EASTERN ARIZONA COLLEGE

Nutrition
Course Design
2018-2019

Course Information
Division: Allied Health
Course Number: HCE 241
Title: Nutrition
Credits: 3
Developed by: Rochelle Rider Figueroa
Lecture/Lab Ratio: 3 Lecture/0 Lab
Transfer Status:
<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td>NTR 241</td>
<td>NTS 135; Science &amp; Applied Science [SAS]</td>
<td>NSC 101</td>
</tr>
</tbody>
</table>

Activity Course: No
CIP Code: 51.0800
Assessment Mode: Pre/Post Test (60 Questions/60 Points)
Semester Taught: Fall and Spring
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
General Education: Because each person is responsible for the food he/she consumes, this course is beneficial for providing principles to improve quality of life.

Major/Programs: This is a basic course for food and nutrition transfer students, home economic education, nursing, dental hygiene, elementary education, early childcare, and pre-medical majors.

Description
Scientific principles of human nutrition. Emphasis on health promotion and concepts for conveying accurate nutrition information in a professional setting. Addresses medical nutrition therapy principles for treatment of common health conditions. Includes exploration of food sources of nutrients, basic metabolism of nutrients in the human body, relationship between diet and other lifestyle factors, use of supplements, current recommendation for food selection throughout the life cycle and use of nutrition tools for planning food intake or assessment of nutritional status.
Supplies
Face-to-Face Sections: None.
Nutrition Online Course: Ability to listen to Webcam cast and reliable computer with Internet access to participate in course.
My Fitness Pal Premium (for one month—separate charge)

Competencies and Performance Standards
1. List and describe the functions of nutrients in the body, their interrelatedness, and excess/deficiency conditions.

   Learning objectives
   What you will learn as you master the competency:
   a. List which nutrients are essential to the human body.
   b. List the function of essential nutrients in the human body.
   c. Name food sources of essential nutrients.
   d. Describe excess/deficiency conditions of protein, carbohydrates, fat, calories, vitamins, minerals, and water.

   Performance Standards
   You will demonstrate your competence:
   o in completed assignments for chapters 4, 5, 6, and 8 in addition to online forum discussions
   o in completed three-day dietary evaluation project
   o on unit exams 1-4, and chapter exams for chapters 1-15
   o on posttest
   Your performance will be successful when:
   o learner explains which nutrients are essential to the human body
   o learner explains the functions of essential nutrients in the body
   o learner traces the digestion, absorption, and utilization of carbohydrates, proteins, and fats
   o learner describes excess/deficiency conditions of protein, carbohydrates, fats, calories, vitamins, minerals and water

2. Evaluate your three-day food and beverage intake to apply the nutrition knowledge you have gained and to provide options for improving your nutritional status and quality of life.

   Learning objectives
   What you will learn as you master the competency:
   a. Record all the foods and beverages you consume for three days.
   b. Record each food and beverage making careful note of the amount. Estimate the amount to the nearest ounce, quarter, cup, tablespoon, or other common measure. Remember to write down how the food is prepared, i.e. fried, baked, boiled, etc., and record the brand name when available.
   c. Select two weekdays and one weekend day to record your three-day food and beverage intake.
   d. Enter three-day food and beverage intake on My Fitness Pal Premium.
   e. Print a Nutrient Analysis Report, which provides a daily average and your combined...
three-day average nutrient intake.

f. Prepare a written analysis based on outline provided by the instructor.

**Performance Standards**

*You will demonstrate your competence:*

- on completion of printing the My Fitness Pal Premium which accurately reflects student three day food and beverage intake
- on successful completion of a written analysis based on the above reports and instructors outline

*Your performance will be successful when:*

- learner records three day food and beverage intake
- learner enters three day food and beverage intake on software program
- learner prints up nutritional analysis
- learner prepares a written analysis based on outline provided by instructor and information obtained from textbook and class lectures
- learner used written assignments on chapters 4, 5, 6 and 8

3. **Discuss prevention and treatment of specific chronic conditions and infectious diseases.**

**Learning objectives**

*What you will learn as you master the competency:*

a. Describe the relationship of diet to specific health conditions and infectious diseases: obesity, diabetes mellitus, hypoglycemia, cardiovascular disease, hypertension, diverticulitis, cancer, stress, HIV, and AIDS.

b. Discuss how persons may reduce their risk for developing the previous chronic conditions, and infectious diseases.

c. Identify lifestyle changes students can incorporate into their daily routines to help reduce their risk for developing the previous chronic conditions and infectious diseases.

**Performance Standards**

*You will demonstrate your competence:*

- on written assignments in chapter 4, 5, 6, and 8
- on three day food and beverage intake written analysis

*Your performance will be successful when:*

- learner describes the relationship of diet to specified health conditions and infectious diseases
- learner used written assignments on chapters 4, 5, 6, and 8 to analyze their personal food and beverage intake to determine if there are excesses or deficiencies increasing their risk for chronic conditions and infectious diseases
- learner applies knowledge learned in class to prepare an analysis of three day food and beverage intake

**Types of Instruction**

Face to Face HCE 241 Nutrition: Lecture, PowerPoints, and discussion.

Online HCE 241 Nutrition Course: Webcam casts, chapter reading, PowerPoints, and Discussion Forums.
**Grading Information**

**Grading Rationale**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Project</th>
<th>Points</th>
<th>Total Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Unit Exams</td>
<td>200</td>
<td></td>
<td>35%</td>
</tr>
<tr>
<td>1</td>
<td>Posttest</td>
<td>60</td>
<td>60</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Total on Unit Exams and Post Test</strong></td>
<td></td>
<td></td>
<td>260</td>
<td>50%</td>
</tr>
<tr>
<td>15</td>
<td>Forums and/or Assignments</td>
<td>10</td>
<td>150</td>
<td>15%</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Chapter Exams</td>
<td>5</td>
<td>75</td>
<td>15%</td>
</tr>
<tr>
<td>1</td>
<td>Dietary Project Evaluation</td>
<td>120</td>
<td>120</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Written Assignments</strong></td>
<td></td>
<td></td>
<td></td>
<td>50%</td>
</tr>
</tbody>
</table>

**Grading Scale**

- A  90-100%
- B  80-89%
- C  70-79%
- D  60-69%
- F  59% and below