

Course Outline

COURSE: BIO 11 **DIVISION:** 10 **ALSO LISTED AS:** AH 11

TERM EFFECTIVE: Fall 2014 **CURRICULUM APPROVAL DATE:** 02/24/2014

SHORT TITLE: NUTRITION

LONG TITLE: Nutrition

| <u>Units</u> | <u>Number of Weeks</u> | <u>Type</u> | <u>Contact Hours/Week</u> | <u>Total Contact Hours</u> |
|--------------|------------------------|-------------|---------------------------|----------------------------|
| 3 | 18 | Lecture: | 3 | 54 |
| | | Lab: | 0 | 0 |
| | | Other: | 0 | 0 |
| | | Total: | 3 | 54 |

COURSE DESCRIPTION:

This course is designed to meet the needs of the Allied Health student and the general education student alike. The major aim of this course is to help the student acquire relevant information about nutrition which they can use professionally and/or personally. The course will cover the practical aspects of normal nutrition, ways to promote sound eating habits throughout the life cycle, and physiological contribution nutrients make to body structure and function. This course is also listed as AH 11. **PREREQUISITE:** Eligible for English 1A. **ADVISORY:** Chemistry 30A and Mathematics 205

PREREQUISITES:

- (Completion of ENGL 250, as UG, with a grade of C or better.
 AND Completion of ENGL 260, as UG, with a grade of C or better.)
- OR
- (Completion of ENGL 250, as UG, with a grade of C or better.
 AND Score of 22 on CTEP Reading)
- OR
- (Completion of ENGL 260, as UG, with a grade of C or better.
 AND Score of 22 on CTEP Writing)
- OR
- (Completion of ENGL 250, as UG, with a grade of C or better.
 AND Completion of SSCI 270A, as UG, with a grade of C or better.)
- OR
- (Completion of ENGL 250, as UG, with a grade of C or better.
 AND Completion of SSCI 270B, as UG, with a grade of C or better.)
- OR
- (Completion of SSCI 270A, as UG, with a grade of C or better.
 AND Score of 22 on CTEP Writing)

OR

(Completion of SSCI 270B, as UG, with a grade of C or better.
AND Score of 22 on CTEP Writing)

OR

(Score of 22 on CTEP Reading
AND Score of 22 on CTEP Writing)

OR

(Completion of ENGL 250P, as UG, with a grade of C or better.
AND Completion of ENGL 260P, as UG, with a grade of C or better.)

OR

(Score of 3350 on Accuplacer English Reading
AND Completion of ENGL 250, as UG, with a grade of C or better.)

OR

(Score of 1450 on Accuplacer English Writing
AND Completion of ENGL 260, as UG, with a grade of C or better.)

OR

(Score of 1450 on Accuplacer English Writing
AND Completion of SSCI 270A, as UG, with a grade of C or better.)

OR

(Score of 1450 on Accuplacer English Writing
AND Completion of SSCI 270B, as UG, with a grade of C or better.)

OR

(Score of 1450 on Accuplacer English Writing
AND Score of 3350 on Accuplacer English Reading)

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

02 - Lecture and/or discussion

05 - Hybrid

72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

1. Use scientific facts and principles to critically analyze nutrition information and use the information to assess personal diet and the diets of other cultures.

Measure: Homework, Oral Presentation, Dietary Self Study, Internet Assignments, Group Discussion, Exams

PLO: 2,3,4,5,6

ILO: 2,3,7,6,4,1

GE-LO: A1,A2,A5,A6,B1,B5,B6,B8,E1,E3,F1,F2

Year assessed or anticipated year of assessment: 2013

2. Evaluate nutrition information for accuracy and reliability.

Measure: Homework, Oral Presentation, Dietary Self Study, Internet Assignments, Group Discussion, Exams

PLO: 2,3,4,5,6

ILO: 2,3,7

GE-LO: A1,A2,A5,A6,B1,B5,B6,B8,E1,E3,F1,F2

Year assessed or anticipated year of assessment: 2013

3. Analyze and identify the relationship between nutrition and health.

Measure: Homework, Oral Presentation, Dietary Self Study, Internet Assignments, Group Discussion, Exams

PLO: 2,3,4,5,6

ILO: 2,3,6,7,1

GE-LO: A1,A2,A5,A6,B1,B5,B6,B8,E1,E3,F1,F2

Year assessed or anticipated year of assessment: 2013

4. Differentiate among food habits and practices related to traditional foods and preparation techniques in selected cultures or religions.

Measure: Homework, Oral Presentation, Dietary Self Study, Internet Assignments, Group Discussion, Exams

PLO: 2,3,4,5,6

ILO: 2,3,4,7,1

GE-LO: A1,A2,A5,A6,B1,B5,B6,B8,E1,E3,F1,F2

Year assessed or anticipated year of assessment: 2013

5. Analyze nutritional problems of selected cultures and create a nutritionally balanced menu.

Measure: Homework, Oral Presentation, Dietary Self Study, Internet Assignments, Group Discussion, Exams

PLO: 2,3,4,5,6

ILO: 2,3,4,7,1

GE-LO: A1,A2,A5,A6,B1,B5,B6,B8,E1,E3,F1,F2

Year assessed or anticipated year of assessment:
2013

CULTURAL DIVERSITY:

This course promotes understanding of:

Cultures and subcultures

Cultural awareness

Cultural inclusiveness

Mutual respect among diverse peoples

SLO # 1,4,5

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 02/24/2014

WEEK HOURS Each week the students will read assigned chapters and complete assignments.

1 3 Introduction

Food Choices and Human Health

Controversy #1 Who Speaks on Nutrition?

2 3 Nutrition Standards & Guidelines

Controversy #2 The Mediterranean Diet

Internet Assignment #1

3 3 The Remarkable Body

Controversy #3 Should We Be Eating "Natural",
"Cave-Person" Foods?

4 3 The Carbohydrates

Controversy #4 Sugar and Alternative Sweeteners

Internet Assignment #2

Exam #1

5 3 The Lipids

Controversy #5 First Calories, Then
Carbohydrates, Then Fat, Now What?

6 3 The Protein & Amino Acids

Controversy #6 Vegetarians versus Meat Eaters

7 3 The Vitamins

Controversy #7 Antioxidant Vitamins

Exam #2

8 3 Water & Minerals

Controversy #8 Should Anyone Diet to Lose
Weight?

Homework 1-7 due.

Internet Assignment #3

9 3 Energy Balance & Weight Control

Controversy #9 Osteoporosis & Calcium

Oral presentation topic due

10 3 Nutrition & Physical Activity

Controversy #10 Eating Disorders

Internet Assignment #4 due

Exam #3

11 3 Nutrition & Disease Prevention

Controversy #11 Alcohol and Nutrition

12 3 Life Cycle & Nutrition/Mother & Infant

Controversy #12 Medicine, Other Drugs &
Nutrition

Dietary Self Study due

Internet Assignment #5 due

13 3 Child, Teen & Older Adult

14 3 Food Technology & Food Safety

Exam #4

15 3 Oral Presentations

Homework 8-14 due

16 3 Oral Presentations

Internet Assignment #6 due

Internet Assignment #7 due (extra credit)

17 3 Oral presentations

18 2 Final Exam

ASSIGNMENTS:

Dietary Self-Study:

1. Required
2. Must be typed or neatly handwritten in ink.
3. Format - see guidelines in self-study packet.
4. Late papers will be accepted up until the last class prior to final exam. Papers will be penalized 10% or 20 points for each week or fraction of a week that it is late. No excuses are accepted.
5. The extra credit portion of the paper is due when the self-study is due. No extra credit will be given for late papers.
6. Please include the grade sheet on the inside front cover of the self-study packet.
7. This project is worth 140 points.

Weekly Homework:

1. Required
2. Purpose: The homework questions are designed to help you keep up with the enormous amount of information presented in this class and help you study for quizzes.
3. Grading: Homework is due on the dates specified on the course outline. It will only be collected two (2) times during the semester. You will be given 35 points for completed homework. No late homework will be accepted.
4. Homework is worth 70 points (2 turn-in days).

Oral Presentations: You will choose a *nutrition controversy presented in your book or a *current article on a nutrition topic of your choice - required.

1. You will need to let me know your topic by 3/30/04 to avoid duplication of topics.
2. You will present in front of the class.
3. Have at least one visual aid: handout, overhead transparency, flip chart, poster, or video or prepare a play and dress in costume.
4. Thorough coverage of your topic is expected.
5. Be creative and have fun!
6. Hand in a typed or neatly printed summary of your topic presented (1 page minimum). Include references.
7. This project is worth 50 points.

*You are expected to use other resources besides your textbook and nutrition articles selected.

STUDENT LEARNING OUTCOMES:

1. Student will utilize the language of nutrition, including equations to assess percentage of dietary fat and sugar on food labels and in diets.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

2. Student will describe the path food takes from intake to excretion, identifying the function of major organs in the digestive tract.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

3. Student will describe the fundamentals of absorption and metabolism that transform food into cellular energy.

ILO: 1, 2, 3

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

4. Student will identify risk factors in food handling from store to table (related to food-borne illness).

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

5. Student will describe the different roles of the macronutrients, including fiber.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

6. Student will identify a main function for each micronutrient.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

7. Student will define the body's ability to regulate weight and develop strategies to maintain appropriate weight.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

8. Student will use own dietary data to compare to Recommended Dietary Allowances/Dietary Reference Intakes; make recommendations for Changes that will promote optimum health.

ILO: 2, 1, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

9. Student will relate the scientific method to dietary health claims and assess for accuracy.

ILO: 2, 1, 3, 4, 6?

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

10. Student will develop a personalized dietary strategy that will promote good health by synthesizing classroom

information on macro- and micronutrients and their food sources.

ILO: 2, 1, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

11. Student will analyze nutritional adequacy of fad diets.

ILO: 2, 1, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

12. Student will assess own home kitchen and food preparation habits to reduce risk of food-borne illness.

ILO: 2, 1, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

13. Student will use concepts of energy in food production and transportation to determine environmental cost of food.

ILO: 2, 1, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

14. Student will examine information from research articles into written report.

ILO: 2, 1, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

15. Student will determine nutritional adequacy of own diet, compare to dietary standards and report results in written report.

ILO: 1, 2, 3, 4, 6

MEASURE: Dietary self-study, Group discussion, Homework, Internet assignments

16. Student will describe articles that portray opposing viewpoints regarding bio-engineered food.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

17. Student will examine how body actually utilizes macronutrients in relation to philosophy of current diet fad (e.g. low carbohydrate-high protein metabolism).

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

18. Student will utilize computer software program to analyze personal diet.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

19. Student will apply skills in conducting library research (professional journals, computer data bases, etc.).

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet assignments, Group discussion, Exams

20. Student will analyze insights into how different cultures meet their dietary needs.

ILO: 2, 1, 3, 4, 6

MEASURE: Homework, Oral presentation, Dietary self-study, Internet

METHODS OF INSTRUCTION:

Lecture, small group discussion, student presentations

METHODS OF EVALUATION:

The types of writing assignments required:

Written homework

Reading reports

Lab reports

Essay exams
Term papers
Other: Dietary self-study, internet assignments
The problem-solving assignments required:
Lab reports
Exams
Other: Oral presentations
The types of skill demonstrations required:
None
The types of objective examinations used in the course:
Multiple choice
True/false
Matching items
Completion
Other category:
None
The basis for assigning students grades in the course:
Writing assignments: 35% - 85%
Problem-solving demonstrations: 20% - 80%
Skill demonstrations: 0% - 0%
Objective examinations: 40% - 70%
Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:

Required:
Whitney and Sizer, Nutrition Concepts and Controversies, Brooks/Cole, 2012, or other appropriate college level text.
ISBN: 9781133628187
Reading level of text, Grade: 13th Verified by: KBedell

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
 GAV E2, effective 200850
 GAV F, effective 200850
CSU GE:
 CSU E2, effective 200850
IGETC:
CSU TRANSFER:
 Transferable CSU, effective 200850
UC TRANSFER:
 Transferable UC, effective 200850

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: I
Noncredit Category: Y
Cooperative Education:

Program Status: 1 Program Applicable
Special Class Status: N
CAN: FCS2
CAN Sequence: XXXXXXXX
CSU Crosswalk Course Department: BIO
CSU Crosswalk Course Number: 11
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: D
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000238733
Sports/Physical Education Course: N
Taxonomy of Program: 123000