MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

Faculty 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 Collegewide Curriculum Committee.

DEPT: Health                         COURSE NO: HC 1100

NUMBER OF CREDITS: 1 credit

COURSE TITLE: Nutrition – Online Delivery

CATALOG DESCRIPTION: 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.

AUDIENCE: Students interested in health careers.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Area : by meeting the following competencies:
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PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE:

LENGTH OF COURSE: One semester/16 weeks

THIS COURSE IS USUALLY OFFERED:
Every year X fall spring summer undetermined

Four goals are emphasized in courses at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The student will identify basic concepts of normal nutrition that apply to humans throughout the lifespan cycle.

2) THINKING SKILLS: The student will demonstrate knowledge of basic nutrition and apply critical thinking skills when working with clients.

3) COMMUNICATIONS SKILLS: The student will be able to communicate information related to a client’s state of nutritional health.

4) HUMAN DIVERSITY: The student will describe how to meet the nutritional needs of diverse population groups and identify culture-specific dietary influences.
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

LIST OF EXPECTED COURSE 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.

LEARNING/TEACHING TECHNIQUES used in the course are:
- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Demonstrations
- Other (describe below)
- Lab
- Online Learning

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Tests
- Individual Projects
- Textbook Problems
- Group Problems
- Other (describe below)
- Discussion Forums

EXPECTED STUDENT LEARNING OUTCOMES: See above
Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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