NUTR 223 Principles of Nutrition

Wintermester 2019

Number of Credits

3

Instructor

Karen Felton

Catalog Description

Nutrient functions and basis for nutrient requirements at the cellular level.

Prerequisite(s): CHEM 121A and CHEM 121L.

Required Textbooks/Materials

The following texts are required material in this course:

MindTap® Nutrition, 1 term (6 months) Instant Access for McGuire/Beerman's *Nutritional Sciences: From Fundamentals to Food, 3rd Edition*

Choose one of the following two options to purchase the required text material and access code. Access code is required to gain access to e-book with MindTap.

1. ISBN Printed Access Code From Bookstore: ISBN: 9781337759335
2. Instant ISBN Access Code Purchased Online: ISBN: 9781337396028

Student Learning Outcomes

Upon successfully completing this course, students will be able to

- identify and summarize, through performance on examinations, verbally when called upon, and performance on assignments, scientifically based nutrition and physiological principles important to the prevention of chronic disease. (CO4)
- identify and summarize, through performance on examinations, verbally when called upon, and performance on assignments, the regulatory issues that impact the vitamin/mineral supplementation and food safety industry and relate these issues to overall public safety/health.
- successfully utilize nutrient database software for dietary assessment by successfully completing a prospective dietary analysis of nutrient intake. (CO4)

- successfully assess the nutritional status of an individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues and communicate it effectively in a written report. (CO4)

First Week of Materials/Assignments

The following schedule is subject to change:

January 2: Course Introduction
Chapter 1: Science of Nutrition

January 3: Chapter 1: Science of Nutrition
Chapter 2: Nutrition Assessment and Dietary Planning

January 4: Chapter 2: Nutrition Assessment and Dietary Planning
Chapter 3: Chemical, Biological, and Physiological Aspects of Nutrition

Course Details

NUTR 223, Principles of Nutrition, is a course required for nutrition and nursing majors. It is also appropriate for majors in Community Health Sciences and other pre-professional majors. This course will explore nutrient function and basis for nutrient requirements at the cellular level and relate the science of nutrition to health outcomes.

This course meets Silver Course Objective CO4. CO4: Students will be able to explain the processes by which the natural and physical world is investigated, articulate basic principles used to explain natural phenomena, and apply scientific processes to real problems using observational or experimental methods.

This course will integrate classroom content and class assignments necessary to provide the content necessary to meet CO4.

Four major assignments are specifically designed to augment the scientific/physiological principles discussed in class and provide additional experiences necessary to satisfy CO4: "Physical and Natural Phenomena."

Grade Breakdown

The point distribution for the course is:

Assignment	Points
Exams (three worth 150 points each)	450
Assignment 1	10
Assignment 2	20
Assignment 3	8
Assignment 4	80
MindTap Assignments	292

Assignment	Points
Class Attendance (ten worth 6 points each, *test dates excluded*)	60
Total	*920*

The percentage distribution for the course is:

Letter	Percentage
A	93–100
A-	90–92.9
B+	87–89.9
B	83–86.9
B-	80–82.9
C+	77–79.9
C	73–76.9
C-	70–72.9
D+	67–69.9
D	65–66
D-	60–62.9
F	below 60