



**I. 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. Students will apply knowledge of healthy nutrient use, exercise and weight principles in planning meals. The course will also cover the nutritional requirements necessary at various ages and stages of development, and for various disease states. Students will also gain a broader social and cultural awareness on nutritional issues within Canada and worldwide.

**II. 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 disease.

**Potential Elements of Performance:**

- define wellness
- describe the components of wellness
- define nutrition and nutritional status
- identify determinants of an individual's nutritional status, including cultural practices, beliefs, knowledge, values and attitudes
- 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

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

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
- describe how to maintain weight control and meet requirements with athletic activities

4. assess the indications and determinants of an individual's nutritional status.

**Potential Elements of Performance:**

- describe the behaviour change process
- complete a diet history assessment which includes dietary intake, observable signs nutritional status, anthropometry and personal determinants of nutritional status.

5. compare and contrast nutritional requirements at various ages and stages of development.

**Potential Elements of Performance:**

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

6. food preparation, handling & safety. Food additives, contaminants and supplements.

**Potential Elements of Performance:**

- choose healthy food preparation and storage practices to maintain nutrient value in foods and to reduce foodborne illness
- identify different additives and their function
- identify various contaminants, how the consumer may be exposed to them and the potential health risks that may present
- identify the agencies responsible for food safety and the techniques used to make food safe

**II. TOPICS:**

1. Basic Concepts in Nutrition
2. Indications and Determinants of Nutritional Status: Nutritional Analysis
3. Canada's Food Guide: Labels
4. Fats, Proteins, Carbohydrates
5. Vitamins, Minerals, Water
6. Nutrition and the Prevention of Disease
7. Energy Balance and Health Weight Concept: Nutrition in the Athlete
8. Nutrition through the Life Cycle
9. Food Preparation, Storage, Safety, Additives and Supplements

IV. RECOMMENDED RESOURCES/EXTRAMATERIALS:

Thompson, Marous and Sheehy. Nutrition - a functional approach 2<sup>nd</sup> Ed. ed.  
Sask College CO. (course notes, report/ announcements)  
Sask College Student Portal - [www.saskpolytechnic.ca](http://www.saskpolytechnic.ca)

V. EVALUATION PROCESS/GRADING SYSTEM:

1. Grading:
- |                          |      |
|--------------------------|------|
| Participation            | 2%   |
| Attendance & punctuality | 5%   |
| Lab notes                | 20%  |
| Class Analysis           | 15%  |
| Midterm                  | 20%  |
| Final Exam               | 38%  |
|                          | 100% |
2. The pass mark for this course is 50%. There are NO rewrites. In order to pass this course, all assignments/ class work MUST be completed and handed in.
3. Students missing the tests or final exam because of illness or other serious reason must phone the professor before the exam to inform her/him (720-2524, Ext. 2035). These students who have notified the professor of their absence, according to policy, will be eligible to arrange an opportunity to write the exam at another time. Students must contact the teacher on their first day back at school or school following a medical leave or exam. These students who do not follow the above procedures will receive a zero for that test or exam.
4. Students receiving baseline marks (0, 5, 10, 15, 20) may have their mark advanced to the next category if they have achieved at least 50% in the course.
5. Due dates for the Individual Assessment and L1 Review are identified in the Lecture Schedule. If you have a legitimate reason that the work cannot be finished in a timely fashion, please discuss it with me beforehand. If the work is handed in within a week of the due date, a maximum grade of 20% will be given. If the work is handed in more than a week late, a grade of zero will be given. However, the work MUST be completed and handed in in order to pass the course.

**V. EVALUATION PROCESS/GRADING SYSTEM:**

The following semester grades will be assigned to students:

Grade	Definition	Grade Point Equivalent
A+	90 - 100%	4.00
A	80 - 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 - 59%	0.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been granted.	
S	Satisfactory achievement in field clinical placement or on-grade subject area.	
U	Unsatisfactory achievement in field clinical placement or on-grade subject area.	
X	A temporary grade issued to students with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not recorded to register status.	
W	Student has withdrawn from the course without academic penalty.	

**VI. SPECIAL NOTES:**

**Attendance:**  
 South College is committed to student success. There is a direct correlation between academic performance and class attendance. Therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and program activities. This policy applies to live and recorded for the duration of the educational session. If a requirement during the week the classroom about has been closed, the learning process has begun. Late arrivals may not be granted admission to the room.

**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal form part of this course outline. <https://www.southcollege.edu>