



## SYLLABUS TEMPLATE

<b>Course Number</b> <b>Course Name</b>	NUTR 2110 Human Nutrition
<b>Credit Value</b> <b>(Breakdown of theory and lab credits)</b>	3 credits (3T)
<b>Catalog Course Description</b>	This course provides an overview of nutrients, including requirements, digestion, absorption, transport, function in the body and food sources. Dietary guidelines intended to promote long-term health are stressed. Prerequisite: BIOL 110/L or CHEM 110/L. (3, 3T+0L)
<b>Student Learning Outcomes/Objectives /Competencies of the Course</b>	<ol style="list-style-type: none"> <li>1. Evaluate sources of nutrition information for reliability</li> <li>2. Identify elements of a nutritious diet</li> <li>3. Describe the digestion, transport, and absorption of nutrients</li> <li>4. Describe the importance of nutrition in weight control and health</li> <li>5. Identify nutritional needs as they relate to the life cycle and performance</li> <li>6. Describe behavior modification techniques that promote good health</li> <li>7. Evaluate popular nutrition trends for scientific accuracy and effectiveness</li> <li>8. Develop skills in the planning and assessing of healthy meal plans</li> <li>9. Describe the role of food choices in the development of chronic disease</li> <li>10. Describe the role of food in the promotion of a healthful lifestyle</li> </ol>
<b>College-Wide Student Learning Outcomes</b>	The College-Wide Student Learning Outcome that will be addressed in this course is: Critical Thought. The assessment used to measure this outcome is the Dietary Analysis Project