

# Alexandria Technical and Community College

## BIOL 1439: Nutrition II

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites:

This course requires the following prerequisite  
BIOL 1435 - Principles of Nutrition

Corequisites: None

MnTC Goals: None

This course is designed to provide the learner with additional knowledge of nutrition. Instruction will be provided in the area of nutritional applications for most common lifestyle diseases including: diabetic, obese, and senior citizen groups. Additional instruction in the areas of alternative nutritional practices, supplementation, and eating disorders will be provided. The emphasis will be on the nutritional knowledge required for a specific individual integrated with their overall health and wellness. Prerequisite: BIOL1435.

**B. COURSE EFFECTIVE DATES:** 01/12/2009 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Examine the role carbohydrates, fats, and other components have in a balanced and healthy diet.
2. Examine the FDA and Harvard food pyramids.
3. Research and report on the glycemic index.
4. Examine the facts and measures of metabolism.
5. Understand insulin and maintaining proper blood sugar levels.
6. Examine weight loss and weight management issues.
7. Examine the multiple considerations when working with an elite athletic client.

### D. LEARNING OUTCOMES (General)

1. The learner will demonstrate practical working knowledge of the role of carbohydrates, fats, and proteins in a proper nutritional program, along with a review of the various Food Pyramids.
2. The learner will demonstrate knowledge in the area of nutritional interventions for obese clients, cardiovascular disease client, weight management and weight loss strategies and skills in Metabolic Measurements.
3. The learner will have knowledge of supplements, specific nutritional practices for athletic populations and the Scope of Practice for an Exercise Specialist in nutritional interventions.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted