

Course Outcome Guide (COG)

| Course | NUTR 222 Contemporary Nutrition | Credits: | 3 | Updated: | Feb. 10, 2020 |
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| Course Description: | An introduction to nutritional needs during different stages of life. This course looks at the different nutrients of food and how each is used by the body. Covers some eating disorders and food safety. | | | | |
| Concepts and Issues | Process Skills | Assessment Tasks | Intended Outcomes | | |
| | | | Course | General Education or Program | Institutional |
| <ul style="list-style-type: none"> • What You Eat and Why • Designing a Healthy Diet • Human Digestion and Absorption • Carbohydrates • Lipids • Proteins • Energy Balance and Weight Control • Vitamins • Water and Minerals • Eating Disorders • Undernutrition Throughout the World • Safety of Food Supply • Pregnancy and Breastfeeding | <p>Demonstrate knowledge and understanding of the energy yielding nutrients with the following:</p> <ol style="list-style-type: none"> a. Structures and names b. Conditions caused by deficiencies <p>Demonstrate knowledge and understanding of non-energy yielding nutrients with the following:</p> <ol style="list-style-type: none"> a. Names of the vitamins and minerals b. Nutrient functions c. Requirements for different stages of life d. Conditions and diseases caused by deficiencies and toxicities <p>Describe the different components of energy balance which affect weight gain or loss.</p> <p>Identify problems of undernutrition, conditions that create it, and some possible solutions.</p> <p>Identify favorable conditions and microorganisms which can contribute to foodborne illnesses and their prevention.</p> <p>Analyze content on Nutrition Facts labels to determine nutritional content in food.</p> <p>Analyze a diet to determine its nutritional content.</p> | <p>Complete examinations, quizzes, and assignments demonstrating mastery of concepts.</p> <p>Participation in class discussions.</p> | <p>1) Describe the role of carbohydrates, lipids, proteins, and alcohol on energy production.</p> <p>2) Describe the role of water, vitamins, and minerals in the body.</p> <p>3) Describe some specific diseases and conditions caused by nutrient deficiencies or toxicities.</p> | <p>Students will apply health-related knowledge to promote physical and mental well-being.</p> | <p>Students will apply health-related knowledge to promote physical and mental well-being.</p> |