BIOL 171 Nutrition and Health
Credit Hours: 3
Scheduled hours per week
Lecture: 3
Lab: 0
Other: N/A

Catalog Course Description: This course will cover basic nutrients needed for human health; nutritional changes and adaptations during various stages of the life cycle will be discussed. Some consideration will be included regarding nutrition for common disorders such as excess weight, athletic training, and diseases such as hypertension and diabetes.

Pre-requisites: N/A

Co-requisites: N/A

Course Learning Outcomes:
- Possess a basic knowledge of nutritional principles with regard to the major nutrient classes and their effects on human physiology.
- Be familiar with the nutritional value of many of the different foods available and the effects of various processing and preparation techniques.
- Be able to utilize this knowledge to analyze current and often controversial nutrition needs, issues and research trends.
- Be familiar with own eating habits and critically assess own nutrient requirements.
- Be able to explain how nutrition supports physical activity and performance.

Topics to be studied:
- Nutrition principles
- Digestion related to anatomy, absorption and transport
- Functions of the specific nutrients from 6 nutrient classes required by the body
- Nutritional value of many of the different foods available
- Reading food labels and determining portion sizes
- Nutritional value of many of the different foods available
- Understanding nutritional needs
- Energy balance and metabolism
- Importance of fiber in diet
- Vitamins and minerals
- Nutritional needs of specific populations (infant, child, pregnancy, athletic training etc.)

Relationship of Course to Program or Discipline Learning Outcomes:

Relationship of Course to Science Learning Outcomes:	
Students will learn the process and reasoning behind the Scientific Method and be able to conduct experiments that meet the requirements of the model.	X
Students exhibit the basic safety-related rules and regulations of working in the lab.	
Students be able to recount the basic safety tenants associated with a specific scientific discipline.	

Students will become proficient at Science Writing.	X
Students will recognize and identify the applications of their specific discipline in the 'real world.'	X
Students will accurately recount important milestones in the history of scientific inquiry in their discipline.	X
5/3/2016	

Relationship of Course to General Education Learning Outcomes:	
Composition and Rhetoric Students illustrate a fundamental understanding of the best practices of communicating in English and meet the writing standards of their college or program-based communication requirements.	X
Science & Technology Students successfully apply systematic methods of analysis to the natural and physical world, understand scientific knowledge as empirical, and refer to data as a basis for conclusions.	X
Mathematics & Quantitative Skills Students effectively use quantitative techniques and the practical application of numerical, symbolic, or spatial concepts.	X
Society, Diversity, & Connections Students demonstrate understanding of and a logical ability to successfully analyze human behavior, societal and political organization, or communication.	X
Human Inquiry & the Past Students interpret historical events or philosophical perspectives by identifying patterns, applying analytical reasoning, employing methods of critical inquiry, or expanding problem-solving skills.	X
The Arts & Creativity Students successfully articulate and apply methods and principles of critical and creative inquiry to the production or analysis of works of art.	
5/3/2016	

Special requirements of the course: N / A

Additional information: N/A

Prepared by: Mary Hetrick

Date: 10/20/2017