

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.

	Monday 5:00- 6:00 pm	Wednesday 9:00- 10:00 pm	
Week 1	August 24	August 26	1. Nutrition Basics 2. The Digestive System
Week 2	August 31	September 2	1. Nutrition Basics (repeat) 2. The Digestive System (rpt)
Week 3	September 7	September 9	3. Carbohydrates: Simple & Complex 4. Carbohydrates: Fiber
Week 4	September 14	September 16	5. Fats: The Lipid Family 6. Fats: Health Effects
Week 5	September 21	September 23	7. Proteins: Form & Function 8. Proteins: Protein Continuum
Week 6	September 28	September 30	9. Metabolism 10. Weight Control: Energy Regulation
Week 7	October 5	October 7	11. Weight Control: Health Effects 12. Vitamins: Water Soluble
Week 8	October 12	October 14	13. Vitamins: Fat Soluble 14. Major Minerals and Water
Week 9	October 19	October 21	15. Trace Minerals 16. Physical Activity: Fitness Basics
Week 10	October 26	October 28	17. Physical Activity: Beyond Fitness 18. Lifecycle: Pregnancy
Week 11	November 2	November 4	19. Lifecycle: Lactation & Infancy 20. Lifecycle: Childhood & Adolescence
Week 12	November 9	November 11	21. Lifecycle: Adulthood & Aging 22. Diet & Health: Cardiovascular Disease
Week 13	November 16	November 18	23. Diet & Health: Cancer, Immunology & AIDS 13. Diet & Health: Diabetes
Week 14	November 23	November 25	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/index.html> for additional viewing schedule information.