COURSE OUTLINE

HLTH 175 – Basic Nutrition

Prepared By: Timothy J. Farrell
A. **TITLE:** Basic Nutrition

B. **COURSE NUMBER:** HLTH 175

C. **CREDIT HOURS:** 3

D. **WRITING INTENSIVE COURSE:** Yes

E. **COURSE LENGTH:** 15 Weeks

F. **SEMESTER (S) OFFERED:** Fall and Spring

G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, and ACTIVITY:** 3 hours lecture per week

H. **CATALOG DESCRIPTION:** This basic nutrition course is designed to create an awareness of everyday healthy eating and physical activity necessary for a healthy lifestyle. This course discusses personal profiles, Body Mass Index, calorie needs, dietary guidelines, and chronic disease risk factors.

I. **PRE-REQUISITES/CO-REQUISITES:** None

J. **GOALS (STUDENT LEARNING OUTCOMES):**

   By the end of this course, the student will be able to:

<table>
<thead>
<tr>
<th>Course Objective</th>
<th>Institutional SLO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Identify and apply the importance of proper nutrition for the human body.</td>
<td>2. Crit. Thinking</td>
</tr>
<tr>
<td></td>
<td>3. Prof. Competence</td>
</tr>
<tr>
<td>2. Identify and discuss the importance of energy nutrients and balance that includes carbohydrates, lipids, proteins, and weight control.</td>
<td>2. Crit. Thinking</td>
</tr>
<tr>
<td></td>
<td>3. Prof. Competence</td>
</tr>
<tr>
<td>3. Identify vitamins and minerals and describe why they are important or not to consume.</td>
<td>2. Crit. Thinking</td>
</tr>
<tr>
<td></td>
<td>3. Prof. Competence</td>
</tr>
<tr>
<td>4. Analyze and explain fitness, eating disorders, under nutrition in the world and the importance of safe food.</td>
<td>2. Crit. Thinking</td>
</tr>
<tr>
<td></td>
<td>3. Prof. Competence</td>
</tr>
<tr>
<td>5. Identify and explain the life stages of nutrition during pregnancy, infancy through adulthood.</td>
<td>2. Crit. Thinking</td>
</tr>
<tr>
<td></td>
<td>3. Prof. Competence</td>
</tr>
<tr>
<td>6. Analyze your diet.</td>
<td>2. Crit. Thinking</td>
</tr>
<tr>
<td></td>
<td>3. Prof. Competence</td>
</tr>
</tbody>
</table>
K. **TEXTS:**


NutritionCalc Plus 3.5 CD-ROM. McGraw-Hill Higher Education, publishers. This program will not work with Mac’s.

L. **REFERENCES:** None

M. **EQUIPMENT:** Access to a working computer with internet capability. Use of an operating system compatible with Angel such as current version of windows or Mac.

N. **GRADING METHOD:** A-F

O. **MEASUREMENT CRITERIA/METHODS:**

- Quizzes
- Discussion Boards
- Homework
- Dietary Analysis with a written summary as a culminating assignment.

P. **DETAILED COURSE OUTLINE:** (must use the outline format listed below)

I. **Part One – Nutrition A Key To Health**
   A. Choosing What You Eat and Why
   B. Guidelines for Designing a Healthy Diet
   C. The Human Body: A Nutrition Perspective

II. **Part Two – Energy Nutrients and Energy Balance**
   A. Carbohydrates
   B. Lipids
   C. Proteins
   D. Energy Balance and Weight Control

III. **Part Three – Vitamins, Minerals, and Water**
   A. Vitamins
   B. Water and Minerals

IV. **Part Four – Nutrition Beyond the Nutrients**
   A. Nutrition: Fitness and Sports
   B. Eating Disorders: Anorexia, Bulimia Nervosa, and Other Conditions
   C. Under nutrition Throughout the World
   D. Safety of Our Food Supply

V. **Part Five – Nutrition: A Focus on Life Stages**
   A. Pregnancy and Breastfeeding
   B. Nutrition from Infancy Through Adolescence
   C. Nutrition During Adulthood

Q. **LABORATORY OUTLINE:** N/A