

Course Outcome Guide (COG)

Course	NUTR 230 Herbs and Supplements	Credits:	3	Approved:	10/2019
Course Description:	An overview of the dietary needs of special populations, requiring modifications to a normal diet, in order to meet their nutritional/health needs. Emphasis will be placed on the needs of the athlete and others who participate in strenuous occupations and activities. Meal modification, as to content and timing, along with the usage of popular herbs and supplements will be discussed.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<ul style="list-style-type: none"> • Herbs and Supplements • Intro to a Healthy Diet • Vitamins and Minerals • Evaluating Supplements • Supplements for Weight Loss • Sports Supplements • Energy Boosting Supplements • Heart Health • Immune Support • Bone Health • Joint Health • Cancer Support • Diabetes Control 	<p>Demonstrate knowledge and understanding of what would be the basis of a healthy diet with reference to energy yielding nutrients and non-energy yielding nutrients</p> <p>Demonstrate the ability to objectively evaluate the manufacturer's claims of the efficacy of their supplements</p> <p>Describe the different supplements and doses that may aid in weight loss, support healthy sports, and to aid in energy support</p> <p>Identify supplements which may aid in the health of the heart, immune system, bones and joints</p> <p>Identify supplements that may aid in the health of those who have cancer and diabetes</p>	<p>Complete examinations, quizzes, and assignments demonstrating mastery of concepts</p> <p>Participation in class discussions</p>	<p>1) Assess the claims of various manufactures/producers as to the effectiveness and safety of herbs and supplements</p> <p>2) Describe the role and use of specific herbs and supplements in conjunction with varying human conditions</p>		