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| **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 system2. **Design** individualized eating plans using diet planning principles and the Canadian Food Guide3. **Explain** and **enumerate** the steps in metabolism and the ways energy is derived from proteins, fat and carbohydrates4. **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 |

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| **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** |  |  |  |  |  |