

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>	PED 114
<u>COURSE TITLE:</u>	BASIC NUTRITION
<u>SEMESTER CREDIT HOUR:</u>	3
<u>DEPARTMENT:</u>	Physical Education/Health Care
<u>DIVISION:</u>	General Education
<u>MASTER SYLLABUS AUTHOR:</u>	Ben McKenzie
<u>INSTRUCTOR:</u>	Name: Email:
<u>PREREQUISITE:</u>	None
<u>REVISION DATE:</u>	03/2015

COURSE DESCRIPTION:

Principles of normal nutrition. Food values and adequate nutrient allowances for growth and maintenance will be discussed.

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.
- Explain the functions six nutrient groups.
- Identify sources of nutrition for various nutrients.

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.

- Understand the USDA food resource.
- Identify food groups and determine serving size.
- Evaluate diet for adequate number of servings.

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

- Identify nutrient groups found in diet.
- Evaluate personal diet for adequacy.
- Adjust diet for adequacy.
- Identify available programs related to nutrition and wellness.

5. Describe nutritional needs throughout the lifespan.

- Discuss nutritional needs during developmental stages.
- Identify relationship between nutrition and the aging process.

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