FDNT 10 Course Outline as of Fall 2020

CATALOG INFORMATION

Dept and Nbr: FDNT 10 Title: ELEM NUTRITION
Full Title: Elementary Nutrition
Last Reviewed: 2/10/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade Only
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
Introduction to the basic principles of nutrition and the relationship of the human diet to health and lifestyle related diseases. Descriptions of individual nutrients, optimal daily intakes, and food sources. Discussions of factors that influence nutrient bioavailability, results of nutrient deficiencies and excesses, consumer nutrition food issues, reliable sources of food and nutrition information.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Schedule of Classes Information:
Description: Introduction to the basic principles of nutrition and the relationship of the human diet to health and lifestyle related diseases. Descriptions of individual nutrients, optimal daily intakes, and food sources. Discussions of factors that influence nutrient bioavailability, results of nutrient deficiencies and excesses, consumer nutrition food issues, reliable sources of food and

nutrition information. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 1A or equivalent
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**		Effective:	Inactive:
	C	Natural Sciences	Fall 1981	
CSU GE:	**Transfer Area**		Effective:	Inactive:
	E	Lifelong Learning and Self Development	Fall 1989	
IGETC:	**Transfer Area**		Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:

CID:
CID Descriptor:NUTR 110 Introduction to Nutrition Science
SRJC Equivalent Course(s): FDNT10

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Determine nutritional adequacy of a given diet and make scientifically appropriate recommendations for improvement for health promotion and disease prevention.
2. Critically evaluate consumer nutrition issues.
3. Use scientific principles to evaluate emerging nutrition information and nutrition fads.

Objectives:
At the conclusion of this course, the student should be able to:
1. Scientifically analyze and evaluate nutrition information
2. Describe the normal digestive and absorptive processes, common digestive problems and related risk factors
3. Describe the sources, intake recommended for well-being, including results of over and under consumption, for the following:
   a. carbohydrate, including dietary fiber
   b. lipids
   c. protein
   d. vitamins and minerals
   e. water
   f. alcohol and caffeine
4. Describe the sources and uses of energy for the human body
5. Based on the Dietary Guidelines for Americans, plan a basic balanced diet for well-being

6. Identify and discuss potential problems in a poorly constructed diet
7. Analyze a personal diet and critically evaluate the results related to topics covered in class
8. Relate the importance of good nutrition to quality of life and describe the long term damage to the body caused by poor nutrition including chronic diseases such as cardiovascular disease, diabetes and osteoporosis and including eating disorders such as anorexia nervosa and bulimia nervosa
9. Examine and discuss claims related to nutrition myths; apply course principles to justify criticism of unfounded claims and practices
10. Develop an ongoing incentive and ability to gather and apply information related to good health and a high quality of life

Topics and Scope:

I. Scientific Methods of Investigation
II. Nutrients and Physiology Related to Nutrient Use
  A. General anatomy and physiology of the digestive tract, including digestion and absorption
  B. Energy nutrients: carbohydrates, lipids, protein
  C. Metabolism and weight management
  D. Vitamins and minerals
  E. Water and water homeostasis; alcohol and caffeine
  F. Assessment of nutritional status (over/under nutrition)
III. Recommended Nutrient Intake and Diet Planning Guides
  A. Dietary guidelines for Americans
  B. Daily Reference Intakes (DRI) and related standards
  C. Food planning tools (food groups, nutrient density, nutrition labels)
IV. Nutrition for Life Span
  A. Pregnancy
  B. Lactation
  C. Infants
  D. Children
  E. Teens
  F. Adults
  G. Elderly
V. Nutrition Related to Health Promotion and Disease Prevention
  A. Cardiovascular Disease (CVD)
  B. Diabetes
  C. Osteoporosis
  D. Anorexia nervosa & bulimia nervosa
VI. Consumer Food Issues
  A. Phytochemicals
  B. Nutritive supplements
  C. Food additives and contaminants
  D. Food safety - avoiding microbiological hazards
  E. Nutrition myths
VII. Careers in Nutrition and Dietetics

Assignment:

1. Nutrient intake self-study (computer diet analysis) and critical evaluation based on findings
2. Three to four exams, including final exam, related to assigned reading and class activities
3. Short written homework and in-class assignments based on class material
4. Daily assigned reading in text, 20-30 pages per week

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assignments on class material; computer diet analysis assignment	Writing 20 - 35%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework and in class problems; computer diet analysis assignment: critical evaluation of findings	Problem solving 15 - 25%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None	Skill Demonstrations 0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Exams (including final exam)	Exams 50 - 60%

Other: Includes any assessment tools that do not logically fit into the above categories.

None	Other Category 0 - 0%

Representative Textbooks and Materials:
Nutrition: Concepts and Controversies. 15th ed. Sizer, Sizer and Whitney, Ellie. Cengage. 2020