



MONROE COUNTY
COMMUNITY COLLEGE

Course Outcome Summary

Standard Course

HLTSC 151 Principles of Nutrition and Diet Therapy

Course Information

Division	Health Sciences
Contact Hours	3
Theory	45
Total Credits	3

Prerequisites RDG 090 and ENGL 090 or qualifying scores on accepted placement test

Course Description

The purpose of this course is to study the role of nutrition in promoting health throughout the life cycle. Basic nutrition concepts are discussed, with emphasis placed on the nutrition needed for the maintenance of health and the prevention of disease. Personal nutritional practices are analyzed in light of nutritional theory.

Course Outcomes

In order to evidence success in this course, students will be able to:

1. generalize and explain the concepts of food choices based on the United States Nutritional Guidelines as it relates the physiological function of the macronutrients and micronutrients in the body systems to achieve and support health.
2. differentiate nutritional needs for common major health disparities and be able to identify nutritional strategies to support and promote health.
3. summarize and explain the nutritional needs of individuals across the lifespan and recognize the need for proper nutrition and activity to promote health.

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