BS 110 – Nutrition
Prerequisite: None
3 Credit Hours

Department:

Biology

Course Description:

This course is a study of the fundamentals of human nutrition and the relationship of nutrition to health, well-being, and personal food choices. The course will examine human growth and development, scientific research in nutrition, and how nutrition affects human disease. The course will also include the application of basic nutritional science to the requirements of life cycle stages, activity and exercise, and various states of health. This course is appropriate for Biology, Nursing, and Pre-Med students.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Recognize the interrelationship of food and nutrition with a vast range of factors influencing individual and population nutritional behaviors.
2. Apply basic fundamentals of nutrition to identify both positive nutritional status and malnutrition.
3. Identify and explain terms relevant to the quality of an individual’s nutritional state, including energy balance, nutrition assessment, malnutrition, under-nutrition, hunger, and over-nutrition.
4. Assess personal diets and make appropriate healthy modifications.
5. Identify and summarize basic physiological functions and explain the need for appropriate nutrients.
6. Identify excellent food sources for selected nutrients.
7. Recognize and use valid, reliable sources for nutrition information.
8. Use information and knowledge gained in this course to make informed, healthful lifestyle changes.

Course Content:

A. Food Choices and Human Health
B. Nutrition Standards and Guidelines
C. Body Systems and Digestion
D. Carbohydrates: Sugar, Starch, Glycogen, Fiber
E. Lipids: Fats, Oils, Phospholipids, Sterols
F. Proteins and Amino Acids
G. Vitamins
H. Water and Minerals
I. Energy Balance and Healthy Body Weight
J. Nutrition and Physical Activity
K. Diet and Health
L. Food Safety and Food Technology
M. Life Cycle Nutrition: Mother and Infant
N. Life Cycle: Child, Teen, and Older Adult
O. Hunger and the Global Environment

Learning Assessments:

Evaluation methods may include quizzes, written tests, research projects, computer exercises, presentations, group discussion questions, summaries, article reviews and reactions relating to various learning experiences.

Instructional Materials:

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Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students must complete the “Disabilities Self-Identification Form” at this link: https://highlandcc.edu/pages/disability-services.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.