

# 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