

5/31/2023 DATE

 REQUIRED COURSE
 ELECTIVE COURSE

 SSE _____ DIVISION _____
 NEW COURSE
 REVISION

Lake Land College

Course Information Form

COURSE NUMBER:		HED-102		TITLE: (30 Characters Max)				Nutrition			
SEM CR HRS:	3	Lecture:		3	Lab:	0	SOE/Internship:		0	ECH:	3
Course Level:	<input type="checkbox"/> Gen Ed / IAI <input checked="" type="checkbox"/> Baccalaureate /Non-IAI		<input type="checkbox"/> Career/Technical <input type="checkbox"/> Dev Ed/ Not in Degree Audit		Clinical Practicum:	0	SOE/Internship:		0	SOE ECH:	0
COURSE PCS #	11 19.0504		IAI Code				Contact Hours (Minutes Per Week)				
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	Min:	Max:	16 Wks	150	8 wks	300	
Prerequisites:											
Catalog Description: (40 Word Limit) A course in nutritional education including: food groups, diet goals, energy nutrients, digestion, absorption, metabolism and related diseases. Macronutrients, water, vitamins, and minerals will be studied. Diet analysis and finding the most current nutrition-related research will be emphasized.											

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Introduction to Nutrition, Diet Goals, Food & RDS	9			
Digestive System: Anatomy & Physiology	9			
Energy Nutrients: Chemical Aspects, Food Source And Function	18			
Vitamins/Minerals/Water: Function, Food Sources	9			
TOTAL	45	0	0	0

EVALUATION

QUIZZES <input checked="" type="checkbox"/>	EXAMS <input checked="" type="checkbox"/>	ORAL PRES <input type="checkbox"/>	PAPERS <input type="checkbox"/>
LAB WORK <input type="checkbox"/>	PROJECTS <input type="checkbox"/>	COMP FINAL <input checked="" type="checkbox"/>	OTHER <input type="checkbox"/>

COURSE MATERIALS

TITLE:	Visualizing Nutrition: Everyday Choices
AUTHOR:	Grosvenor
PUBLISHER:	JWS – John Wiley & Sons, Inc.
VOLUME/EDITION/URL:	5th
COPYRIGHT DATE:	2021

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Diet goals for Americans and the reasons for the diets.	3	Student should be able to discuss the many connections between the diet and disease.
Nutrients/Sources/Serving Size	3	Student will know the energy nutrients, vitamin functions, food groups, serving size and nutrients that define the group.
Labeling, Fad Diets/Fat in Diet	3	Student will discuss the law regarding labels, all the fad diets and why they do not work and why fat is a problem and how it looks chemically.
Digestions & Absorption	9	Student should be able to label the digestive system, know the function of digestion, know the enzymes of digestion, trace the nutrients as they are digested and absorbed. Student will trace food through the system until nutrients get to cells and know the diseases associated with the digestive system.
Energy Nutrients & Metabolism	18	Student will be able to describe the chemical make up of all three energy nutrients. They will discuss their sources and be able to figure diet exchanges. Student will be able to list the role and function of each and be able to describe the metabolism of each nutrient.

Vitamins and Minerals	9	Student will be able to discuss the chemical make up of each. They will know the best possible food sources, the function in the body, what each depends on for function and what the RDAs are for each. The importance of water and minerals will be discussed in details. Diseases associated with the deficiency of each will be discussed.
Emphasis is directed to the areas of study of the students, i.e.; Nursing, Dental, Physical Therapy and General Education transfer students. Additional readings will be assigned to areas of concentration. The class is accepted for general education credit at an institution where most Lake Land College students transfer.		
Insert New Line Above this Line		
	45	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	Describe the basic nutrition requirements needed for diverse populations across the lifespan.
	Explain the sources and functions of the three energy yielding substances (CHO, Protein, Fat).
	List vitamins and minerals, their functions, and signs/symptoms of deficiency and overdose.
	Explain the digestive tract, absorption, and metabolism
	Describe the role of disease in the ability to digest, absorb, and metabolize nutrients.
	Research the latest nutrition information based on published unbiased research

* Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.