

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<u>COURSE NUMBER:</u>	NURS 151
<u>COURSE TITLE:</u>	THERAPEUTIC NUTRITION FOR HEALTHCARE PROVIDERS
<u>SEMESTER CREDIT HOUR:</u>	3
<u>DEPARTMENT:</u>	Nursing
<u>DIVISION:</u>	Health Science
<u>PREREQUISITE:</u>	None
<u>REVISION DATE:</u>	6 October 2014

COURSE DESCRIPTION:

This course is designed as an introduction to the science of nutrition for health care providers. Therapeutic nutrition in this course will include a study of the digestive system, and an in-depth study of the nutrient groups: carbohydrates, fats, proteins, vitamins, minerals, and water. By using therapeutic nutrition students will develop a perceptiveness of nutrients needed for normal growth and maintenance through the lifespan and during disease processes.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

1. Identify the six classes of nutrients and their sources.
 - List the six major classes of nutrients.
 - Understand the six nutrient groups.
 - Identify the digestion, absorption and metabolism of major nutrient groups.
2. Demonstrate an understanding of the processes of digestion, absorption, and metabolism of nutrients.
 - Identify parts of the digestive system.
 - Identify the absorption of basic nutrients.

- Identify the metabolism of basic nutrients.

3. Employ available resources to make sound nutritional choices.

- Identify types of nutritional guides.
- Identify relationship between nutrition and health.
- Identify available programs related to therapeutic nutrition.
- Understand the food guide pyramid.

4. Explain energy balance and weight control as it relates to nutrition and wellness.

- Identify nutrient groups found in a therapeutic diet and determine serving size.
- Evaluate personal diet for nutrients
- Explain the importance of exercise and its role in weight control and wellness

5. Describe nutritional needs throughout the lifespan.

- Pregnancy and Lactation
- Infancy
- Childhood and Adolescence
- Young and Middle Adulthood
- Late Adulthood

6. Recognize global food safety, security, and sustainability issues.

- Identify public health regulations to protect consumers
- Prevention of food poisoning
- Identify national programs that help improve nutrition

7. Identify medical nutrition therapy as related to:

- Weight control
- Diabetes Mellitus
- Cardiovascular disease
- Renal disease
- Gastrointestinal problems
- Cancer
- Surgery, Burns, Infections & AIDS