

**Northwest Arkansas Community College**  
Social and Behavioral Sciences Division

**Discipline Code**

HLSC

**Course Number**

2103

**Course Title**

Nutrition in Health

**Catalog Description**

Exploration of the functions of food, body processes, and optimum diets in relation to health and wellness. Connections between nutrition, human physiology, and chronic diseases are examined. Emphasis is placed on practical applications of evaluating reliability of nutrition information presented by the media and understanding food label nutrition information.

**Prerequisites**

N/A

**Credit Hours**

3 credit hours

**Contact hours**

45 lecture contact hours

**Load hours**

3 load hours

**Semesters Offered**

Fall, Spring

**ACTS Equivalent**

N/A

**Grade Mode**

A-F

**Learning Outcomes**

Students completing this course will:

- Differentiate between accurate science-based nutrition information and nutrition pseudoscience
- Make informed decisions regarding published nutrition information
- Explain the relationship between nutrition, health, and well-being

- Discuss the health effects of nutrients in the diet
- Recognize the health implications of over nutrition and under nutrition
- Identify the nutritional needs of various populations
- Develop a personal eating plan consistent with good health

## **General Education Outcomes Supported**

- N/A

## **Standard Practices**

### **Topics List**

- N/A

## **Learning Activities**

- N/A

## **Assessments**

- N/A

## **Grading Guidelines**

- N/A

Last Revision Date: Spring 2022