

# Alexandria Technical and Community College

## BIOL 1435: Principles of Nutrition

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 03 - Natural Science

This course meets Minnesota Transfer Curriculum (MnTC) goal area 3. Information covered in this course includes the food pyramid, the six major nutrients, and nutrition throughout the life cycle. It includes the process of digestion, Recommended Dietary Allowances (RDA), nutrition labeling, and food fallacies; and calculation of nutrition requirements and ideal body weights. Common health issues related to nutritional status are covered, as well as eating disorders, sports nutrition, and food-borne illness. Students will have a lab-like experience tracking, measuring, calculating and analyzing their diet and presenting the results in a written analytical report.

**B. COURSE EFFECTIVE DATES:** 08/27/2001 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Identify the 6 key nutrients, their functions and sources.
2. Recognize the anatomy and describe the physiology of digestion.
3. Explain the nutritional concerns of the different life cycle stages.
4. Describe the role of diet in common health problems.
5. Understand the various tools used to provide nutrition information/education.
6. Identify common food-borne illnesses, their symptoms & how to prevent them.
7. Students will have a lab-like experience tracking, measuring, calculating and analyzing their diet and presenting the results in a written analytical report.

### D. LEARNING OUTCOMES (General)

1. The learner will evaluate content and concerns of daily diet.
2. The learner will address nutritional concerns of case studies.
3. The learner will pass assessment tests.

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

Goal 03 - Natural Science

1. Communicate their experimental findings, analyses, and interpretations both orally and in writing.
2. Evaluate societal issues from a natural science perspective, ask questions about the evidence presented, and make informed judgments about science-related topics and policies.

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted