

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

HLTH 175 – Basic Nutrition

Prepared By: Timothy J. Farrell

**SCHOOL OF
SCIENCE, HEALTH & CRIMINAL JUSTICE
April 2015**

- 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:

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

K. TEXTS:

Wardlaw, Gordon M., Smith, Anne M., (2013). Contemporary Nutrition, Ninth Edition, McGraw-Hill Higher Education, publishers.

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