**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

# **GENERAL COURSE INFORMATION**

Course Number: HOME 1501

Course Title: Basic Nutrition

Credit Hours: 3

Prerequisites: None

Division/Discipline: Academics Division & Workforce Training and Community Education/Home Economics

Course Description: Fundamentals of nutrition, including food nutrients, their sources, and utilization through body processes will be studied. Also diets for special needs and food fads.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at disabilityservices@bartonccc.edu.

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

This Course is considered an introductory course and fulfills a part of the general education requirement at Barton County Community College. It will enable students to understand how Nutrition affects their everyday life and health, and that of those around them. It will allow students to learn basic principles of nutrition as well as the knowledge of how to improve their life through better nutrition.

The learning outcomes and competencies detailed in this course syllabus meet or exceed those specified for this course by the Kansas Core Outcomes Groups project, and as approved by the Kansas Board of Regents – http://kansasregents.org/transfer\_articulation.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

## Be able to identify the six basic nutrients.

### List and explain the six basic nutrients.

#### Describe the function of the six major nutrients.

#### Identify the food sources of the six major nutrients.

## Be able to explain why they are important, and how they function in the human body.

### Describe the characteristics of a nutritious diet

#### Describe the function of the six major nutrients.

#### Identify food sources of the six major nutrients.

#### Describe the mechanical and chemical digestive processes of the body.

#### Discuss the processes of absorption, transportation, and storage of nutrients.

## Be able to list major food sources of these nutrients.

### Explain that all nutrients needed by the body are available in food

#### Identify the food sources of the major nutrients.

### Explain how no food by itself has all the nutrients needed for full growth and health.

## Know how to calculate and evaluate nutritional habits after completing self-dietary studies using food guides, nutrition- related tables and exchange systems.

### Calculate individual protein Recommended Dietary Allowance.

### Estimate individual total energy expenditure.

#### Explain the factors that affect the basal metabolic rate.

#### List and define the three components of the body’s energy budget.

### Identify the components of the MyPlate

### Discuss how to use food labels to make healthy food choices.

## Analyze nutrition information from the media and makers of supplements.

### Identify groups of people who may benefit from a multivitamin-mineral supplement.

## Understand the risks of nutritional imbalances and deficiencies.

### Discuss the problems of too much or too little body fat.

#### Explain anorexia nervosa and other eating disorders.

## Apply scientific nutrition principles to an individual’s dietary intake throughout the life cycle.

### Compare and contrast life cycle nutrition; how all persons throughout life have the need for the same nutrients, but in varying amounts.

#### Describe how nutrition is affected by psychological, economic, and social influences.

#### List the benefits of breastfeeding and explain when it is not recommended.

## Describe the effects of medications and alcohol on nutritional status.

### Explain the effects of alcohol on the body

### Understand the effects of alcohol on nutritional status.

### Explain the effects of alcohol on the developing fetus.

## Understand the role of nutrients in certain nutrient related diseases.

### List the risk factors associated with cardiovascular disease.

#### Describe the role of nutrition in the prevention of cardiovascular disease.

#### Explain the roles of fiber-rich foods in the maintenance of health.

## Explain the effects of exercise on overall health.

### Explain the benefits and guidelines for regular physical activity.

### Describe the best way to stay hydrated before and during exercise.

## Be able to distinguish the different organisms involved in food borne illness.

### List which foods may cause food poisoning.

#### Explain how food poisoning can be prevented.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

*The following statement is to be included ONLY with LIFE, CHEM, PHYS, and PHSC lab science courses:* Since laboratory activities are integral to the learning outcomes of this lab science course, students must pass the laboratory portion of the class in order to successfully complete (“pass”) the course.

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**