**Course Title:** Nutrition for Health Professionals

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

**Curriculum:** Dental Hygiene

**Course Code:** (eg. ACC 101) DHY*205

**Course Type:** L/D

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

**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:** DHY*205

**Course Type:** L/D

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

**Elective Type:** G

**Credit Hours:**
- 3

**Contact Hours:**
- Lecture: 3
- Clinical: 0
- Lab: 0
- Studio: 0
- Other: 0
- TOTAL: 3

**Class Maximum:** 25

**Semesters Offered:** F/Sp

**Catalog Course Description:** Provides health care professionals with information on the current concepts in nutrition. The course includes 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 DHY*205 may not take BIO*210.

**Outcomes:**
- Essential Nutrients
- RDA/DRI
- USDG
- Food Patterns
- Energy Metabolism
- Labeling
- Additives
- Food Safety
- Carbohydrates/Dental Caries
- Protein
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| 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 |

### Outcomes:
Describe measurable skills or knowledge that students should be able to demonstrate as evidence that they have mastered the course content.

### Evaluation:
List how the above outcomes will be assessed.

### Upon successful completion of this course, the student will be able to do the following:

#### COURSE:
1. discuss nutrition needs throughout the life cycle
2. discuss the role of each of the essential nutrients in the human body
3. explain the USDG and Food Guide patterns and apply these principles in nutrition counseling

#### PROGRAM: (Numbering reflects Program Outcomes as they appear in the college catalog)

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.

**Demonstrates:** Delivers oral presentations with information and/or analysis appropriate for the rhetorical situation. Content is reinforced by appropriate verbal and nonverbal communication.

**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.

### Assessment will be based on the following criteria:
- Quizzes
- Exams
- Projects

### 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.

**Required:** None  
**Desired:** None

### Textbook(s)
Textbook: Refer to current academic year printout