

Common Course Outline

HLTH 132

Basic Nutrition

3 Semester Hours

The Community College of Baltimore County

Description

Basic Nutrition

Explores current concepts of practical and applied nutrition; studies food selection, current myths and misconceptions, the relationship of nutrients to optimal health, obesity and weight control, food choices, deficiency diseases, food preparation, health foods, additives and preservatives, food poisoning, and common diseases affecting the gastrointestinal system.

Corequisite: RDNG 052

Overall Course Objectives

Upon successful completion of this course the student will be able to:

1. apply the language of nutrition;
2. establish realistic nutrition goals based upon assessments and develop a strategy to achieve those goals;
3. identify and describe good nutrition habits compared to poor habits;
4. identify and describe the physiological adaptations and changes, which occur as a result of a good nutrition program;
5. explain the lifetime benefits of a proactive nutrition program;
6. evaluate nutrition information;
7. differentiate between "quackery" and sound nutrition programs;
8. demonstrate effective communication in writing and presenting nutrition information;
9. identify the concept of human diversity as it pertains to different diets throughout the globe;
10. identify the links between poor nutrition and various diseases.

Major Topics

1. Food Choices and Health
2. Nutrition Tools
3. Energy Balance and Healthy Body Weight
4. Metabolism
5. Carbohydrates
6. Lipids
7. Proteins

8. Vitamins
9. Minerals
10. Water
11. Nutrients, Physical Activity and the Body's Responses
12. Nutrition and Disease
13. Food Safety and Food Technology
14. Life Cycle Nutrition
15. Hunger and Global Environment

Course Requirements

1. A minimum of two written or oral exams
2. A minimum of two reading and writing assignments (e.g. metabolic analysis, diet analysis, contemporary issues)
3. A minimum of one research paper or oral presentation

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for exams.