Course Title: Nutrition
Submitted By: Angie Rogers
Semester Course Prefix and Number: NURS 1225
Old Quarter Course Prefix and Number: EPN 1519
Approval Date: 
Revision Date: April 2011

Number of Credits: 2
Semester(s) Offered: Spr
Number of Lecture Credits: 2
Class Size: 60
Number of Lab Credits: 0
Number of Lab Hours: 0
Number of Studio/Demonstration/Internship Credits: 

Course Purpose Code:

  0 – Developmental Courses
  1 – Non-transferable, General Education
  X – 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.)

0. X 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)
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:**

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**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