

# North Central **Michigan College**

NCMC MASTER COURSE SYLLABUS FOR YEARS: 2001-2003

DIVISION/AREA: Occupational Studies

DEPARTMENT: Human Ecology

AREA DEAN: Timothy Dykstra, PhD

ORIGINATOR: Polly Flippo

TOTAL HOURS OF INSTRUCTION:      Lecture: 3      Lab: 0      Total Contact Hours: 3

COURSE NUMBER: HE 200

CREDIT HOURS: 3

COURSE TITLE: Nutrition

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY:

None

CATALOG DESCRIPTION: A course covering the nutrient composition of food; functions of nutrients in the body, recommended amounts of nutrients to promote health throughout the life cycle; digestion, metabolism, and absorption of nutrients in the health individual; selections of foods to meet the body's normal nutrient requirements; the meaning of foods to people in religious, cultural, and social, psychological, and economic contexts; and the relation of food and nutrition to health.

COURSE OBJECTIVES & OUTCOMES:

Upon completion of the course students will be able to:

1. Describe the overall relationship of diet to functioning of the human body in the maintenance and attainment of health and prevention of disease.
2. Construct diets that will optimally meet the nutrient needs of the healthy individual throughout all stages of the lifecycle.
3. Become a more informed consumer, when reviewing information of weight loss or dieting, and when purchasing food products.
4. Understand the concepts behind diet therapy for individuals during disease states.

METHODS OF INSTRUCTION:

Lecture, group discussion, case studies, and a grocery store assignment regarding reading labels.

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METHODS OF EVALUATION: Tests, Diet Analysis, Labeling Assignment, Case Study

REQUIRED TEXTS: (Representative List)

Whitney, Catalado, and Rolfes; Understanding Normal and Clinical Nutrition

Reasonable accommodations may be provided for students with documented physical, sensory, cognitive, systemic, and/or psychiatric disabilities. Please contact the Education Opportunity Program (EOP) at (231) 348-6687 to arrange services for this course.

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SEQUENCE OF INSTRUCTION:

Overview of Nutrition A Health Diet The Exchange System Carbohydrates Lipids Proteins and amino acids Digestion Fat and Water Soluble Vitamins Water and Major Minerals Trace Minerals Energy Balance and Body Composition Weight Control Overweight and underweight Pregnancy and lactation Nutrition across the lifespan (infants, children, adolescents, seniors) Consumer concerns about food Assessing clients' nutritional status Developing a nutritional careplan Enteral and parenteral nutrition Nutrition and severe stress Disorders of upper GI system Disorders of lower GI system, liver, and biliary tract Diabetes and hypoglycemia Disorders of heart, blood vessels, and lungs Disorders of the kidneys Nutritional wasting Cancer and HIV
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