FDNT 10 Course Outline as of Fall 2003

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:
Completion of ENGL 100 or ESL 100 and eligibility for CSKLS 371 or equivalent.

Limits on Enrollment:

Schedule of Classes Information:
Description: Critical study of nutrients, means of assimilating and use in the human body. Relationship of nutrition to health and disease. Discussion of consumer nutrition issues and scientific methods of investigation. (Grade Only)
Prerequisites/Corequisites:

Recommended: Completion of ENGL 100 or ESL 100 and eligibility for CSKLS 371 or equivalent.
Limits on Enrollment:
Transfer Credit: CSU;UC. (CAN FCS2)
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 2025	
	L5	Physical and Biological Sciences		
	L8	Student Success and Wellness		
	C	Natural Sciences	Fall 1981	Fall 2025
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:
Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:
Upon completion of the course, students will be able to:
1. Differentiate between opinion and scientifically accepted fact;
2. Describe the normal digestive process, common digestive problems and related risk factors;
3. Describe the sources, intake recommended for well-being, and uses by the human body, including results of over and under consumption, for the following nutrients:
    carbohydrate, including dietary fiber
    lipids
    protein
    vitamins and minerals
    water
    alcohol and caffeine
4. Describe the sources and uses of energy for the human body;
5. Translate recommendations from the Dietary Guidelines for Americans, the American Heart Association and the American Cancer Society into 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 eating disorders such as anorexia nervosa and bulimia;
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.
11. Describe career opportunities in the fields of nutrition and dietetics.

Topics and Scope:

1. Scientific methods of investigation
2. Nutrients and physiology related to nutrient use.
   a. general anatomy and physiology of the digestive tract
   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)
3. Recommended nutrient intake and diet planning guides
   a. U.S. dietary guidelines and goals
   b. daily reference intakes and related standards
   c. American Heart Association and American Cancer Society dietary guidelines
   d. food planning tools (food groups, exchange patterns, nutrient density, nutrition labels)
4. Nutrition for life span including pregnancy, infants, children, teens, adults, elderly
5. Consumer food issues
   a. phytochemicals
   b. nutritive supplements
   c. food additives and contaminants
   d. food safety - avoiding microbiological hazards
6. Careers in nutrition and dietetics
7. Orientation to the values, themes, methods and history of the discipline and identification of realistic career objectives related to a course of study in the major.

Assignment:

1. Nutrient intake self-study and critical evaluation based on text.
2. Exams related to assigned reading and class activities.
3. Short written assignments on current nutrition topics.
4. Daily assigned reading in text and in associated nutrition publications.

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 reports	Writing 15 - 35%

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

Homework problems, Quizzes, Exams	Problem solving 10 - 20%

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.

Multiple choice, True/false, Matching items, Completion, Essay exams	Exams 40 - 60%

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

Computer Diet Analysis assignment; critical evaluation of findings.	Other Category 15 - 25%

Representative Textbooks and Materials:
UNDERSTANDING NUTRITION, Whitney and Rolfes, 9th edition, 2002.
NUTRITION, Insel, Turner and Ross, 2nd edition, 2002.
A good medical dictionary (i.e. Tabors).