

# North Hennepin Community College

## HLTH 2090: Life Cycle Nutrition

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will examine the nutritional needs and recommendations at each major phase of the life cycle from pregnancy to older adults. Students will also explore factors that affect nutritional status in learning to assess appropriate educational materials, dietary interventions, and community nutrition programs.

**B. COURSE EFFECTIVE DATES:** 06/19/2018 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. After successfully completing this course, a student will be able to:

### D. LEARNING OUTCOMES (General)

1. Discuss nutritional needs and recommendations at major stages of the life cycle √ NHCC ELO 1, 2, 3
2. Examine human development with corresponding nutrition-related risk factors √ NHCC ELO 1, 2
3. Describe dietary interventions in addressing nutrition-related risk factors and conditions √ NHCC ELO 1, 2
4. Assess the environmental, cultural, economic, and psycho-social factors related to nutrition and eating habits √ NHCC ELO 1, 2, 3, 4
5. Utilize nutrition assessment techniques and public health statistics to determine nutrition status of individuals and communities √ NHCC ELO 1, 2, 3, 4
6. Compare and contrast community nutrition programs for various at risk populations √ NHCC ELO 2, 3
7. Match educational needs with appropriate educational materials, interventions, and programs in encouraging better nutrition √ NHCC ELO 1, 2, 3, 4

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World; Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.

Intellectual and Practical Skills; Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.

Personal and Social Responsibility and Engagement; Including: Civic knowledge and involvement; campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.

Integrative and Applied Learning; Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.