



SYLLABUS TEMPLATE

Course Number Course Name	NUTR 2110 Human Nutrition
Credit Value (Breakdown of theory and lab credits)	3 credits (3, 3T+0L)
Catalog Course Description	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.
Student Learning Outcomes/Objectives /Competencies of the Course	<ol style="list-style-type: none"> 1. Evaluate sources of nutrition information for reliability 2. Identify elements of a nutritious diet 3. Describe the digestion, transport, and absorption of nutrients 4. Describe the importance of nutrition in weight control and health 5. Identify nutritional needs as they relate to the life cycle and performance 6. Describe behavior modification techniques that promote good health 7. Evaluate popular nutrition trends for scientific accuracy and effectiveness 8. Develop skills in the planning and assessing of healthy meal plans 9. Describe the role of food choices in the development of chronic disease 10. Describe the role of food in the promotion of a healthful lifestyle
College-Wide Student Learning Outcomes	NA
Program Student Learning Outcomes measured	None