

Prepared by the Department of Health Sciences  
Date of Departmental Approval: November, 2006  
Date Approved by Curriculum and Programs: November 22, 2006

Effective: Fall 2007

**1. Course Number: HEA201**  
**Course Title: Nutrition**

**2. Description:** Principles of nutrition are discussed in detail and related to many different settings. Topics of discussion include: My Pyramid; nutritional labeling; the (6) nutrients and how each is ingested, digested, metabolized, and transported, throughout the human body; nutritional counseling of many different types of patients such as: the cancer patient, geriatric patient, infant, child and adolescent patient; and food safety. This is an introductory course for individuals interested in pursuing a Dietetics major.

**3. Student Learning Outcomes:** Upon successful completion of this course, students are able to do the following:

- Identify major concepts and terms used in nutrition.
- Describe the nutritional needs from infancy through adulthood including the later years.
- Discuss the effects on health in relation to adequate or inadequate ingestion of nutrients.
- Identify guidelines and rationale used for planning and evaluating food intake.
- Perform dietary analysis and counseling on all patients.

**4. Credits:** 3 credits

**5. Satisfies General Education Requirement:** No

**6. Prerequisites:** CHM109 and BIO107

**7. Semester(s) Offered:** Fall, Spring, Summer

**8. Suggested General Guidelines for Evaluation:**

Students are graded by: Quiz average: 15% Midterm: 35% Final: 45%  
Participation through discussion board questions: 5%  
Intellectual skills: reasoning and critical thinking, and examination of values.

Students with disabilities who believe they need accommodations in this course must contact the O'Neill Center (South 222) at 508-362-2131 ext. 4337 or 4317 as soon as possible.

**9. General Topical Outline (Optional) :** see attached

Introduction to Nutrition  
Nutritional Recommendations  
Human Physiological Processes  
Carbohydrates  
Fats  
Proteins  
Fat-soluble Vitamins  
Water-soluble Vitamins  
Water and Major Minerals  
Trace Minerals  
Energy Balance; Weight Control; Sports Nutrition  
Eating Disorders  
Nutrition from Infancy to Adolescence  
Nutrition through Adulthood; Pregnancy and Breastfeeding  
Food Safety: Nutrition throughout the World