

# MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

## COURSE OUTLINE

DEPT. HC

COURSE NUMBER: 1100

NUMBER OF CREDITS: 1

Lecture: 1 Lab: 0 OJT: 0

### Course Title:

Nutrition

### Catalog Description:

Nutrition explores the basic concepts of normal nutrition are presented with an emphasis on wellness and maintenance of a balanced state of health. These concepts are applied to human needs throughout the lifespan cycle. The emphasis is on the comprehension and application of these concepts in health care settings.

### Prerequisites or Necessary Entry Skills/Knowledge:

None

### FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

### Topics to be Covered

Nutrition and personal wellness

USDA MyPyramid Food Guides

Macro and Micro nutrients

Healthy weight maintenance

Impact of physical activity on nutritional needs

Nutritional needs throughout the lifespan

Food safety and security

Cultural influences

## Student Learning Outcome

Identify basic concepts of nutrition and how nutrients contribute to personal wellness

Explain the relationship between the psychology and physiology of eating.

Identify energy yielding nutrients and their function in the body.

Identify micronutrients and their influence on health balance.

Discuss types of alternative diets and their nutritional impact.

Describe the importance of fluid and electrolyte balance.

Discuss the causes, health risks and detrimental effects, of obesity and underweight.

Identify interventions to prevent and treat obesity and underweight.

Describe the relationship between physical activity and states of wellness and disease

Compare and contrast key nutrition-related principles that occur throughout the life cycle.

Discuss food safety and security measures.

Examine cultural diets and describe their nutritional influence.

Is this course part of a transfer pathway: Yes  No

\*If yes, please list the competencies below

Revised Date: 1/24/2022