

SOUTHEAST COMMUNITY COLLEGE

HEALTH SCIENCES DIVISION

HEALTHCARE SERVICES

Revision Date: 2/2019

[Syllabus Statements](#)

I. CATALOG DESCRIPTION

Course Number: HLTH1100
Course Title: Nutrition for the Healthcare Provider
Prerequisite(s): None

Catalog Description: This course focuses on basic concepts of nutrition for students pursuing careers in nursing and other health science fields. Students will explore nutrients, digestion, absorption, metabolism, food safety, nutrition through the life cycle, and cultural influences on food selection. The impact of nutrition on health status and in relation to disease is explored.

Credit Hours: 2
Class Hours: 30
Lab Hours: 0
Total Contact Hours: 30

II. COURSE OBJECTIVES: *Course will:*

1. Define nutrition and the role of nutrients in the body.
2. Increase awareness of external influences on food selection.
3. Explore the impact of nutrition in disease prevention and treatment.
4. Identify the role nutrition plays throughout the lifecycle, including pregnancy and lactation, infancy, childhood, adolescence, adulthood and other adults.
5. Explain the basics of medical nutrition therapy and nutrition assessment.

Note: Unit objectives are located in the learning management system within each unit of study.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:

A. STUDENT LEARNING OUTCOMES: *The student will be able to:*

1. Recognize the functions and sources of nutrients.
2. Identify the effects of over- and under-nutrition of nutrients.
3. Assess the nutritional elements of health.
4. Modify nutrient intakes to improve nutritional status of individuals.
5. Evaluate the nutrition elements of various health problems including cardiovascular disease, diabetes mellitus, gastrointestinal disorders, cancer.

B. GENERAL EDUCATION LEARNING OUTCOMES

1. **GELO 5: Analytical, Quantitative, and Scientific Reasoning**
Outcome: Apply mathematical and scientific methods to solve problems from an array of contexts and everyday situations.

IV. CONTENT/TOPICAL OUTLINE (course outline may provide more detailed information)

A. UNITS

1. Essential Nutrients
 - a. Carbohydrates and Fiber
 - b. Proteins
 - c. Fats, Oils and Other Lipids
 - d. Vitamins
 - e. Minerals and Electrolytes
 - f. Water

2. Digestion, Absorption and Metabolism
3. Food Safety
4. Guidelines for Healthy Eating
5. Nutrition Through the Lifecycle
 - a. Pregnancy and Lactation
 - b. Infancy, Childhood and Adolescence
 - c. Adulthood and Older Adults
6. Nutrition Therapy in Disease States
 - a. Gastrointestinal
 - b. Cardiovascular
 - c. Diabetes Mellitus
 - d. Renal
 - e. Cancer
7. Clinical Nutrition
 - a. Modified Diets
 - b. Enteral and Parenteral Nutrition

V. INSTRUCTIONAL MATERIALS REQUIRED

A. Required Text(s):

Blake, Joan, S. Nutrition & You, most current edition, Pearson Benjamin Cummings.

VI. METHODS OF PRESENTATION/INSTRUCTION

A. Methods of presentation typically include a combination of the following:

1. Lecture
2. Demonstration
3. Handout Materials
4. Class Participation/Presentations
5. Case Studies and Group Work
6. Guest Presenters
7. Websites
8. Power Point slides and videos
9. Pretests and worksheets
10. Interactive, educational games may be used to augment some of the units.

VII. METHODS OF EVALUATION

A. Methods of evaluation typically include a combination of assignments, quizzes, exams, projects, etc. For grading expectations please see the course information document.

SCC STANDARD GRADING SCALE POLICY:

| | | | |
|-----------|---------------|-----------|-----------------|
| A+ | 95-100 | C+ | 75-79 |
| A | 90-94 | C | 70-74 |
| B+ | 85-89 | D+ | 65-69 |
| B | 80-84 | D | 60-64 |
| | | F | Below 60 |

VIII. SPECIFIC COURSE REQUIREMENTS

A. ATTENDANCE

Attendance is crucial to the success of this course. Any class missed could mean valuable missed information, which is difficult to obtain. Please notify the instructor of any pending absences or if you will be late. Absences in excess of four hours may result in failing the course.

B. Must pass all program courses with a C+ to progress to the next term.

Please see course information document for course policies related to grading, expectations, assignments, assessments, and participation.