

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Introduction to Nutrition
Semester Course Prefix and Number: HLTH 2459
Old Quarter Course Prefix and Number: None
Submitted By: Tom Stackpool
Approval Date:
Revision Date:

Number of Credits: 3
Semester(s) Offered: 30
Class Size:
Negotiated by AASC on
(Date)___
Number of Lecture Credits: 3
Number of Lab Credits: Number of Lab Hours: 0
Number of Studio/Demonstration/Internship Credits:

Course Purpose Code:

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This introductory course covers basic principles of nutrition and their relationship to human health. Students will discuss current trends in nutrition and develop positive nutritional behavior. Topics include introduction to the basic nutrients, nutrition and physical activity, dietary standards, weight management, and proper diet planning

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Nursing, Education, Nutritionist, Dietician, Food Service Director, Diet Technician, Athletic Trainer other Health related professions

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0. None
- 1. Communications
- 2. Critical Thinking
- 3. Natural Sciences
- 4. Mathematical/Logical Reasoning
- 5. History and the Social and Behavioral Sciences
- 6. The Humanities and Fine Arts
- 7. Human Diversity
- 8. Global Perspectives
- 9. Ethical and Civic Responsibility
- 10. People and the Environment

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

1. Describe the role of nutrients in the body.
2. Discuss ways that nutrition affects health.
3. Compare and contrast the Food Guide Pyramid.
4. Explain recommended dietary allowances.
5. Discuss standards used on food labels.
6. Discuss the process of absorption, transportation and storage of nutrients.
7. Explain the differences between energy- and non-energy-yielding nutrients.
8. Distinguish between simple and complex carbohydrates in form and function and the health effects associated with carbohydrate intake including fiber and sugar intake.
9. Discuss diabetes, hypoglycemia and lactose intolerance and the intake of carbohydrates.
10. Explain the role of fat and protein in the diet.
11. Define fat soluble and water soluble vitamins and state which vitamins have antioxidant effects and what those effects are.
12. Discuss the function of water in the body.
13. Identify and explain the steps involved in metabolism and the ways energy is derived from carbohydrate, fat, and protein, including the consequences of consuming too much and too little energy.
14. Describe how to properly design individualized eating plans
15. Describe the factors associated with weight control, including causes of obesity, methods of assessing body weight and composition, and good and poor treatments for obesity.
16. State the benefits associated with physical activity, the components of a sound fitness or health program, and the fuels that are necessary for physical performance and daily activity.
17. Describe how nutrition and lifestyle choices impact the life cycle before and during pregnancy, during lactation and infancy, during childhood and adolescence, and through adulthood and aging.
18. List the five hazards in our food supply identified by the Food and Drug Administration.

Student assessment methods:

1. Written exams
2. Chapter Review Questions
3. Assignments including written essays, nutrition reports, meal planning and diet analysis
4. Independent/Small Group Projects

Outline of the major course content:

1. Defining nutrition: what we eat and why.
2. Nutrition & Disease
3. The Human Body and its food
4. Dietary Guidelines and Nutritional Objectives
5. Daily values and nutrient standards.
6. The role of the nutrients in the body.
7. Nutrition for sports and fitness.
8. Life Cycle Nutrition – pregnancy to older adult
9. Designing healthy diets.
10. Energy metabolism.
11. Achieving and maintaining a healthy body weight.
12. Eating Disorders
13. Food safety

Additional special information (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Bemidji State University – **Nutrition** – 3 credits
Minnesota State Moorhead – **Intro to Nutrition** – 3 credits
St. Cloud State University – **Principles of Nutrition** – 2 credits
St. Scholastica – **Nutrition** – 4 credits
UM Duluth – **Human Nutrition** – 3 credits
UW Stout – **Introduction to Nutrition** – 3 credits
UW Superior – **Principles of Nutrition** – 3 credits

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office
Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist
Revised February 10, 2004