COURSE INFORMATION FORM

DISCIPLINE
Biology

COURSE TITLE
Human Nutrition

CR.HR 3  LECT HR. 3  LAB HR.  CLIN/INTERN HR.  CLOCK HR. 

CATALOG DESCRIPTION

PREREQUISITES
None

EXPECTED STUDENT OUTCOMES IN THE COURSE

Upon completion of this course, the student will be able to:

1. Identify the functions of essential nutrients and know sources of these nutrients.
2. Describe the anatomy and physiology of the digestive tract.
3. Describe and utilize a nutrient assessment.
4. Analyze diet using food pyramids, food labels, food composition tables, and Dietary Reference Intakes.
5. Explain the interrelationships between nutrition, activity, and health.
6. Assess nutrition information in the popular press.
CLASS-LEVEL ASSESSMENT MEASURES

Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

1. Written examinations. (1, 2, 3, 5)
2. Nutritional assessment. (3, 4)
3. Written or oral presentation on some aspect of nutrition (1, 2, 3, 4, 5, 6)
4. Reports or discussions of readings from current scientific literature. (4, 5, 6)

PROGRAM-LEVEL OUTCOMES ADDRESSED

General Education Outcomes
Specify which general education outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes and assessment measures.

Occupational Program Outcomes
Specify which occupational program outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes to assessment measures.
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.

I. Nutrient needs and metabolism
   A. Recommended nutrient intakes
   B. Biochemistry overview
   C. Cellular respiration

II. Digestive physiology
   A. Digestion system
   B. Weight control

III. Energy-yielding nutrients
   A. Carbohydrates
   B. Lipids
   C. Proteins

IV. Vitamins, water, and minerals
   A. Water-soluble vitamins
   B. Fat soluble vitamins
   C. Water
   D. Major minerals
   E. Trace minerals

V. Nutrition applications in daily life*
   A. Herbal supplements*
   B. Food safety and food additives*