



COURSE OUTLINE

NTR100

1

Prepared: Ann Boyonoski Approved:

Course Code: Title	NTR100: INTRODUCTION TO NUTRITION				
Program Number: Name	3400: COLLAB BSCN				
Department:	BSCN - NURSING				
Semester/Term:	17F				
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				
Substitutes:	MST115				
Essential Employability Skills (EES):	<p>#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>#5. Use a variety of thinking skills to anticipate and solve problems.</p> <p>#6. Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>#7. Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>#10. Manage the use of time and other resources to complete projects.</p> <p>#11. Take responsibility for ones own actions, decisions, and consequences.</p>				
Course Evaluation:	Passing Grade: 50%, D				
Other Course Evaluation & Assessment Requirements:	All course material must be completed and submitted in order to receive a passing grade.				
Evaluation Process and Grading System:	<table><tr><th>Evaluation Type</th><th>Evaluation Weight</th></tr><tr><td></td><td></td></tr></table>	Evaluation Type	Evaluation Weight		
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Attendance and Punctuality	5%
Diet Analysis	15%
Final Exam	25%
Mid-term exam	25%
Participation and Media Review	15%
Poster Presentation	15%

Books and Required Resources:

Understanding Nutrition Canadian Edition by Whitney, E
Publisher: Pearson

Course Outcomes and Learning Objectives:

Course Outcome 1.

Develop an understanding for the fundamentals of nutrition

Learning Objectives 1.

define and describe the components of wellness
relate the concept of nutrition to the achievement of wellness
define nutrition and nutritional status
identify the six classes of nutrients
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
identify common diseases related to poor nutrition

Course Outcome 2.

Identify the tools that are available for planning a healthy diet

Learning Objectives 2.

identify the principles and guidelines for a healthy diet
using Canada's Food Guide, describe how to achieve a healthy intake of nutrients on a daily basis
explain the various components of the food label and how it can be used in diet planning



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read food labels to determine levels of nutrients, supplements and additives

Course Outcome 3.

Identify the sources, functions and utilization of common macronutrients.

Learning Objectives 3.

describe the mechanisms of digestion, absorption and metabolism of macronutrients
identify functions and sources of common macronutrients

Course Outcome 4.

Apply the concepts of energy balance and healthy weight.

Learning Objectives 4.

describe energy homeostasis
describe how energy is measured both in foods and in the human body
describe the energy pathways
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 the relationship between body weight, body composition and health
describe various theories related to the development of obesity
identify various strategies for losing, maintaining or gaining weight
identify the health risks associated with being underweight or overweight
complete a diet history assessment which includes dietary intake, observable signs of nutritional status, anthropometry and personal determinants of nutritional status.

Course Outcome 5.

Identify the sources, functions and utilization of common micronutrients



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Learning Objectives 5.

describe the functions and sources of various micronutrients

Course Outcome 6.

Identify the components of fitness, energy systems and nutrients that support activity

Learning Objectives 6.

list the components of fitness

identify the benefits of fitness

describe the various energy systems that supply the body during physical activity

describe the various roles of the nutrients during physical activity

describe a diet that supports physical activity

Course Outcome 7.

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

Learning Objectives 7.

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

Course Outcome 8.

Relate the concept of diet to the prevention and management of various diseases.

Learning Objectives 8.

describe how diet contributes to both acute and chronic diseases



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	describe how diet can contribute to the prevention and management of both acute and chronic diseases
Date:	Wednesday, August 30, 2017
	Please refer to the course outline addendum on the Learning Management System for further information.