

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON



COURSE OUTLINE

Course Title: Nutrition

Code No.: MST115

Semester: 2

Program: Massage Therapy Program

Author: Ruth Wilson

Date: Sept/97

Previous Outline Date: 09/96

Approved


Dean

09/21/97
Date/

Total Credits: 2

Prerequisite(s): n/a

Length of Course: 2 Hrs/Wk

Total Credit Hours: 32

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For additional information, please contact Donna Tremblay, Dean, School of Health Sciences,
Social Sciences and Teacher Education, (T05) 759-2554, Ext. 690.

L PHILOSOPHY/GOALS

In this course, the student will get 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. Students will apply knowledge of healthy nutrient use and weight principles in planning menus. The emphasis of the course will be on the nutritional requirements necessary at various ages and stages of development.

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE

Upon successful completion of this course, the student will be able to:

1. Relate the concept of nutrition to the achievement of wellness and prevention of diseases.

Potential Elements of Performance

- define nutrition and nutritional status
- identify determinants of an individual's nutritional status, including cultural practices, lifestyle, knowledge and preferences
- compare signs of healthy nutritional status with signs of poor nutritional status
- identify common diseases related to poor nutrition
- describe how nutrition contributes to wellness promotion and prevention of disease
- discuss the role of the massage therapist in the promotion of healthy nutrition amongst clients

2. Identify the sources, functions and utilization of common nutrients.

Potential Elements of Performance

- describe the mechanisms of digestion, absorption and metabolism of food nutrients
- identify the six classes of nutrients
- identify functions and sources of common nutrients
- using Canada's Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis
- read food labels to determine levels of nutrients, supplements and additives
- choose healthy food preparation and storage practices to maintain nutrient value in foods

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE

3. Apply healthy weight principles in menu planning.

Potential Elements of Performance

- describe energy homeostasis
- describe how energy is measured both in foods and in the human body
- identify the components of energy intake and expenditure
- describe the relationship of energy intake and expenditure in maintaining a healthy weight
- calculate one's own energy intake and expenditure levels
- plan a diet to achieve and maintain a healthy weight
- describe how to maintain weight control and meet requirements with Athletic activities
- compare and contrast two eating disorders: bulimia and anorexia nervosa

4. Compare and contrast nutritional requirements at various ages and stages of development.

Potential Elements of Performance

- identify specific nutritional needs of each age and stage of development
- describe healthy nutritional practices to meet developmental needs
- identify common nutritional problems related to various age groups
- develop a menu plan based on the nutritional needs of a stage of development

in. TOPICS:

1. Wellness and Nutrition
2. Basic Concepts in Nutrition
3. Canada's Food Guide
4. Fats, Proteins, Carbohydrates
5. Vitamins, Minerals, Water
6. Nutrient Use in the Prevention of Disease
7. Food Preparation, Storage and Safety
8. Additives, Supplements, Labels
9. Energy Balance and Health Weight Concept, Nutrition in the Athlete
10. Menu Planning
11. Influences and Determinants of Nutritional Status: Nutritional Analysis
12. Nutrition in Pregnancy and Lactation

COURSE

CODE

m. TOPICS:

13. Nutrition in Infancy
14. Nutrition in Children
15. Nutrition in Adolescence
16. Nutrition in the Elderly
17. Eating Disorders: Bulimia and Anorexia Nervosa

IV, REQUIRED RESOURCES/TEXTS/MATERIALS:

Wardlaw, G. (1997) Contemporary Nutrition (2nd ed.) Mosby Year Book, Inc.

V. EVALUATION PROCESS/GRADING SYSTEM:

1. The pass mark for the course is 60%. The letter grades for this course will be assigned in accordance with those established by Sault College.
2. The evaluation methods will be determined and discussed with students within the first two weeks of the course.

VI SPECIAL NOTES:***Special Needs***

If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717,491 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.

VII PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.