

HS 013: GENERAL NUTRITION

Originator

Adrian Casas

Co-Contributor(s)**Name(s)**

Gaete, Sarah

Justification / Rationale

Update SLO's

Effective Term

Fall 2022

Credit Status

Credit - Degree Applicable

Subject

HS - Health Sciences

Course Number

013

Full Course Title

General Nutrition

Short Title

GENERAL NUTRITION

Discipline**Disciplines List**

Health

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course is a study of the chemical composition of foods and their utilization by the body. Students study the roles, functions, and interactions of proteins, fats, carbohydrates, vitamins, minerals, and water. Practical problems of nutrition and relationship of adequate diet to fitness, energy balance, disease risk, and lifespan.

Schedule Description

This course is a study of the chemical composition of foods and their utilization by the body. Practical problems of nutrition and relationship of adequate diet to fitness, energy balance, disease risk, and lifespan. Advisory: ENG 061 null

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Prerequisite Course(s)

Advisory: ENG 061

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Pearson 2020

Title

My Diet Analysis

Edition

Version 8.5.11 or most recent

Publisher

Pearson

Year

2020

College Level

Yes

ISBN #

97803217339

Resource Type

Book

Open Educational Resource

Yes

Author

Marie Kainoa Revilla Fialkowski; et al. (University of Hawaii Nutrition Department)

Title

Human Nutrition

Edition

2020 Edition

City

Manoa, HI

Publisher

University of Hawaii, Manoa Hamilton Library

Year

2020

College Level

Yes

Flesch-Kincaid Level

13.6

ISBN #

978-1-948027-01-4

Class Size Maximum

40

Entrance Skills

Advisory of ENG 061 or placement, per AB 705 mandates

Requisite Course Objectives

ENG 061-Recognize features of style such as purpose, audience and tone integrate these elements into academic and professional writing.

ENG 061-Use theses to organize paragraphs into coherent analyses.

ENG 061-Write essays that reflect critical thinking and clear expression, in a variety of rhetorical genres and for a variety of purposes.

Entrance Skills

Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using two or three paragraphs.

Requisite Course Objectives

ENG 061-Use theses to organize paragraphs into coherent analyses.

Entrance Skills

Read and identify main ideas and supporting details.

Requisite Course Objectives

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

Course Content

1. An Overview of Nutrition
2. Planning a Healthy Diet
3. Digestion, Absorption, and Transport
4. The Carbohydrates: Sugars, Starch, and Fibers
5. The Lipids: Triglycerides, Phospholipids and Sterols
6. Protein: Amino Acids
7. Metabolism: Transformation and Interactions
8. Energy Balance and Body Composition
9. Weight Control: Overweight and Underweight
10. The Water-soluble Vitamins: B Vitamins and Vitamin C
11. The Fat-Soluble Vitamins: A, D, E. and K
12. Water and the Major Minerals
13. The Trace Minerals
14. Fitness: Physical Activity, Nutrients, and Body Adaptations
15. Lifespan Nutrition: Pregnancy and Lactation
16. Lifespan Nutrition: Infancy, Childhood, and Adolescence
17. Lifespan Nutrition: Adulthood and the Later Years
18. Diet and Health or Nutritional Issues
19. Consumer Concerns about Foods and Water

20. Hunger and Global Environmental Problems

21. Nutrition and the Effects of Alcohol

Course Objectives

Objectives	
Objective 1	Identify major nutrients, their sources and functions in the body.
Objective 2	Understand the roles of vitamins and minerals in the human body.
Objective 3	Comprehend the relationships between nutrients and metabolic processes.
Objective 4	Critically evaluate nutrition claims.
Objective 5	Appreciate the influence of nutrition on human performance.
Objective 6	Recognize the changing nutritional need in all phases of the lifespan.
Objective 7	Identify the functions, sources, requirements and interrelationships of food nutrients.
Objective 8	Identify the principles of selection, preparation and storage of food retention of nutri-life and aesthetic properties.
Objective 9	Identify the public and private consumer protection agencies on the federal, state and local levels.
Objective 10	Trace the digestion, absorption and metabolism of the nutrients.
Objective 11	Identify and plan diets meeting the needs of an individual at any stage of the lifespan and physical condition.
Objective 12	Explain changes in eating patterns as a result of becoming aware of understanding the importance of nutrition to the health and well-being of the individual lifespan in relationship to energy balance, fitness, and disease prevention or risk.
Objective 13	Recognize the effects of alcohol on the body, in relation to food nutrients.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Analyze and evaluate the nutrients in food with relationship to functions, sources, and requirements to explain the interrelationships.
Outcome 2	Demonstrate individual eating patterns throughout the lifespan and discuss the importance of nutrition to health and well being.
Outcome 3	Analyze the relationship of food and nutrition in local, National and world economies, politics and ecology.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Research community nutrition related resources that support the diverse needs of the Coachella Valley.
Tutorial	Learn to use the library academic search engines to retrieve peer reviewed journal study article. Utilize available TASC resources to support student success.
Technology-based instruction	Utilization of Nutrition Software.
Self-exploration	Determine their level of wellness by completing self-assessment calculations such as, BMI, IBW, and WHR.
Participation	Participate in small and large group activities and breakouts.
Lecture	PowerPoint presentation, with question and answer segments involving students
Laboratory	Utilization of Nutrition Software.
Journal	Utilize nutritional analysis software to apply nutrition principles to personalized meal planning.
Individualized Study	Portfolio Research study article with abstract analysis and write-up
Discussion	Participate in class discussions, requiring critical thinking focusing on various nutrition topics. Discussions will require student interaction with both the class instructors and peers.
Demonstration, Repetition/Practice	Essay: read nutrition articles from credible nutrition and scientific resources and write an essay.

Collaborative/Team	Participate in small and large group activities and breakouts; collaborative writing assessments.
Clinical	Analyze and evaluate personalized diet, using the instructor approved nutritional analysis software.
Other (Specify)	Optional: Community Nutrition Lectures.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays	Essay: read nutrition articles from credible nutrition and scientific resources and write an essay.	In and Out of Class
Guided/unguided journals	Maintain a personalized food diary as indicated by the course instructor.	Out of Class Only
Mid-term and final evaluations	Mid-term	In and Out of Class
Mid-term and final evaluations	Final exam	In and Out of Class
Tests/Quizzes/Examinations	Module and/or quizzes, midterm, and/or Final Exam, as well as Study Guide Note assignments such as Kahoot quizzes, crossword puzzles, and learning tools.	In and Out of Class
Group activity participation/observation	Group Essay: read nutrition articles from credible nutrition and scientific resources and write an essay.	In and Out of Class
Reading reports	Read nutrition articles from credible nutrition and scientific resources and write a subsequent report.	In and Out of Class
Critiques	Research study article with abstract analysis and write-up	Out of Class Only

Assignments

Other In-class Assignments

1. Lecture
2. PowerPoint presentation with question and answer segments involving students
3. Group essay assignment on current topic
4. Module quizzes
5. Study guide or Take Away notes

Other Out-of-class Assignments

1. Keep a food journal
2. Portfolio
3. Nutrition Research
4. Essay: read nutrition articles from credible nutrition and scientific resources and write an essay.

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

1

On-campus %

1

Lab Courses

Instructional Materials and Resources

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Weekly announcements

External to Course Management System:

Direct e-mail
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Telephone contact/voicemail

For hybrid courses:

Library workshops
Scheduled Face-to-Face group or individual meetings

Other Information

Comparable Transfer Course Information

University System

CSU

Campus

CSU San Bernardino

Course Number

HSCI 3601

Course Title

Fundamentals of Human Nutrition

Catalog Year

2021-2022

Rationale

CSUSB's course on Fundamentals of Human Nutrition is nearly identical to COD's course HS-013 titled: General Nutrition.

COD GE

C1 - Natural Sciences

CSU GE

E - Lifelong Understanding and Self-Development

MIS Course Data

CIP Code

51.9999 - Health Professions and Related Clinical Sciences, Other.

TOP Code

129900 - Other Health Occupations

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to both UC and CSU

C-ID

NUTR 110

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

03/17/2022

Academic Senate Approval Date

03/24/2022

Board of Trustees Approval Date

04/22/2022

Course Control Number

CCC000513215

Programs referencing this course

Basic Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=123>)

Culinary Management Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=124>)

Intermediate Culinary Arts Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=125>)
Emergency Medical Services Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=134>)
Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=148>)
Vocational Nursing Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=152>)
Culinary Management AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=23>)
Health and Wellness Coach Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=342>)
Please delete (<http://catalog.collegeofthedesert.eduundefined/?key=344>)
Public Health Science AS-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=37>)
Health Science AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=65>)
Nutrition and Dietetics AS-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=7>)
Vocational Nursing AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=73>)