

**Course Outline**

**COURSE:** AH 11                      **DIVISION:** 50                      **ALSO LISTED AS:** BIO 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 BIO 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

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 3 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.

### **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 presentation  
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: AH  
CSU Crosswalk Course Number: 11  
Prior to College Level: Y  
Non Credit Enhanced Funding: N  
Funding Agency Code: Y  
In-Service: N  
Occupational Course: C  
Maximum Hours:  
Minimum Hours:  
Course Control Number: CCC000378205  
Sports/Physical Education Course: N  
Taxonomy of Program: 123020