Viewing: **HUN 1201 : The Science of Nutrition**

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**Course Outline
HUN 1201
The Science of Nutrition**

Dean

Review Phase length, in number of days

**General Course Information**

**Common Course Number:** HUN 1201

**Course Title:** The Science of Nutrition

**Contact Hour Breakdown:** Cr: 3 Contact: 3 Lab: 0

**Discipline:**

**Prerequisites:** Satisfactory completion of all mandated courses in reading, mathematics, English, and English for Academic Purposes.

**Corequisites:**

**Catalog Description:** Scientific principles of nutrition, including the role of specific nutrients, digestion of each, absorption, and metabolism. Food sources and individual requirements throughout the lifecycle to maintain health will be addressed.

**Major Topics/ Concepts/ Skills/ Issues**

* Six classes of nutrients
* Digestion and absorption of nutrients
* Metabolism and Weight Management
* Nutrition through the Lifecycle
* Relationship of nutrition to wellness

**Major Learning Outcomes with Evidence, Core Competencies and Indicators**

**Understand the connection between scientific research and dietary recommendations made for the general public.**

**Corresponding Evidence of Learning**

* describe the uses of nutritional standards in diet planning.
* analyze a food label.
* discuss how the DRI recommendations are used to promote health.
* explain how the various USDA guidelines are used to make recommendations.
* analyze a diet for nutritional adequacy.
* identify how nutrition influences peoples? lives.

**Core Competency: Think**

| **Indicators** | **Assessments** |
| --- | --- |
| * Think - integrate ideas and values from different disciplines
* Think - draw well-supported conclusions
* Think - employ the facts, formulas, procedures of the discipline
 | * Classroom assessment technique
* Locally developed multiple choice exam
* Project
* Knowledge recall quiz
 |

**Core Competency: Value**

| **Indicators** | **Assessments** |
| --- | --- |
| * Value - employ values and standards of judgment from different disciplines
* Value- recognize values as expressed in attitudes, choices, and commitments
 | * Classroom assessment technique
* Locally developed multiple choice exam
 |

**Core Competency: Communicate**

| **Indicators** | **Assessments** |
| --- | --- |
| * Communicate - employ methods of communication appropriate to your audience and purpose
 | * Behavioral observation
* Classroom assessment technique
* Project
 |

**Categorize nutrients by chemical structure, classification, function/role, and dietary source.**

**Corresponding Evidence of Learning**

* classify the nutrients based on their properties.
* explain the role of each macronutrient.
* explain the role of each micronutrient.
* identify food sources for each nutrient.

**Core Competency: Think**

| **Indicators** | **Assessments** |
| --- | --- |
| * Think - integrate ideas and values from different disciplines
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* Project
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**Core Competency: Communicate**

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**Describe the digestion, absorption and metabolism of food and nutrients to usable energy.**

**Corresponding Evidence of Learning**

* describe how each digestive organ assists in macronutrient breakdown.
* explain how nutrients are absorbed and transported to cells.
* describe the main steps in metabolism to provide energy for cells.
* describe the coenzymes role in metabolism.

**Core Competency: Think**

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| --- | --- |
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**Core Competency: Communicate**

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**Demonstrate the effects of energy balance on weight management.**

**Corresponding Evidence of Learning**

* calculate the amount of energy provided in foods.
* relate calorie intake and energy expenditure to weight control.
* identify the consequences of excess and deficient energy intakes.
* identify classification and complications of eating disorders.
* identify health risks of obesity.

**Core Competency: Think**

| **Indicators** | **Assessments** |
| --- | --- |
| * Think - employ the facts, formulas, procedures of the discipline
* Think - integrate ideas and values from different disciplines
* Think - draw well-supported conclusions
 | * Classroom assessment technique
* Knowledge recall quiz
* Locally developed multiple choice exam
 |

**Core Competency: Value**

| **Indicators** | **Assessments** |
| --- | --- |
| * Value - employ values and standards of judgment from different disciplines
* Value - distinguish among personal, ethical, aesthetic, cultural, and scientific values
 | * Classroom assessment technique
* Locally developed multiple choice exam
 |

**Core Competency: Communicate**

| **Indicators** | **Assessments** |
| --- | --- |
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 |

**Identify special nutritional needs and challenges at all stages of the life cycle.**

**Corresponding Evidence of Learning**

* identify special nutrient needs in pregnancy.
* describe appropriate food intakes for each stage of infancy and childhood.
* describe the benefits of breastfeeding.
* identify prevention for common nutritional inadequacies at each stage of life.
* explain common nutrient complications that may occur at each stage of life.

**Core Competency: Think**

| **Indicators** | **Assessments** |
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* Think - draw well-supported conclusions
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* Knowledge recall quiz
* Locally developed multiple choice exam
 |

**Core Competency: Value**

| **Indicators** | **Assessments** |
| --- | --- |
| * Value - distinguish among personal, ethical, aesthetic, cultural, and scientific values
 | * Classroom assessment technique
* Locally developed multiple choice exam
 |

**Core Competency: Act**

| **Indicators** | **Assessments** |
| --- | --- |
| * Act - implement effective problem-solving, decision-making, and goal-setting strategies
* Act - assess the effectiveness of personal behavior and choices
 | * Classroom assessment technique
* Locally developed multiple choice exam
 |

**Core Competency: Communicate**

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| --- | --- |
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**Examine the interrelationship between different nutrients and their effect on the body.**

**Corresponding Evidence of Learning**

* identify the impact of vitamin/mineral deficiency and excess to the body.
* predict potential health problems with excess or deficient intakes of each nutrient.
* apply diet principles to the prevention of major chronic diseases.

**Core Competency: Think**

| **Indicators** | **Assessments** |
| --- | --- |
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* Think - integrate ideas and values from different disciplines
* Think - draw well-supported conclusions
 | * Classroom assessment technique
* Knowledge recall quiz
* Locally developed multiple choice exam
* Project
 |

**Core Competency: Act**

| **Indicators** | **Assessments** |
| --- | --- |
| * Act - act effectively and appropriately in various personal and professional settings
 | * Classroom assessment technique
* Locally developed multiple choice exam
 |

**Core Competency: Communicate**

| **Indicators** | **Assessments** |
| --- | --- |
| * Communicate - employ methods of communication appropriate to your audience and purpose
 | * Behavioral observation
* Classroom assessment technique
 |

**Shared Assessment(s) in this Course**

* Department Comprehensive Final

[**College Curriculum Committee Website**](http://www.valenciacollege.edu/curriculumcommittee/)

Office of the Vice President for Academic Affairs & Chief Learning Officer