Course Information

Division: Health Sciences
Contact Hours: 3
Theory: 45
Total Credits: 3

Prerequisites
RDG 090 and ENGL 090 or qualifying scores on ACT or COMPASS tests

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. Identify/Recognize:
   a. the essential nutrients, define their functions, and describe inter-relationships in the human body
   b. each part of the food pyramid and recommended servings for each group
   c. special nutritional needs of various age groups and pregnancy
   d. special dietary needs related to specific disease entities
   e. basic aspects of successful dietary counseling
   f. special dietary needs related to athletics and exercise
   g. homeostasis and the influence of water balance and electrolytes
   h. the process of food digestion and nutrient absorption
   i. basic food supply issues such as food poisoning, food assistance programs, and food buying and handling
   j. cultural and psychological influences related to food habits
   k. the role nutrition plays in maintaining health and preventing disease

2. Demonstrate/Practice:
   a. the use of guides for calculating adequate nutritional intake including recommended dietary allowances, the USRDA, the basic four food groups, the exchange supplement, and the food pyramid
   b. basic nutritional status utilizing dietary intake and selected physical criteria
   c. ideal body weight, basal metabolic rate, kilocalories, carbohydrates, fat, and protein percentages by means of calculations
   d. skills needed to perform basic dietary counseling
   e. the correct interpretation of food labels
   f. nutritional changes which reflect problem areas identified in nutritional assessment

Date Updated: 3/17/15
By: RRiffle/KSL