 Quiz
	Wed April 13	CH 4 Muscular Strength & Endurance		
Fitness 5	Mon April 18	CH 5 Flexibility & Low Back Health		CH 5 Quiz <b>Consumer Product: Fitness Analysis</b>
	Wed April 20	Stretch Lab		
Fitness 6	Mon April 25	CH 6 Body Composition		CH 6 Quiz
	Wed April 27	TBD		
Fitness 7	Mon May 2	CH 7 Programming		CH 7 Quiz
	Wed May 4	(no class)		
Fitness 8	Mon May 9	Exercise & Cardiovascular Health		CH 11 Quiz <b>Group Presentation and Analysis of Scientific Literature #2 (only if presenting)</b> <b>*SEE CANVAS FOR DETAILS</b>
	Wed May 11	(no class)		
	Mon May 16	Watch pre-recorded presentations (no class)		
<b>Finals</b>	<b>Fri May 20 at 7:15am</b>	<b>Fitness Exam</b>		

## NUFS/KIN 163 – Physical Fitness & Nutrition, Spring 2022

### Proposed Course Schedule for Section 14

\*\* Subject to change with fair notice made via an Announcement through Canvas \*\*

The 1<sup>st</sup> half of your semester is **FITNESS**

WEEK	DATE	TOPIC	READING ASSIGNMENTS (done prior to that class)	DUE (Sunday at 11:59pm)
Fitness 1	Wed Jan 26	Course overview & introduction		
Fitness 2	Mon Jan 31	CH 1 Introduction to Wellness, Fitness & Lifestyle Management	FIR: CH 1	CH 1 & 2 Quiz
	Wed Feb 2	CH 2 Principles of Physical Fitness	FIR: CH 2	
Fitness 3	Mon Feb 7	Styles (2016) group work	IFIC article; Styles (2016)	CH 3 Quiz <b>Analysis of Scientific Literature #1</b>
	Wed Feb 9	CH 3 Energy Systems & Cardiorespiratory Endurance	FIR: CH 3	
Fitness 4	Mon Feb 14	Finding Empirical Research		CH 4 Quiz
	Wed Feb 16	CH 4 Muscular Strength & Endurance	FIR: CH 4	
Fitness 5	Mon Feb 21	CH 5 Flexibility & Low Back Health		CH 5 Quiz <b>Consumer Product: Fitness Analysis</b>
	Wed Feb 23	Stretch Lab		
Fitness 6	Mon Feb 28	CH 6 Body Composition		CH 6 Quiz
	Wed Mar 2	(no class)		
Fitness 7	Mon Mar 7	CH 7 Programming		CH 7 Quiz
	Wed Mar 9	(no class)		
Fitness 8	Mon Mar 14	CH 11 Exercise & Cardiovascular Health		CH 11 Quiz <b>Group Presentation and Analysis of Scientific Literature #2 (only if presenting)</b> <b>*SEE CANVAS FOR DETAILS</b>
	Wed Mar 16	Watch pre-recorded presentations (no class)		
	Mon Mar 21	<b>Fitness Exam</b>		
***** <b>Finish Fitness / Begin Nutrition</b> *****				

Nutrition 1	<b>Wed Mar 23</b>	<b>9am LIVE Zoom</b> Instructor Introduction, Policies & Procedures	Syllabus and Assignment Packet	Link for this lecture recording is in the Week 1 module
<i>Spring Break</i>	Mon Mar 28	<b>No School – Spring Break</b>		
	Wed Mar 30	<b>No School – Spring Break</b>		
Nutrition 2	<b>Mon Apr 4</b>	<b>9am LIVE Zoom</b> on Introduction to Nutrition	RBS: Chap. 1	Link for this lecture recording is in the Week 2 module
	Wed Apr 6	Asynchronous recorded lecture on Healthful Nutrition (or attend live 10:30am Zoom if you are able, but not expected)  Chapter 1 Quiz	RBS: Chap. 2, 1 <sup>st</sup> half of chapter	Link for this lecture recording is in the Week 2 module  <b>Chapter 1 Quiz</b>
Nutrition 3	Mon Apr 11	Asynchronous recorded lecture on Healthful Nutrition (or attend live 12noon Zoom if you are able, but not expected)	RBS: Chap. 2, 2 <sup>nd</sup> half of chapter	Link for this lecture recording is in the Week 3 module
	Wed Apr 13	No Zoom Chapter 2 Quiz		<b>Chapter 2 Quiz</b>
Nutrition 4	Mon Apr 18	Asynchronous recorded lecture on Carbohydrates (or attend live 1:30pm Zoom if you are able, but not expected)	RBS: Chap. 4	Link for this lecture recording is in the Week 4 module
	<b>Wed Apr 20</b>	<b>9am LIVE Zoom</b> Office Hour / Consumer Product Q&A  Chapter 4 Quiz	Instructions in Assignment Packet and on Canvas under Assignments	Link for this lecture recording is in the Week 4 module <b>Chapter 4 Quiz</b>
Nutrition 5	Mon Apr 25	No Zoom Consumer Product - Nutrition due	Recorded instructions are linked in Week 4	<b>Consumer Product - Nutrition</b>
	<b>Wed Apr 27</b>	<b>9am LIVE Zoom</b> on Fat  Chapter 5 Quiz	RBS: Chap. 5	Link for this lecture recording is in the Week 5 module <b>Chapter 5 Quiz</b>
Nutrition 6	Mon May 2	Asynchronous recorded lecture on Protein (or attend the live 10:30am Zoom if you are able, but not expected)	RBS: Chap. 6	Link for this lecture recording is in the Week 6 module
	<b>Wed May 4</b>	<b>9am LIVE Zoom</b> Office Hour / Oral Presentation and Analysis of Scientific Lit #2 Q&A Chapter 6 Quiz		Link for this lecture recording is in the Week 6 module <b>Chapter 6 Quiz</b>

Nutrition 7	Mon May 9	Asynchronous recorded lecture on Body Composition and Eating Disorders (or attend the live 12noon Zoom if you are able, but not expected)	RBS: Chap. 10	Link for this lecture recording is in the Week 7 module
	Wed May 11	Asynchronous recorded lecture on Weight Loss (or attend the live 1:30pm Zoom if you are able, but not expected)  Oral Presentations and Analysis of Scientific Lit #2 due (for Nutrition Groups 1 - 4 only)  Chapter 10 Quiz	RBS: Chap. 11	Link for this lecture recording is in the Week 7 module  <b>Oral P &amp; Analysis of Scientific Lit #2 (only for Nutrition Groups 1-4)</b>  <b>Chapter 10 Quiz</b>
Nutrition 8	Mon May 16	No Zoom Chapter 11 Quiz		<b>Chapter 11 Quiz</b>
FINAL EXAM	<b>Fri May 20 at 7:15am</b>	<b>7:15am NUTRITION EXAM, only open on Canvas from 7:15 – 8:30am using Respondus Browser</b>	Study Guide linked in Week 8 module	<b>NUTRITION EXAM (Chap. 1, 2, 4, 5, 6, 10 &amp; 11)</b>