

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

**COURSE TITLE: NUTRITION**

**CQDE NO.: MST115**

**SEMESTER: 2**

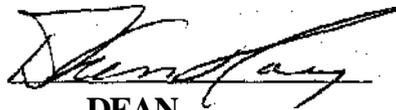
**PROGRAM: MASSAGE THERAPY PROGRAM**

**AUTHOR: RUTHWH-SON**

**DATE: SEPT/. 96**

**PREVIOUS OUTLINE DATED: N/A**

**APPROVED:**

  
**DEAN**

**DATE**

**TOTAL CREDITS:!**

**PREREQUISITE(S): N/A**

**LENGTH OF COURSE: 1 HOUR/WEEK    TOTAL CREDIT HOURS: 16 HOURS**

**NUTRITION**

**MSr11S**

**COURSE NAME**

**COURSE CODE**

**L** **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 weight principles in planning menus. The emphasis of the course will be on the nutritional requirement necessary at various ages and stages of development.

**n. LEARNING OUTCOMES:**

1. Identify the sources, functions and utilization of common nutrients.
2. Apply healthy weight principles in menu planning.
3. Compare the nutritional requirements at various ages and stages of development.
4. Assess the indications and determinants of an individual's nutritional status.

**m. TOPICS:**

- 1) Basic Concepts in Nutrients
- 2) Fats, Proteins, Carbohydrates
- 3) Vitamins, Minerals, Water
- 4) Indications & Determinants of Nutritional Status
- 5) Energy Balance and Health Weight Concept
- 6) Menu Planning
- 7) Food Safety
- 8) Nutrition in Pregnancy and Lactation
- 9) Nutrition in Infancy
- 10) Nutrition in Children
- 11) Nutrition in Adolescence
- 12) Nutrition in the Athlete
- 13) Nutrition in the Elderly

**NUTMTION**

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**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Wardlaw G. (1994) 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 Sauh College.
2. The evaluation methods will be determined and discussed with students within the first two weeks of the course.

**VI. SPECIAL NOTES:**

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office.

The instructor reserves the right to modify the course as deemed necessary to meet the needs of students.

**Vn. PRIOR LEARNING ASSESSMENT**

Students who wish to apply for advanced credit in the course should consuh the instructor/Coordmator.

