



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).

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|---|--------------------|
| Prepared by: | Craig Zoellner |
| Date Approved by CAAC: | September 9, 2019 |
| Course Title: | Health & Nutrition |
| Course Number: | BIO-152 |
| Equivalent Prior Course Numbers: | 70-110; BIOL-105 |
| 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):

None

Corequisite(s):

None

Course Description:

This course covers the science of health and its application to the individual, home, community, and school. Topics include elementary physiology, nutrition, dependency, and current health problems of national concerns.

Required Textbook(s) and Other Required Materials:

Connect Core Concepts in Health Brief, Insel, (14th edition).

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

| | |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | Arts and Sciences (General Education) |
| <input type="checkbox"/> | Arts and Sciences |
| <input type="checkbox"/> | Career and Technical (General Education) |
| <input type="checkbox"/> | Career and Technical |
| <input type="checkbox"/> | Developmental |

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

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, the student will be able to:

1. Examine the dimensions of health including physical, emotional, intellectual, interpersonal, cultural, spiritual, environmental, financial, and occupational dimensions.
2. Analyze and determine appropriate health choices and influences that enhance personal wellness in all areas of health.
3. Make positive choices that will contribute to good health for themselves and others, and, for the environment.
4. Recognize symptoms and manifestations of certain common diseases and identify risk-reducing behaviors.