Course Syllabus

Department: Integrated Health Care

Date: January 2016

I. General Information

Course Prefix and Number: NS 115
Course Name: Introduction to Nutrition

Credit Hours: 3
Lecture Contact Hours: 3
Laboratory Contact Hours: 0
Other Contact Hours: 0

Catalog Description:

An introduction to the field of human nutrition and food focused on the mutual relationships between humans and their biological and physical environment. This course includes the study of human nutritional needs; problems encountered in providing food to meet nutritional needs; the relationships among human physiological needs, sociocultural systems, and food; and the significance of these relationships to the attainment of health.

Prerequisites: None
Co-requisites: None
Grading Scheme: Letter Grade
Can this course be taken more than once for credit? No

II. Course Learning Outcomes (CLO) and alignment to Program Learning Outcomes (PLO) and Institutional Learning Outcome (ILO)

A. CLOs: list course level outcomes here

At the completion of this course students will be able to:

1. Summarize the role of micronutrients and macronutrients in maintaining health and good sources of these nutrients.
2. Classify the basic structure and functions of the macronutrients – carbohydrates, fats, and proteins
3. Identify the structures and functions of the digestive system and its role in human nutrition and health.
4. Explain how nutrition contributes to some disease processes.
5. Apply nutritional guidelines to meet individual dietary needs.

B. CLO alignment to PLO with identified assessment, if applicable
### C. CLO alignment to ILO (FLCC values: Vitality, Inquiry, Interconnectedness and Perseverance), if applicable:

<table>
<thead>
<tr>
<th>CLO</th>
<th>ILO value</th>
<th>Key Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,5</td>
<td>Inquiry, Interconnectedness, Perseverance, Vitality</td>
<td>Dietary Analysis</td>
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</tbody>
</table>

### D. CLO alignment to overarching outcome (Critical Thinking, Information Literacy, Technological Literacy or Written Communication), if applicable:

See General Education Below

### E. SUNY General Education designation, if applicable:

<table>
<thead>
<tr>
<th>Pillar</th>
<th>SUNY General Education Category</th>
<th>SUNY General Education Outcome</th>
<th>Key Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Natural Sciences</td>
<td>Understanding of the methods scientists use to explore natural phenomena, including observation, hypothesis development, measurement and data collection, experimentation, evaluation of evidence, and employment of mathematical and interpretive analysis</td>
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<td></td>
<td></td>
<td>Ability to apply scientific data, concepts, and models in one of the natural sciences.</td>
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### F. First Year Experience/Capstone designation, if applicable:

### III. Specific Outline of Topics Covered:

1. Food Choice and Human Health
2. Nutrition Tools – Standards and Guidelines
3. The Human Body
4. Carbohydrates
5. Lipids
6. Proteins
7. Vitamins
8. Water and Minerals
9. Energy and Metabolism
10. Nutrients, Physical Activity, and The Body’s Responses
11. Diet and Health
12. Food Safety
13. Life Cycle Nutrition
14. Hunger and The Global Environment