



COURSE OUTLINE: NTR100 - INTRO. TO NUTRITION

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Approved: Bob Chapman, Chair, Health

Course Code: Title	NTR100: INTRODUCTION TO NUTRITION
Program Number: Name	
Department:	BSCN - NURSING
Academic Year:	2022-2023
Course Description:	In this course, the student will gain an understanding of the functions, sources and utilization of common nutrients in the body. Students will explore common nutritional excesses and deficiencies which impact on the health of Canadians. The course will also cover the nutritional requirements necessary at various ages and stages of development, and for various disease states.
Total Credits:	3
Hours/Week:	3
Total Hours:	36
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	MST115
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
General Education Themes:	Science and Technology
Course Evaluation:	Passing Grade: 50%, D A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.
Other Course Evaluation & Assessment Requirements:	All course material must be completed and submitted in order to receive a passing grade.



Books and Required Resources:

See Instructor for Course Materials

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Develop an understanding for the fundamentals of nutrition.	1.1. Define and describe the components of wellness relate the concept of nutrition to the achievement of wellness. 1.2. Define nutrition and nutritional status. 1.3. Identify the six classes of nutrients. 1.4. Define and describe the DRI's and their roles in establishing a healthy diet compare signs of healthy nutritional status with signs of poor nutritional status. 1.5. Identify common diseases related to poor nutrition.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Identify the tools that are available for planning a healthy diet.	2.1. Identify the principles and guidelines for a healthy diet. 2.2. Using Canada's Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis. 2.3. Explain the various components of the food label and how it can be used in diet planning read food labels to determine levels of nutrients, supplements and additives.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Identify the sources, functions and utilization of common macronutrients.	3.1. Describe the mechanisms of digestion, absorption and metabolism of macronutrients. 3.2. Identify functions and sources of common macronutrients.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Apply the concepts of energy balance and healthy weight.	4.1. Describe energy homeostasis. 4.2. Describe how energy is measured both in foods and in the human body. 4.3. Describe the energy pathways. 4.4. Identify the components of energy intake and expenditure. 4.5. Describe the relationship of energy intake and expenditure in maintaining a healthy weight. 4.6. Calculate one's own energy intake and expenditure levels. 4.7. Describe the relationship between body weight, body composition and health. 4.8. Describe various theories related to the development of obesity. 4.9. Identify various strategies for losing, maintaining or gaining weight. 4.10. Identify the health risks associated with being underweight or overweight. 4.11. Complete a diet history assessment which includes dietary intake, observable signs of nutritional status, anthropometry and personal determinants of nutritional status.
Course Outcome 5	Learning Objectives for Course Outcome 5



	5. Identify the sources, functions and utilization of common micronutrients.	5.1 Describe the functions and sources of various micronutrients.
	Course Outcome 6	Learning Objectives for Course Outcome 6
	6. Identify the components of fitness, energy systems and nutrients that support activity.	6.1. List the components of fitness. 6.2. Identify the benefits of fitness. 6.3. Describe the various energy systems that supply the body during physical activity. 6.4. Describe the various roles of the nutrients during physical activity. 6.5. Describe a diet that supports physical activity.
	Course Outcome 7	Learning Objectives for Course Outcome 7
	7. Compare and contrast nutritional requirements at various ages and stages of development.	7.1. Identify specific nutritional needs and related determinants of each age and stage of development. 7.2. Describe healthy nutritional practices to meet developmental needs. 7.3. Identify common nutritional problems related to various age groups.
Course Outcome 8	Learning Objectives for Course Outcome 8	
8. Relate the concept of diet to the prevention and management of various diseases.	8.1. Describe how diet contributes to both acute and chronic diseases. 8.2. Describe how diet can contribute to the prevention and management of both acute and chronic diseases.	

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Attendance and Punctuality	5%
Diet Analysis	15%
Final Exam	25%
Media Review / Debate	20%
Online Quizzes	25%
Participation	10%

Date: August 30, 2022

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.