

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: BI1403 - Nutrition

**II. COURSE DESCRIPTION: 3 credit hours
3 credit hours of lecture and 0 credit hours of lab per week.**

This course will survey normal nutrition along with the physiological processes related to digestion, absorption, and metabolism of nutrients. The relationship of energy balance, weight control, and eating disorders will be examined. The nutritional requirements of mother, infant, child, teen, and geriatric populations will be studied. This course is designed for the student entering health related fields or those who have an interest in normal nutrition. This course will utilize computer technology to enhance student learning. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

EduKan course number: AL101

Pre-requisite:
None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Science Program at Seward County Community College provides opportunities to improve and enhance each student's understanding and comprehension of the natural world through a variety of courses and experience to develop a scientifically literate citizen.

IV. TEXTBOOK AND MATERIALS:

Krause, Food, Nutrition & Diet Therapy, Saunders, 11th Ed.

V. SCCC OUTCOMES:

- 1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life
- 2: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.
- 3: Communicate their ideas clearly and proficiently in speaking, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.

- 5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information
- 6: Exhibit skills in information and technological literacy

VI. COURSE OUTCOMES:

1. Recognize the role of food in a healthy normal lifestyle.

2. Explain healthy food choices.
3. Compare and contrast the various anatomical and physiological features of the gastrointestinal tract and supporting systems of digestion and absorption.
4. Identify the six major nutrients, their functions in the human body, dietary sources, and importance in health.
5. Describe the importance of and the body's use of the three energy nutrients: protein, carbohydrate and fat.
6. Recognize the difference between the water and fat soluble vitamins, and their functions.
7. Know the difference between the major and minor minerals and their functions in a healthy lifestyle. Recognize the relationship of diet and exercise in good health, and be able explain the benefits derived from this combination.
8. Distinguish the difference between fad dieting and effective behavioral modification with regard to food and nutrition.
9. Emphasize the role of good nutrition in the athlete, and how dietary practices can enhance athletic performance.
10. Examine eating disorders and their consequences.
11. Assess the role of good nutrition throughout the entire human life cycle: Conception, fetal development, infancy, childhood, teenage years, adulthood and older adulthood, and examine the connection between good nutrition and disease prevention and nutrition as a complementary therapy in the treatment of disease.
12. Recommended nutrient intakes and construct diet planning guides.
13. Identify the composition of carbohydrates, lipids, and proteins, discuss their role in normal nutrition, and identify which foods contain these nutrients.
14. Correlate the relationship of digestion, absorption, and metabolism in normal nutrition.
15. Correlate the relationship of energy balance and weight control and eating disorders.
16. Identify the water soluble and fat soluble vitamins and correlate disease states associated with abnormal levels.
17. Identify the role of water and minerals and how to plan for their balance by diet and lifestyle.
18. Differentiate nutritional needs of mother, infant, child, teen, and geriatric populations.

VII. COURSE OUTLINE:

1. Part One: Nutrition Basics
2. The Science of Nutrition
3. Tools of a Healthy Diet
4. The Food Supply
5. Human Digestion and Absorption
6. Part Two: Energy-Yielding Nutrients and Alcohol
7. Carbohydrates
8. Lipids
9. Proteins
10. Alcohol
11. Part Three: Metabolism and Energy Balance

12. Energy Metabolism
13. Energy Balance, Weight Control, & Eating Disorders
14. Nutrition, Exercise, and Sports
15. Part Four: Vitamins & Minerals
16. The Fat-Soluble Vitamins
17. The Water-Soluble Vitamins
18. Water & Major Minerals
19. Trace Minerals
20. Part Five: Nutrition Applications in the Life Cycle
21. Nutritional Aspects of Pregnancy and Breast Feeding
22. Nutrition During the Growing Years
23. Nutrition During The Adult Years

VIII. INSTRUCTIONAL METHODS:

1. Lecture
2. Discussion
3. Food Intake Analysis
4. Research Paper
5. Diet Planning

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Class Hand outs
2. Text
3. Library Holdings
4. Internet
5. PowerPoint Lectures

X. METHODS OF ASSESSMENT:

Methods of assessing the general course outcomes and the specific course competencies include student examinations and quizzes; worksheets and diet planning schedule; and course student evaluations and faculty evaluations.

SCCC Outcome #1 will be assessed and measured by class participation, written exams, and critical analysis of class assignments.

SCCC Outcome #2 will be assessed and measured by class and independent research, interaction and communication, written exams and critical analysis of class assignments.

SCCC Outcome #3 will be assessed and measured by oral presentation on assigned topic.

SCCC Outcome #5 will be assessed and measured by class participation, written exams, and projects.

SCCC Outcome #6 will be assessed and measured by students using computers for instruction and analysis instrumentation of class and dietary information.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobble Academic building, room 149 A.

XII. CORE OUTCOMES PROJECT:

The learning outcomes and competencies detailed in this course outline or syllabus meet, or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents
KRSN: HSC1010

Syllabus Reviewed: 10/28/2021