



North Iowa Area Community College Course Outline

Please follow the included instructions when completing this form. Direct questions to Division Chair. After Course Outline is completed, please submit to Division Chair for review, who then submits to Administrative Assistant to the Vice President for Academic Affairs for review by the Curriculum and Academic Affairs Council (CAAC).

Prepared by: Alyssa Correll, MS, RDN, LD

Date Approved by CAAC: September 9, 2019

Course Title: Nutrition

Course Number: BIO-151

Equivalent Prior Course Numbers: 70-200; BIOL-205

Academic Division/Department: Natural Science

Credits – Semester Hours (s.h.):

Contact Hours As defined by the Iowa Department of Education in consultation with Division Chair/Registrar (see attached instructions).

Lecture:	45	1 s.h. = 15 contact hours
Lab:	0	1 s.h. = 30 contact hours
Clinical Practice:	0	1 s.h. = 45 contact hours
Work Experience:	0	1 s.h. = 60, 75, 90, or 105 contact hours
Total:	45	

Prerequisite(s):

Three credit hours of high school inorganic chemistry. Physiology or biology helpful, but not essential. Basic math skills will be employed.

Corequisite(s):

None

Course Description:

Introduces the science of human nutrition and its application to the role of the nurse, other allied health professional or educator in promoting good nutrition throughout the life span. Emphasis is placed on the study of macro and micro nutrient needs; and the use of science-based evidence for evaluation of findings and adoption of applications promoting sound nutritional practices among patients, clients and the community at large. Some principles of diet modification are presented as they relate to common chronic health problems, such as heart disease and diabetes.

Required Textbook(s) and Other Required Materials:

Personal Nutrition, Boyle, Long, 8th ed.

Purpose of Course Check one [X] in consultation with Division Chair.

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|-------------------------------------|--|
| ☒ | Arts and Sciences (General Education) |
| ☐ | Arts and Sciences |
| ☐ | Career and Technical (General Education) |

☐	Career and Technical
☐	Developmental

If course is offered only in specific semesters, please explain below:

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Maximum number of weeks for which the course is offered:

16

[Do not edit the following section. Managed by Academic Affairs]

Is this a Core Competency Anchor Course? YES ☐ NO ☐

If "Yes," list Core Competency Student Learning Outcome Numbers being taught and assessed in this course (2.2, 3.1, etc.)

(Example) 2.2 [Press Tab to create new rows for each SLO]

Student Learning Outcomes (SLOs):

Upon successful completion of this course, students will be able to:

1. Develop an appreciation for the complex role played by human nutrition in the overall health and well-being of an individual.
2. Describe methods used in determining human nutrient needs and utilize resources for same.
3. Practice use of systems and tools for teaching or promoting balanced diets.
4. Complete an in depth study of the six major categories of nutrients: carbohydrates, fats, proteins, vitamins, minerals and water.
5. Identify physiological and behavioral factors involved in the regulation of food intake, energy balance and weight management.
6. Describe the role of diet in the prevention and treatment of chronic degenerative diseases such as heart disease, osteoporosis, hypertension, cancer and diabetes.
7. Enhance awareness of food's nutrient composition and identify ways to improve one's personal nutritional status through self-analysis of food/nutrient intake.
8. Identify nutritional needs of the athlete and differentiate sound/unsound advice.
9. Identify differing nutrient need and issues throughout the human life cycle.
10. Distinguish between scientific nutritional concepts and misinformation for evaluation of emerging trends, practices and consumer concerns, e.g. food irradiation, organic foods, additives, environmental contaminants, etc. Some sources outside the textbook will be utilized for this.
11. Learn basic principles of food sanitation and safety.