

<ul style="list-style-type: none"> <li>Week 9: Special Topics that May Save Your Life &amp; Nutrition and Athletic Performance (...)</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>+</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li>SPECIAL TOPICS THAT MAY SAVE YOUR LIFE</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Orientation to Special Topics that May Save Your Life</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>READ: Chapter 10 from Nutrition Basics for Better Health and Performance (Applegate, L., ED. 3, 2011, Kendall-Hunt)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li>WATCH</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 3: Diet and Cancer (Total Time: 12:42)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 4: More on Diet and Cancer (Total Time: 13:46)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 5: Genetics and Health – Study of Nutrigenomics (Total Time: 8:02)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li>QUIZ: Chapter 10 Special Topics that May Save your Life</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Chapter 10 Quiz: Special Topics That May Save Your Life!</li> <li>Dec 1, 2019   5 pts</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li>NUTRITION AND ATHLETIC PERFORMANCE</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Orientation to Nutrition and Athletic Performance</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>READ: Chapter 11 from Nutrition Basics for Better Health and Performance (Applegate, L., ED. 3, 2011, Kendall-Hunt)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li>WATCH</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 1: Fuel Use During Exercise (Total Time 19:20)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 2: Importance of Carbohydrate for Performance and Recovery (Total Time 13:02)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 3: Protein Needs and Optimal Calorie Distribution for Athletes (Total Time 13:21)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 4: Water Needs and Sports Drinks Use in Athletes (Total Time 17:26)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 5: Fueling Before, During, and After Exercise and Competition (Total Time 18:14)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Video 6: Performance-Enhancing Aids (Total Time 12:00)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li>QUIZ: Chapter 11 Nutrition &amp; Athletic Performance</li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>Chapter 11 Quiz: Nutrition and Athletic Performance</li> <li>Dec 1, 2019   5 pts</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓</li> <li>⋮</li> </ul>