

HLSC 2103 Nutrition In Health

Catalog description:

Nutrition is offered as a required course for selected Associate of Arts/Associate of Science degree programs. This course may also meet elective requirements for other programs. The main objective of the course is to provide basic nutrition concepts, current findings and fundamental information for students to apply to personal everyday life.

Prerequisite: None

Credit hours/contact hours/load hours: 3/3/3

Target Audience & Transfer: Designed for students seeking an Associate of Arts or Associate of Science degree. Nutrition is a requirement for selected programs and can meet elective requirements. This class may transfer to the University of Arkansas as an elective in some colleges. Students may need to petition.

General Course Outcomes: Students completing this course will be able to:

1. Become familiar with established dietary guidelines, nutrient recommendations, national health objectives, and food safety initiatives.
2. Develop practical skills in making decisions regarding personal nutrition and health.
3. Distinguish between false and factual nutrition information dealing with research findings regarding the aging process, disease prevention, and the marketing of functional foods/food products.
4. Evaluate advertising claims regarding nutrition and fad diets and the factors that affect nutrition.

Required Text: Personal Nutrition, 4th Edition. Boyle, Marie A.,

Topics:

1. The Art of Understanding Nutrition
 - A. Nutrition and Health Promotion
 - B. Understanding Food Choices
2. The Pursuit of an Ideal Diet
 - A. The Nutrients
 - B. Nutrient Recommendations
 - C. Dietary Guidelines
3. The Carbohydrates
 - A. Carbohydrate Basics
 - B. Simple/Complex Carbohydrates
4. The Lipids
 - A. Functions of Fat in the Body/Foods
 - B. Fat in the Diet
5. The Proteins and Amino Acids
 - A. Essential and Nonessential Amino Acids
 - B. Functions of Protein
6. The Vitamins
 - A. Water Soluble/Fat Soluble Vitamins
 - B. Vitamin Preservation
7. Water and the Minerals
 - A. Water in the Diet
 - B. Major Minerals
8. Weight Control
 - A. Healthy Weight: Body Weight vs. Body Fat
 - B. Causes of Obesity
 - C. Eating Disorders

9. The Life Cycle
 - A. Conception through the Later Years
 - B. Pregnancy and Nutrition
 - C. Aging and Nutrition

Required Methods of Instruction:

Individual instructors may design the course in any number of ways, keeping the course objectives in mind. This is a lecture class and the main objective is to encourage students to develop practical skills in making decisions regarding their personal nutrition and health. The focus of the class is to present new findings and fundamental information so that students may utilize what they learn to daily life.

Required Form of Assessment:

Students enrolled in Nutrition will be assessed through a variety of measures including chapter tests, health article review summaries, a nutrition notebook, and the final exam. An ongoing project throughout the semester involves students applying the information gained in class by recording their personal eating habits and monitoring nutritional intake as pertaining to dietary guidelines.