

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: Health & Nutrition
CODE NO.: HDG 117-3
PROGRAM: Native Community Worker
SEMESTER: Two
DATE: January 1990
AUTHOR: Judith Howe-Adams

New: Revised: X

Approved: **^r^^**
Chairperson

/99# 0/ J⁴/
Date

Health & Nutrition

Course Name

HDG 117

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PHILOSOPHY/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.

COURSE GOALS

1. Help students develop an understanding of the basic principles of normal nutrition.
2. Help the student develop an understanding of the relationship of good nutrition to good health.
3. Assist students to gain acknowledge about health care delivery within a Native community.

STUDENT PERFORMANCE OBJECTIVES

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

1. Demonstrate an awareness and understanding of nutrition needs of the human body.
2. Demonstrate a knowledge of basic health in relationship to good nutrition.
3. Seek opportunities to increase his/her knowledge in promoting the health status of clients and their families.
4. Review literature to augment and validate the needs for nutritional knowledge in promoting health.

METHODOLOGY

The student will gain knowledge and understanding of Health and Nutrition through research presentations, class participations, lectures, audiovisual presentations, guest speakers and workshops.

1. All written assignments must be submitted to the instructor on time. Late work will result in a 10% deduction per day from the final grade on written work.
2. Class attendance is expected. Most quizzes and tests will be given during the Thursday class.

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TEXTS

Kirschmann, J.D. (1990), Nutrition Almanac, United States. McGraw-Hill (available in bookstore)

Assigned Readings
Articles in Library on Reserve

COURSE CONTENT

- Introduction to nutrition and its relationships to good health
- Nutrients, calories, carbohydrates, fats proteins, and their function in the life cycle
- The process of digestion, absorption and metabolism
- Vitamins, minerals, elements and body deficiencies
- Food habits and Canadian nutrition
- How drugs and alcohol affect nutrition
- Energy and how our bodies utilize it
- Cultural and religious food habits
- Eating disorders, Bulimia, Anorexia, obesity
- How people acquire good acceptance and misinformation
- Nutritional challenges through the life span
- Care of food
- Health contributions and concerns common to Native communities
- Comparison of health care delivery systems

EVALUATION

Attendance/Class Participation	15%
Assignments (2 articles)	20%
2 Quizzes (15% each)	30%
Mid Term Test	15%
Final Test	20%
TOTAL	100%

GRADING

- A+ - 95 - 100%
- A = 85 - 94%
- B = 75 - 84%
- C = 60 - 74%
- R = Repeat Course

Workshop to be announced at a later date