

Course Outcome Guide (COG)

Course	NUTR 240 Principles of Nutrition	Credits:	3	Updated:	Feb. 10, 2020
Course Description:	Prerequisite: "C" or higher in a college biology or chemistry course. Principles and concepts of nutrition throughout the life cycle for the purpose of health maintenance, prevention, and recovery of illness. Directed towards nursing and allied health majors.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<ul style="list-style-type: none"> • What Nourishes You • The Basis of a Healthy Diet • Human Digestion and Absorption • Energy Metabolism • Carbohydrates • Lipids • Proteins • Alcohol • The Fat-Soluble Vitamins • The Water-Soluble Vitamins • Water and the Major Minerals • Trace Minerals • Energy Balance, Weight Control, and Eating Disorders • Pregnancy and Breastfeeding • Nutrition From Infancy Through Adolescence 	<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. Metabolism of each to produce energy c. Conditions caused by deficiencies d. Energy needs for different levels of activity <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>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 physiological processes.</p> <p>2) Describe the role of water, vitamins, and minerals in metabolism.</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>