

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE:	Introduction to Nutrition		
CODE NO. :	FSW102	SEMESTER:	Winter 10
PROGRAM:	Food Service Worker Certificate		
AUTHOR:	Laurie Poirier Erica Sus		
DATE:	Jan. 26, 2009	PREVIOUS OUTLINE DATED:	February 12, 2007
APPROVED:	"Laurie Poirier"		Jan. 26, 2009
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	CHAIR		DATE
TOTAL CREDITS:	2 cr.		
PREREQUISITE(S):	none		
HOURS/WEEK:	3 hours per week – 10 weeks		

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I. COURSE DESCRIPTION:

This course introduces students to the basic principles of nutrition and the role of nutrition in the health care environment. Current nutrition recommendations for fat, fibre, vitamins and minerals and weight control will be discussed. Special considerations for nutrition throughout the lifecycle will also be explored.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Apply basic principles of human nutrition to the preparation of patient/resident meals in a health care food service environment
Potential elements of performance
 - Define and discuss scientific process
 - Evaluate nutrition materials and relate the information to meal preparation.
2. Define the basic nutrients in foods and understand the requirements of the body for nutrients.
Potential elements of performance
 - Explore energy containing nutrients – carbohydrates and fats.
 - Identify and discuss the role of protein and water.
 - Examine vitamins and minerals.
3. Develop a working knowledge of the gastrointestinal system.
Potential elements of performance
 - Explore the gastrointestinal system.
 - Identify the major components of the gastrointestinal system.
 - Discuss the role of the gastrointestinal system in maintaining the health of patient/resident.
4. Understand energy balance in maintaining health.
Potential elements of performance
 - Define “energy” and “energy balance”
 - Discuss how carbohydrates, protein and fat are used to create energy, carbon dioxide and water.
 - Examine how energy is measured and how this relates to diet and body requirements.
 - Discuss the relationship between energy and activity level.
 - Explore the relationship between energy intake and weight.
5. Have knowledge of the nutritional requirements across the lifespan.
 - Examine the nutritional requirements of the mother and infant.
 - Explore the nutritional requirements of child and adolescent.
 - Discuss the nutritional requirements of the adult and older adult.

III. TOPICS:

January 27	Scientific Process	Chapter 1 – Page 18-21
	Evaluation of Nutrition Materials	Chapter 1 – Page 21-24
February 3	** NO CLASS **	
February 10	Carbohydrates	Chapter 5 – Page 132-144, 151-165
	Fat	Chapter 6 – Page 167-183, 187-200
February 17	Protein	Chapter 7 – Page 210-219, 221-237
	Water	Chapter 10 – Page 396-401
February 24	Vitamins & Minerals	Chapter 10 – Page 401-436
March 3	MIDTERM EXAM	
March 10	Gastrointestinal System	Chapter 4 – Page 102-128
March 17	Energy Balance	Chapter 8 – Page 272-307
	Maternal & Infant Nutrition	Chapter 12
March 24	Child & Adolescent Nutrition	Chapter 13 – Page 556-569
	Adult & Older Adult Nutrition	Chapter 13 – Page 570-585
March 31	FINAL EXAM	

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Discovering Nutrition Canadian Version with Canadian Physical Activity Guide, Second Edition (2006)

Paul Insel, Stanford University, R. Elaine Turner, Food Science and Human Nutrition Dept., University of Florida, Don Ross, California Institute of Human Nutrition

ISBN 13: 9780763744403

ISBN 10: 0763744409

V. EVALUATION PROCESS/GRADING SYSTEM:

Personal Nutrition Assessment Assignment	25%	Due February 17
Midterm Examination	25%	March 3
Nutrition & the Lifecycle	25%	Due March 17
Final Examination	25%	March 31
Total	100%	

**** LATE ASSIGNMENTS – one mark will be taken off EACH DAY the assignment is late. ****

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Disability Services:

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.