

## CUMBERLAND COUNTY COLLEGE

**Course: HS 115 Basic Nutrition**

**Credits: 3**

**Prerequisites**

None

### **Course Description**

Knowledge of nutrition principles and the ability to apply that knowledge are required in all aspects of health care. This course will outline the relationship of diet, lifestyle, weight management, and the prevention of disease. An overview of the digestion, absorption, and metabolism of protein, carbohydrates, fats, vitamins, minerals, and water will be provided. Nutritional principles, such as dietary fads, cultural patterns, and other consumer concerns will be addressed. Principles of Nutrition will allow students to develop skills and information literacy through critical-thinking activities, teamwork, collaboration, and a research-based approach to learning.

The goal of this course is to provide students with an understanding of the relationship between nutrition and a healthy lifestyle, as well as the prevention of disease and disorders through the examination of the various stages of human development.

### **Learning Outcomes**

At the completion of this course, students will be able to:

- Identify the principles of nutritional science.
  - Overview of nutrition
  - Planning a healthy diet
  - Major nutrients and food guides: Carbohydrates, Lipids, Proteins, Vitamins, Minerals, Water
  - Digestion, Absorption and Transport
- Describe nutritional changes through the human life cycle.
  - Nutrition and the lifespan
  - Pregnancy and lactation
  - Infancy through adolescence
  - Adulthood (early, middle and late)
- Examine the importance of nutrition in the health care community.
  - Food supply and costs
  - Food safety
  - Habits and cultural patterns
- Describe the nutritional measures used for treatment and care of disease and disorders.
  - Weight management: diet and exercise
  - Dietary fads
  - Disease
- Analyze sources of information and distinguish between those that are peer reviewed and those that are not vetted

## **Topical Outline**

- Unit 1: Principles of Nutritional Science
  - Identify the principles of nutrition.
  - List the components of a healthy diet.
  - Analyze the food pyramid/nutrition labels as they pertain to nutrition.
  - List the six major nutrients and describe each of their functions.
  - Identify basic structures and food sources of each of the major nutrients.
  - Trace the digestive process, including accessory elements (enzymes and hormones) that occur in digestion.
- Unit 2: Nutrition through Human Development
  - Discuss major physiological changes that occur in the body during pregnancy and how nutrient needs are altered.
  - Plan an adequate, balanced meal plan for a pregnant or lactating woman using the Food Guide Pyramid as a basis.
  - Identify diet guidelines to meet the basic nutritional needs for normal growth and development for an infant and discuss some do's and don'ts associated with infant feeding.
  - List the safety issues and dietary challenges associated with infancy through adolescence.
  - List biological changes that occur during the aging process, and discuss how these changes affect nutrient needs.
  - Recommend dietary changes in the prevention and treatment of nutritional problems in older adults.
- Unit 3: Community Nutrition
  - Identify the socioeconomic factors that affect food supply.
  - Examine undernutrition in the United States and identify several programs established to combat this problem.
  - List some of the types and common sources of viruses, bacteria, fungi, and parasites that can make their way into food.
  - Describe the preventative measures in maintaining food safety.
  - Describe how culture influences food choices.
  - List questions appropriate for cross-cultural assessment of food intake.
  - Explain how food choices change as people become acculturated to a new environment.
- Unit 4: Clinical Nutrition
  - Outline the health risks caused by overweight and obesity.
  - Describe how and why reduced calorie intake, behavior modification, and increased physical activity fit into a weight-loss plan.
  - Evaluate popular weight-reduction diets and determine which are unsafe and counterproductive to long-term weight management.
  - List and explain how psychological and physiological nutritional diseases occur.
  - Describe preventative measures that can reduce the development of nutritional diseases and disorders.

## **Required Texts and Other Materials**

Wardlaw, G., and Smith, A., *Contemporary Nutrition*. McGraw Hill

### **Student Assessment**

Students will be assessed by means of written exams, lab reports and class/lab participation. This course contains a required information literacy assignment.

### **Academic Integrity**

Plagiarism is cheating. Plagiarism is presenting in written work, in public speaking, and in oral reports the ideas or exact words of someone else without proper documentation. Whether the act of plagiarism is deliberate or accidental [ignorance of the proper rules for handling material is no excuse], plagiarism is, indeed, a “criminal” offense. As such, a plagiarized paper or report automatically receives a grade of ZERO and the student may receive a grade of F for the semester at the discretion of the instructor.

### **Available Resources**

If you are having difficulty with work in this class, tutoring is available through the Success Center. If you think that you might have a learning disability, contact Project Assist at 856.691.8600, x1282 for information on assistance that can be provided to eligible students.

**(List availability of open labs and/or writing center)**

### **Before Withdrawing From This Course**

If a student experiences adverse circumstances while enrolled in this course and considers withdrawing, s/he should see an advisor (division or advisement center) BEFORE withdrawing from the class. A withdrawal may cause harmful repercussions to completion rate standards and overall GPA which can limit or eliminate future financial aid in addition to causing academic suspension.