

## TELECOURSE INFO SHEET

Semester: Fall Semester 2009  
Course: BIOL 1323 (BIO 1643): Nutrition/ Health  
Series: Nutrition Pathways (2 new 30-minute programs per week)  
Instructor: Terry Shaw, 223- 6048, RVS- A 2245 *tshaw@austincc.edu*

### PROGRAM AIR TIMES ARE FOR TIME WARNER-Austin/Central Texas, SuddenLink & GRANDE CABLE.

#### Friday 5:30- 7:00 PM

Week 1	September 25	1. Nutrition Basics 2. The Digestive System 3. Carbohydrates: Simple & Complex
Week 2	October 2	1. Nutrition Basics 2. The Digestive System 3. Carbohydrates: Simple & Complex
Week 3	October 9	4. Carbohydrates: Fiber 5. Fats: The Lipid Family 6. Fats: Health Effects
Week 4	October 16	7. Proteins: Form & Function 8. Proteins: Protein Continuum 9. Metabolism
Week 5	October 23	10. Weight Control: Energy Regulation 11. Weight Control: Health Effects 12. Vitamins: Water Soluble
Week 6	October 30	13. Vitamins: Fat Soluble 14. Major Minerals and Water 15. Trace Minerals
Week 6	November 6	16. Physical Activity: Fitness Basics 17. Physical Activity: Beyond Fitness 18. Lifecycle: Pregnancy
Week 7	November 13	19. Lifecycle: Lactation & Infancy 20. Lifecycle: Childhood & Adolescence 21. Lifecycle: Adulthood & Aging
Week 8	November 20	22. Diet & Health: Cardiovascular Disease 23. Diet & Health: Cancer, Immunology & AIDS 24. Diet & Health: Diabetes
Week 9	November 27	25. Consumer Concerns & Food Safety 26. Applied Nutrition

**Available at ACC Tape Viewing Locations:** ACC Libraries: Cypress Creek, Eastview, Northridge, Rio Grande, Riverside, Pinnacle, South Austin.

See <http://dl.austincc.edu/ITV/schedule/> for additional viewing schedule information.