

BIOL 171 Introduction to Nutrition

Credit Hours: 3

Scheduled hours per week

Lecture: 3

Lab: 0

Catalog Course Description: This course is a survey of current nutrition science principles, with emphasis on the development of skills to discern nutrition fact from fiction using scientific method and how to apply nutrition science principles to daily life. As a result of taking this course, you will gain nutritional science knowledge and analytical skills that can be used to protect your health and well-being through your life. This course is 3 credits and has no prerequisites.

Pre-requisites: None

Co-requisites: None

Course Learning Outcomes (CLO):

1. Appreciate the role of food and nutrients in their relation to human health and, evaluate foods for nutrient content.
2. Describe a) structures and metabolic functions, b) physical and chemical properties, c) deficiency signs and symptoms, d) toxicity signs and symptoms, e) dietary requirements, f) major food sources, and g) the digestion and absorption of specific nutrients.
3. Relate dietary patterns and lifestyles to the maintenance of health or progression of diseases.
4. Describe the effects of a) various models of food processing on nutrient content and availability and b) uses or abuses of intentional food additives.
5. Demonstrate familiarity with nutrition guidelines, methods, technologies for assessment and application to food labels set by regulatory government agencies

CLO Assessment Methods:

- Direct Methods
 - Quizzes and Review Assignments
 - Course activities (Multiple format: essays, short answer, matching terminology, multiple choice, true and false statements)
- Indirect Methods
 - Course Evaluations

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 Learning Outcomes (PLO) or Discipline Learning Outcomes:

Check if approved as: Foundational Learning Course Reinforcement Learning Course

Special requirements of the course: N / A

Prepared by: Mary Hetrick

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