

# MESABI RANGE COMMUNITY & TECHNICAL COLLEGE

## Course Outline

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**Course Title:** Nutrition  
**Semester Course Prefix and Number:** NURS 1225  
**Old Quarter Course Prefix and Number:** EPN 1519

**Submitted By:** Angie Rogers  
**Approval Date:**  
**Revision Date:** April 2011

**Number of Credits:** 2      **Number of Lecture Credits:** 2  
**Semester(s) Offered:** Spr      **Number of Lab Credits:** 0      **Number of Lab Hours:** 0  
**Class Size:** 60      **Number of Studio/Demonstration/Internship Credits:**  
Negotiated by AASC on:  
(date) 5/4/2011

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### 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 or intended for transfer.  
 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

### Catalog Description:

The purpose of this course is to provide nursing students with a foundational understanding of the relationship between diet and health. Areas of study will be fundamentals of nutrition including digestion, absorption, metabolism, and the six nutrient groups. The focus of the course is to provide knowledge of the changes in the nutritional requirements across the lifespan and the use of diet therapy to restore and maintain health.

### Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): As per program plan  
Reading Prerequisite: Must be program ready  
Composition Prerequisite: Must be program ready  
Mathematics Prerequisite: Must be program ready

### Career Programs and Transfer Majors Accessing this Course:

Practical Nursing

### 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.)

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

**Learning Outcomes:** (including any relevant competencies listed in the Minnesota Transfer Curriculum)  
Upon completion of this course, the student will be able to:

- Recognize the six classes of nutrients and their primary functions
- Recognize ways in which food and health are related

- Interpret the information on a food label
- Interpret the Food Guide Pyramid
- Recognize changes in the nutritional needs from infancy to late adulthood
- Recognize nutritional needs during pregnancy and lactation
- Recognize a variety of therapeutic diets used in the treatment of disease
- Recognize the dietary needs of surgical and burn patients
- Recognize how obesity and other factors contribute to the metabolic syndrome

**Student Assessment Methods:**

- Written tests and assignments
- Nutrition diary
- Attendance and participation

**Use of Instructional Technology:** (includes software, interactive video and other instructional technologies):

PowerPoint, videos, overhead projector, computer software

**Outline or Statement of Major Course Content:**

Nutrition focuses on basic knowledge to maintain wellness in one's personal situation as well as being able to apply this knowledge to the client in a healthcare facility.

**Additional Special Information:** (special fees, directives on hazardous materials, etc.)

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

**Approvals:**

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

**Distribution:** Original – Administrative Office  
**Copies:** Curriculum Committee Chair, AASC Chair, Transfer Specialist, Originating Faculty Member, Scheduler, Records, Student Services, Learning Center, Library  
**Revised:** October 2006