

COURSE SYLLABUS

Course Title:	Introduction to Nutrition	Date submitted:	Spring 2014 (AAC:14-12)
Department:	Mathematics and Science		
Curriculum:	Biology		
Course Descriptors: Make certain that the course descriptors are consistent with college and Board of Trustees policies, and the current course numbering system.	Course Code: (eg. ACC 101)	BIO*111	Prerequisites: C- or better in Integrated Reading and Writing II (ENG*075) OR Introduction to College Reading & Writing (ENG*093) OR Introduction to College English (ENG*096) OR Reading & Writing VI (ESL*162), or placement into Composition (ENG*101) [including embedded ENG*101]
	Course Type:	L/D	
	A: Clinical B: Lab D: Distance Learning I: Individual/Independent L: Lecture N: M: Seminar Internship P: Practicum U: Studio X: Combined Lecture/Lab Y: Combined Lecture/ Clinical/Lab Z: Combined Lecture/Studio		
	Elective Type:	G/LAS/S	
	E: English FA: Fine Arts FL: Foreign Language G: General HI: History HU: Humanities LAS: Liberal Arts & Sciences M: Math S: Science SS: Social Science		
	Credit Hours:	3	Corequisites: None
	Developmental: (yes/no)	NO	
	Lecture:	3	
	Clinical:	0	
	Lab:	0	
Studio	0		
Other:	0		
Contact Hours:	TOTAL: 3		
Class Maximum:	35	Other Requirements: None	
Semesters Offered:	F/Sp/Su		
Catalog Course Description:	Investigates the principles of nutrition with respect to basic body needs, the scope of nutrients and foods satisfying those needs, and the results that can be expected in terms of human health when nutrient intake is adequate, deficient, or excessive.		
Topical Outline: List course content in outline format.	1. What You Eat and Why 2. Tools for Diet Design 3. Digestion 4. Carbohydrates 5. Proteins 6. Lipids 7. Alcohol 8. Vitamins 9. Minerals 10. Energy Balance and Weight Control		

	11. Physical Fitness and Sports 12. Eating Disorders 13. Nutrition Through the Life Cycle 14. Food Safety
<p>Outcomes: Describe measurable skills or knowledge that students should be able to demonstrate as evidence that they have mastered the course content.</p>	<p>Upon successful completion of this course, the student will be able to do the following:</p> <p>COURSE::</p> <ol style="list-style-type: none"> 1. discuss the influence of food prejudices and preferences on nutritional quality 2. explain the relationship between the major food groups and nutrients within to the physiological needs of the body under different conditions of activity, age, and health 3. utilize food guides in planning healthy, nutritious diets 4. identify issues of food safety and recognize the relationship to food borne illness 5. apply strategies to evaluate food and nutrition articles from various media sources <p>PROGRAM: <i>(Numbering reflects Program Outcomes as they appear in the college catalog)</i> N/A</p> <p>GENERAL EDUCATION: <i>(Numbering reflects General Education Outcomes as they appear in the college catalog)</i></p> <p>8. Scientific Knowledge - Students will gain a broad base of scientific knowledge and methodologies in the natural sciences. This will enable them to develop scientific literacy, the knowledge and understanding of scientific concepts and processes essential for personal decision making and understanding scientific issues.</p> <p>Demonstrates: Consistently recalls and correctly applies discipline-specific terms, relevant theories, laws, and concepts to analyze and explain scientific information.</p> <p>Does Not Demonstrate: Inconsistently recalls or incorrectly applies discipline-specific terms, relevant theories, laws, and concepts to analyze or explain scientific information.</p>
<p>Evaluation: List how the above outcomes will be assessed.</p>	<p>Assessment will be based on the following criteria:</p> <p>quizzes exams assignments</p>
<p>Instructional Resources: List library (e.g. books, journals, on-line resources), technological (e.g. Smartboard, software), and other resources (e.g. equipment, supplies, facilities) required and desired to teach this course.</p>	<p>Required: None Desired: None</p>
<p>Textbook(s)</p>	<p>Wardlaw, <u>Contemporary Nutrition</u>, latest ed.; McGraw Hill</p>