

COURSE OUTLINE

Revision: Janet Kapp, January 2009

DEPARTMENT: Academic Programs

CURRICULUM: The Natural World

COURSE TITLE: Human Nutrition

COURSE NUMBER: NTR 150

TYPE OF COURSE: Academic Transfer
Special Requirement Met: None

AREA(S) OF KNOWLEDGE: The Living World
The Language of Science

COURSE LENGTH: 1 quarter

CREDIT HOURS: 5

LECTURE HOURS: 55

LAB HOURS: 0

CLASS SIZE: 35

PREREQUISITES: None

COURSE DESCRIPTION:

Introduction to human nutrition with an emphasis on the relationship of nutrition to growth, development, health, and physical and mental functioning. Sources, functions, inter-relationships, and human requirements of proteins, carbohydrates, fat, minerals, vitamins and water will be examined, as will changes in energy and nutrient requirements throughout the life cycle.

NTR 150 Human Nutrition
January 2009

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication- Read and listen actively to learn and communicate.
2. Computation- Use arithmetic and other basic mathematical operations as required by program of study.
3. Human relations- Recognize different cultural approaches to food, body image, and health.
4. Critical thinking and problem solving – Think critically in evaluating information, solving problems, and making decisions.
5. Technology – Select and use appropriate technological tools for personal, academic, and career tasks.
6. Personal responsibility - Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas and art. Take pride in one's work. Manage personal health and safety. Be aware of civic and environmental issues.
7. Information Literacy – Access and evaluate information from a variety of sources and contexts, including technology. Use information to achieve personal, academic and career goals.

TOPICAL OUTLINE:

- I. Overview of the human body from a nutrition perspective
- II. The Dietary Guidelines for Americans and a healthful diet
- III. Macronutrients
- IV. Micronutrients
- V. Prevention of chronic disease through nutrition and lifestyle
- VI. Energy metabolism
- VII. Body composition and weight management
- VIII. Eating Disorders
- IX. Nutrition through the life cycle

TOTAL HOURS: 55

REVISED BY: Janet Kapp
DATE: January 2009

NTR 150 Human Nutrition
January 2009

SLO #	Included in Course Objective Number	SSCC Student Learning Outcomes
SLO 1.1	1, 3, 4, 5	Communication - Read and listen actively
SLO 1.2	1, 3	Communication - Speak and write effectively
SLO 2.1	6	Computation - Use mathematical operations
SLO 2.2	6	Computation - Apply quantitative skills
SLO 2.3		Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills
SLO 3.1	8	Human Relations - Use social interactive skills to work in groups effectively
SLO 3.2	2	Human Relations - Recognize the diversity of cultural influences and values
SLO 4.1	6, 8	Critical Thinking and Problem Solving -
SLO 5.1	6	Technology - Select and use appropriate technological tools
SLO 6.1	6, 8, 10	Personal Responsibility - Be motivated and able to continue learning and adapt to change
SLO 6.2		Personal Responsibility - Value one's own skills, abilities, ideas and art
SLO 6.3		Personal Responsibility - Take pride in one's work
SLO 6.4	3, 4, 6, 7,	Personal Responsibility - Manage personal health and safety
SLO 6.5		Personal Responsibility - Be aware of civic and environmental issues
SLO 7.1	6, 9	Information Literacy - Access and evaluate information
SLO 7.2		Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society

PREPARED BY: Janet Kapp
DATE: January 2009