|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sample Course Plan**  **EXAMPLE**  **NUTR1000** | 1. **Establish your Course Objectives** (what students will be able to do/know upon completion of the course. Choose 5-10).   *Click here for more information on how to write course objectives:*  *Upon completion of this course students will be able to:*  1. **Describe** the digestive system  2. **Design** individualized eating plans using diet planning principles and the Canadian Food Guide  3. **Explain** and **enumerate** the steps in metabolism and the ways energy is derived from proteins, fat and carbohydrates  4. **State** the benefits of physical activity and **describe** the components of a fitness program | | | | |
| 1. **Determine your Assessment Grid** (how student grades will be determined)   *Click here for more information on assessment methods:*  *A student’s final grade will be determined by the completion of the following:*   1. Module Quizzes -10% 2. Case Study -20% 3. Assignments -35% 4. Final Exam -30% | | | | |
|  | **Learning Outcomes**  (specific skills / knowledge to be learned in a module)  *More on writing module specific outcomes:* | **Input**  (instructional material and content – employ **chunking** techniques for effective delivery)  *More on chunking:* | **Learning Activities/ Formative Assessment**  (diagnostic/guiding assessment to determine student understanding along the way – not graded)  *More on formative assessment:* | **Summative Assessment**  (evaluations to determine student understanding at the end of the module – graded)  *More on summative assessment:* | **Helpful Resources**  (online, other media, print, people – indicate if resources are mandatory or supplemental) |
| **Module 1 – Introduction to the digestive system** | *List and label the group of organs that are responsible for converting food into energy in the digestive system.* | *Reading:* https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works | *Interactive Digestive System:* http://yakult.com.au/resources/flash/flash\_digestiveDD100.html | *Label & Summarize*:  Properly label and summarize the functions of all the organs in the digestive system. | *Video of how the digestive system works:* https://www.youtube.com/watch?v=ZeUlh9Cou38 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Plan** | **Learning Outcomes**  (specific skills / knowledge to be learned in a module) | **Assessment Activities**  (instructional material and content – employ **chunking** techniques for effective delivery) | **Input**  (diagnostic/guiding assessment to determine student understanding along the way – not graded) | **Learning Activities**  (evaluations to determine student understanding at the end of the module – graded) | **Helpful Resources**  (online, other media, print, people – indicate if resources are mandatory or supplemental) |
| **Assessment Schedule** |
| Week / Module  **1** |  |  |  |  |  |
| Week/Module **2** |  |  |  |  |  |
| Week/Module **3** |  |  |  |  |  |
| Week/Module **4** |  |  |  |  |  |
| Week/Module **5** |  |  |  |  |  |
| Week/Module **6** |  |  |  |  |  |
| Week/Module **7** |  |  |  |  |  |
| Week/Module **8** |  |  |  |  |  |
| Week/Module **9** |  |  |  |  |  |
| Week/Module **10** |  |  |  |  |  |