## COURSE SYLLABUS

### Course Title:
Nutrition for Health Professionals

### Department:
Biology, Chemistry, Allied Health, Medical

### Curriculum:
Dental Hygiene

### Course Code:
BIO*205

### Prerequisites:
- C- or better in Concepts of Chemistry (CHE*111), General Biology I (BIO*121) or Anatomy & Physiology I (BIO*211)

### Course Type:
L/D

### Elective Type:
G

### Credit Hours:
3

### Contact Hours:

<table>
<thead>
<tr>
<th>Lecture</th>
<th>Clinical</th>
<th>Lab</th>
<th>Studio</th>
<th>Other</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
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### Class Maximum:
25

### Semesters Offered:
F/Sp

### Catalog Course Description:
Provides health care professionals with information on the current concepts in nutrition. Biochemistry and metabolism of nutrients as well as nutrition throughout the life cycle. Nutritional counseling is an integral part of the course. Students who satisfactorily complete BIO*205 may not take DHY*205.

### Topical Outline:
1. Essential Nutrients
2. RDA/DRI
3. USDG
4. Food Guide Patterns
5. Energy Metabolism
6. Labeling
7. Additives
8. Food Safety
9. Carbohydrates/Dental Caries

### Developmental:
No

### Corequisites:
None

### Other Requirements:
None

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Original-4/10/07
10. Protein
11. Lipid/Heart Disease
12. Alternative Sweeteners
13. Nutrition Counseling and Evaluation
14. Fat and Water Soluble Vitamins
15. Minerals/Fluoride and Caries
16. Digestion, Absorption, and Metabolism
17. Digestive Disorders
18. Nutrition in Athletes, Children, Adolescents, and Aging
19. Nutrition in Pregnancy and Lactation
20. Eating Disorders

<table>
<thead>
<tr>
<th>Outcomes:</th>
<th>Upon successful completion of this course, the student will be able to do the following:</th>
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<tr>
<td>Describe measurable skills or knowledge that students should be able to demonstrate as evidence that they have mastered the course content.</td>
<td>COURSE:</td>
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<tr>
<td></td>
<td>1. discuss nutrition needs throughout the life cycle</td>
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<td>2. discuss the role of each of the essential nutrients in the human body</td>
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<td>3. explain the USDG and Food Guide patterns and apply these principles in nutrition counseling</td>
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<thead>
<tr>
<th>Evaluation:</th>
<th>PROGRAM: (Numbering reflects Program Outcomes as they appear in the college catalog)</th>
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<tbody>
<tr>
<td>List how the above outcomes will be assessed.</td>
<td>Oral Communication - Students will be prepared to develop oral messages of varying lengths and styles that communicate effectively and appropriately across a variety of settings.</td>
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<tr>
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<td>Demonstrates: Delivers oral presentations with information and/or analysis appropriate for the rhetorical situation. Content is reinforced by appropriate verbal and nonverbal communication.</td>
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<tr>
<td></td>
<td>Does Not Demonstrate: Oral presentations lack information and/or analysis appropriate for the rhetorical situation. Content may not be reinforced by appropriate verbal and nonverbal communication.</td>
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<tr>
<th>Instructional Resources:</th>
<th>Assessment will be based on the following criteria:</th>
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<tbody>
<tr>
<td>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.</td>
<td>Quizzes</td>
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<td>Exams</td>
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<td>Projects</td>
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<tr>
<th>Textbook(s)</th>
<th>Required: None</th>
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<tbody>
<tr>
<td>Desired: None</td>
<td>Textbook: Refer to current academic year printout</td>
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