

Bemidji State University

HLTH 3300: Nutrition

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Fundamentals of food utilization in the body and diet planning including discussion of the relationship between dietary habits and disease. Also included are discussions of current trends in nutrition, dietary changes for special conditions such as pregnancy, infancy, teenagers, aging, athletes, and cultural differences in dietary practices.

B. COURSE EFFECTIVE DATES: 08/26/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Nutrients
Nutritious Diet? How will you know?
MyPyramid, Daily Food Guide
DRIs, RDAs
Nutrient density
2. Carbohydrate terminology
Digestion, absorption, Transport, Energy Production
Fiber
DRI for carbohydrates
3. Diabetes,
Glycemic foods
Diabetes, Lactose intolerance
4. Introduction to lipids
5. Functions of fat
Lipid structures
Fat intake recommendations
6. Fats in foods
Cholesterol, Saturated Fat And disease Hydrogenation and Trans fatty acids
Reading labels
Protein Structure
Digestion and Protein Synthesis
7. Protein Quality, Protein Deficiency Disease
Nitrogen balance
8. Introduction to vitamins
Fat soluble vitamins
9. Water soluble vitamins
Water
10. Diet analysis ¿ how to use diet analysis software
11. Introduction to minerals
major minerals
12. weight management
Eating disorders
13. Weight management and energy balance
Causes of Obesity
Amino Acids and muscle mass
Fluid replacement beverages
14. Role of nutrition in disease
Heart disease, hypertension, cancer
Food safety
Food Microbes, Food additives
15. Pregnancy
Lactation and breastfeeding
Infant feeding
16. childhood, teen and elderly nutrition
Global issues and hunger
Environment and food
Overpopulation and food supply

D. LEARNING OUTCOMES (General)

1. demonstrate a basic knowledge of: digestion, metabolism, sources and functions of carbohydrates, fats and proteins.
2. be able to describe the sources, functions and deficiency diseases associated with several vitamins and minerals.
3. demonstrate a basic knowledge of: nutritional needs for active and sedentary populations including calories and nutrient needs.
4. demonstrate a basic knowledge of: the difference in nutritional needs between normal healthy adults and infants, children, pregnant women, and the elderly.
5. demonstrate a basic knowledge of: other nutritional issues including world hunger, disordered eating, weight control, food safety and diseases related to food safety
6. demonstrate a basic knowledge of: the relationship between diet and common diseases such as heart disease, some cancers and Type II diabetes
7. demonstrate a basic knowledge of: weight management techniques.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted