MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

Faculty members are required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. _HC_ COURSE NUMBER: _______ 1100 _______

NUMBER OF CREDITS: _______ 1_ Lecture: ___ 1_____ Lab: _______

Course Title:
Nutrition

Catalog Description:
Explore 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.

FULFILLS MN TRANSFER CURRICULUM AREA(S)
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:

Prerequisites or Necessary Entry Skills/Knowledge:
### 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 Outcomes
1. Identify basic concepts of nutrition and how nutrients contribute to personal wellness.
2. Explain the relationship between the psychology and physiology of eating.
3. Identify energy yielding nutrients and their function in the body.
4. Identify micronutrients and their influence on health balance.
5. Discuss types of alternative diets and their nutritional impact.
6. Describe the importance of fluid and electrolyte balance.
7. Discuss the causes, health risks and detrimental effects, of obesity and underweight.
8. Identify interventions to prevent and treat obesity and underweight.
9. Describe the relationship between physical activity and states of wellness and disease.
10. Compare and contrast key nutrition-related principles that occur throughout the life cycle.
11. Discuss food safety and security measures.
12. Examine cultural diets and describe their nutritional influence.

### Is this course part of a transfer pathway?
- Yes ☐
- No ☒

Revised 1/2020