
SECTION HEADING

HC 1100: Nutrition

Description

Nutrition explores the basic concepts of normal nutrition are presented with an emphasis on wellness and maintenance of a balanced state of health. These concepts are applied to human needs throughout the lifespan cycle. The emphasis is on the comprehension and application of these concepts in health care settings.

Credits

1

Topics to be Covered

1. Nutrition and personal wellness
2. USDA MyPyramid Food Guides
3. Macro and Micro nutrients
4. Healthy weight maintenance
5. Impact of physical activity on nutritional needs
6. Nutritional needs throughout the lifespan
7. Food safety and security
8. Cultural influences

Learning Outcomes

1. Identify basic concepts of nutrition and how nutrients contribute to personal wellness
2. Explain the relationship between the psychology and physiology of eating.
3. Identify energy yielding nutrients and their function in the body.
4. Identify micronutrients and their influence on health balance.
5. Discuss types of alternative diets and their nutritional impact.
6. Describe the importance of fluid and electrolyte balance.
7. Discuss the causes, health risks and detrimental effects, of obesity and underweight.
8. Identify interventions to prevent and treat obesity and underweight.
9. Describe the relationship between physical activity and states of wellness and disease
10. Compare and contrast key nutrition-related principles that occur throughout the life cycle.
11. Discuss food safety and security measures.
12. Examine cultural diets and describe their nutritional influence.

Credit Details

Lecture: 1

Lab: 0

OJT: 0