

SOUTHEAST COMMUNITY COLLEGE
COURSE SYLLABUS
Community Services and Extended Learning
Revision Date: 01-11-21

I. CATALOG DESCRIPTION

Course Number: FSDT1350
Course Title: Basic Nutrition
Prerequisite(s): None

Catalog Description: The study of nutrients, digestion, absorption, metabolism, fitness, consumer concerns, food safety, nutrition throughout the life cycle, including cultural influences on food selection. Nutrition in relation to disease and world hunger is explored.

Credit Hours: 3.0
Class Hours: 45
Lab Hours: 0
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

- A. Provide critical thinking in nutrition and its role in disease prevention and treatment.
- B. Broaden the understanding of basic nutrition and the role of nutrients in the body.
- C. Increase awareness of personal and global nutrition concerns.
- D. Develop methods to implement personal practices in overall health.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:

- A. Student Learning Outcomes: *Student will be able to:*
 - 1. Recognize the functions, sources, deficiencies and toxicities of nutrients.
 - 2. Illustrate the role of digestion, absorption and metabolism in the body.
 - 3. Identify the role nutrition plays throughout the lifecycle, including pregnancy, infancy, adolescence, adults and the elderly.
 - 4. Investigate alcohol, weight control, physical fitness, consumerism, food safety and world hunger issues in relation to nutrition.
 - 5. Evaluate the nutrition component of various health problems including diabetes, heart disease, osteoporosis, hypertension, and gastrointestinal disorders.
- B. General Education Learning Outcomes (GELOs)
 - 1. GELO #5: Analytical, Quantitative, and Scientific Reasoning
Outcome 1: Apply mathematical and scientific methods to solve problems from an array of contexts and everyday situations.
Outcome 3: Effectively develop strategies, algorithms, or experiments (or perform experiments) to better describe systems or solve problems.
 - 2. GELO #6: Career & Life Skills
Outcome 5: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

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

- A. What is Nutrition and Nutrition Facts
- B. Tools for Healthy Eating
- C. Basics of Digestion
- D. Carbohydrates: Sugars, Starches, Fiber, and Diabetes
- E. Fats, Oils, Other Lipids, and Atherosclerosis
- F. Proteins and Amino Acids

- G. Vitamins,
- H. Minerals, Water, Hypertension, Alcohol, and Osteoporosis
- I. Fitness and Weight Management
- J. Nutrition for a Lifetime - Pregnancy through Elder years
- K. Food Safety and Technology
- L. Global Nutrition, Consumerism, and Sustainability

V. INSTRUCTIONAL MATERIALS

- A. Required Text(s): Schiff, Wendy J. Nutrition Essentials: A Personal Approach, Current Edition, McGraw Hill, 2021, DDA
- B. Other Resources:
 - 1. Lecture
 - 2. Demonstration
 - 3. Handout Materials
 - 4. Class Participation/Presentations
 - 5. Case Studies and Group Work
 - 6. Guest Presenters
 - 7. Websites
 - 8. PowerPoint slides and videos
 - 9. Pretests and Worksheets
 - 10. Interactive, education games may be used to augment some of the units.
 - 11. Note taking materials and calculator
 - 12. Online websites/audiovisuals
 - 13. Diet analysis resources
 - 14. Computer with internet access

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. PowerPoint slides and videos
 - 9. Pretests and worksheets
 - 10. Interactive education 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.
- B. 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. Successful completion of all exams, projects and additional assignments.
- B. A grade of 70% (C) or better needed in degree programs.