

# 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.

<b>Is this course part of a transfer pathway:</b> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
<i>*If yes, please list the competencies below</i>

Revised Date: 1/24/2022