

I. COURSE DESCRIPTION:

This course introduces students to the basic principles of nutrition and the role of nutrition in the health care environment. Current nutrition recommendations for fat, fibre, vitamins and minerals and weight control will be discussed. Special considerations for nutrition throughout the lifecycle will also be explored.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Apply basic principles of human nutrition to the preparation of patient/resident meals in a health care food service environment
Potential elements of performance
 - Define and discuss scientific process
 - Evaluate nutrition materials and relate the information to meal preparation.
2. Define the basic nutrients in foods and understand the requirements of the body for nutrients.
Potential elements of performance
 - Explore energy containing nutrients – carbohydrates and fats.
 - Identify and discuss the role of protein and water.
 - Examine vitamins and minerals.
3. Develop a working knowledge of the gastrointestinal system.
Potential elements of performance
 - Explore the gastrointestinal system.
 - Identify the major components of the gastrointestinal system.
 - Discuss the role of the gastrointestinal system in maintaining the health of patient/resident.
4. Understand energy balance in maintaining health.
Potential elements of performance
 - Define “energy” and “energy balance”
 - Discuss how carbohydrates, protein and fat are used to create energy, carbon dioxide and water.
 - Examine how energy is measured and how this relates to diet and body requirements.
 - Discuss the relationship between energy and activity level.
 - Explore the relationship between energy intake and weight.
5. Have knowledge of the nutritional requirements across the lifespan.
 - Examine the nutritional requirements of the mother and infant.
 - Explore the nutritional requirements of child and adolescent.
 - Discuss the nutritional requirements of the adult and older adult.

III. TOPICS:

1. Scientific process
2. Evaluation of nutrition materials.

Introduction to Nutrition

3. Energy containing nutrients: carbohydrate, fat
4. Protein and water
5. Vitamins and minerals
6. Gastrointestinal system.
7. Energy balance
8. Maternal and infant nutrition
9. Child and adolescent nutrition.
10. Adult and older adult nutrition.

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Discovering Nutrition Canadian Version with Canadian Physical Activity Guide, Second Edition (2006)

Paul Insel, Stanford University, R. Elaine Turner, Food Science and Human Nutrition Dept., University of Florida, Don Ross, California Institute of Human Nutrition

ISBN 13: 9780763744403

ISBN 10: 0763744409

V. EVALUATION PROCESS/GRADING SYSTEM:

<i>Personal Nutrition Assessment Assignment</i>	25%
<i>Midterm Examination</i>	25%
<i>Nutrition and the Lifecycle</i>	25%
<i>Final Examination</i>	25%

Total 100%

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	
A	80 – 89%	4.00
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student	

	additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty.

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 703 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.

Plagiarism:

Students should refer to the definition of "academic dishonesty" in *Student Rights and Responsibilities*. Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

<include any other special notes appropriate to your course>

VII. PRIOR LEARNING ASSESSMENT:

Introduction to Nutrition

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.