

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: **Health & Nutrition**

HDG 117

CODE NO.: _____ SEMESTER:

PROGRAM: **General Arts & Science**

AUTHOR: **Fran Rose**

DATE: **Winter 1991** PREVIOUS OUTLINE DATED:

APPROVED:

 DEAN

 DATE

COURSE NAME: Health & Nutrition

CODE NO. HDG 117

TOTAL CREDIT HOURS:

PREREQUISITE(S): None

I. Course Outline

Philosophy and Goals

This course involves the study of health and nutrition relating to the needs of the individual and family unit throughout the life span. It explores relationships with food composition, selection and preparation to promote health maintenance. Emphasis is on nutritional deficiencies common to Native communities.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course the student will:

- 1) Demonstrate an awareness and understanding of nutritional needs of the human body.
- 2) Demonstrate a knowledge of the relationship between good health and proper nutrition.
- 3) Identify opportunities to promote healthy lifestyle practices among clients and their families.
- 4) Access community resources needed to assist in the promotion of healthy nutritional practices.

Methodology

The student will gain knowledge and understanding of health and nutrition through research, presentations, group discussion, audiovisual presentations and guest speakers.

LEARNING ACTIVITIES

- | | | |
|----|---|---|
| 1) | Introduction to nutrition -
linking lifestyle and health | Text
Kuntzleman, C.T. (1981)
Living Well Workbook,
Arbor Press
(available in bookstore) |
| 2) | The digestive system -
- structure
- function-digestion
-absorption
-metabolism | |
| 3) | Definition of:
- carbohydrates
- fats
- vitamins
- minerals
- calories | |
| 4) | Energy systems | |
| 5) | Nutrition related health
concerns: definition,
etiology, and pathology
- malnutrition
- vitamin deficiencies
- diabetes
- anorexia nervosa
- bulimia nervosa
- anemia
- alcoholism/drug use
- botulism
- constipation/diarrhea
- obesity
- allergies | |
| 6) | Ages & Stages
Nutrition and health
concerns during the life
span. Emphasis will be
placed on:
- commonly occurring problem
- special needs
- community resources | |
| 7) | Health care and health
promotion | |
| 8) | Concerns in Native
Communities | |

Evaluation

Course Participation (class involvement and daily preparations)	
self evaluation	10%
instructor evaluation	10%

Seminar

(2 or 3 per group, presentation and paper)	25%
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Paper

(self, paper and short oral overview)	25
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Written Evaluation

a. weeks 1 - 7 take-home assignment	10%
b. weeks 8-15 in class	20%
	100%