

Northern Marianas College

CURRICULUM ACTION REQUEST

Effective Semester / Session: Spring 2019

Type of Action:

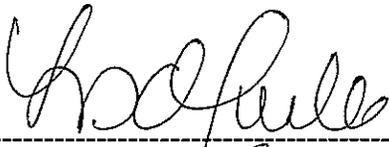
- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: HE 230

Course Title: Nutrition and Health

Reason for initiating, revising, or canceling:

This course guide is being modified to change textbook editions and update the course guide in general to meet the required 3 year update.

Lisa Lunde  3/22/19

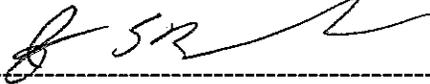
Proposer _____ Date

Velma Deleon Guerrero  3/29/2019

Department Chair _____ Date

Adam Walsh  04.05.19

Language and Format Review Specialist _____ Date

Ajani Burrell  4/5/19

Academic Council Chair _____ Date

for Charlotte Cepeda  4/9/2019

Dean of Learning Support Services _____ Date

Northern Marianas College Course Guide

Course: HE 230 Nutrition and Health

1. Department

Science, Mathematics, Health and Athletics

2. Purpose

HE 230 introduces students to the scientific principles of food and the basic elements of nutrition with the emphasis on food sources and the functions of nutrients for good health. It will provide knowledge on basic human nutrition and nutritional problems common in today's world. Students will be exposed to healthy food choices, diet planning, fitness, nutrients, body composition as well as different nutritional concerns through the various stages of life.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Whitney, Ellie and Rolfes, Sharon, Understanding Nutrition, 13th or 14th ed. Wadsworth Inc., Published at Thomson Learning, 2013/2016.

Readability Level: Grade 13

B. Contact Hours

1. **Lecture: Face to Face Option** 3 hours per week / 45 hours per semester
2. **Lab:**
3. **Other: Online Option**

Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

C. Catalogue Course Description

This course covers the basic elements and principles of nutrition including nutrients, food sources of nutrients, and the essentials of a balanced diet. Although basic scientific principles of nutrition will be the primary focus of the course, practical applications for nutrition will also be emphasized. In addition to learning how the body handles food, students will learn to analyze personal eating habits, develop a personal nutrition plan, distinguish between nutrition fact and fiction, identify relationships between nutrition and disease, and finally, integrate nutrition information into their daily lives. Prerequisites: None. English Placement Level: EN 101. Math Placement Level: None. (Offered Fall and Spring)

E. Degree or Certificate Requirements Met by Course

A passing grade of a "C" or higher will fulfill the health core requirement for all those majoring in Nursing as well as all NMC degrees except BS in Elementary Ed.

F. Course Activities and Design

Face to Face Option: Course activities include lectures, projects, research, and presentations. Projects, group interactions, and research assignments are all designed to stimulate discussion, learning, and provide skills in preventive health and decision making for lifestyle behavioral changes. Discussions on current nutrition knowledge will help students develop an understanding of their own eating habits and will enable them to have a better understanding of basic nutrition concepts.

Online Option: This course option is being taught using a Distance Learning Format (online) Internet based Instruction. Each Student will be required to access the Internet to participate as a student in this class. There will be many different learning activities provided each week (chapter readings, assignments to be submitted through the online class site, discussion forums etc.). Students are responsible for keeping up with the assignments on a weekly basis and adhering to the designated due dates. Projects, group interactions, and research assignments are all designed to stimulate discussion, learning, and provide skills in preventive health and decision making for lifestyle behavioral changes. Discussions on current nutrition knowledge will help students develop an understanding of their own eating habits and will enable them to have a better understanding of basic nutrition concepts.

4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: N/A

Concurrent Course Enrollment: N/A

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN101

Mathematics Placement Level: N/A

5. Estimated Cost of Course; Instructional Resources Needed

To the student: Tuition and fees for a 3-credit course; cost of textbook.

To NMC: Salary of instructor for 3 credits

Instructional resources needed for this course include: projector, library resources, replacement of expendable lab supplies, and photocopying costs for hand-outs.

6. Method of Evaluation

Student learning will be evaluated based on assignments, class labs and projects, unit quizzes and a comprehensive final exam. NMC's grading and attendance policies will be followed.

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Overview of Nutrition
- 2.0 Planning a Healthy Diet
- 3.0 Digestion
- 4.0 6 Essential Nutrients
 - 4.1 Carbohydrates
 - 4.2 Fats
 - 4.3 Proteins
 - 4.4 Vitamins
 - 4.5 Minerals
 - 4.6 Water
- 5.0 Metabolism
- 6.0 Body Composition
- 7.0 Weight Management and Eating Disorders
- 8.0 Fitness and Exercise
- 9.0 Life Cycle Nutrition
 - 9.1 Pregnancy
 - 9.2 Infancy, childhood, adolescence
 - 9.3 Adults
- 10.0 Diet and Health
 - 10.1 Infectious diseases
 - 10.2 Chronic diseases
- 11.0 Food-Borne Illnesses

8. Instructional Goals

The course will introduce students to:

- 1.0 The "6" Essential nutrients, their functions in the human body, and their importance to health;
 - 2.0 Various diet planning principles, the food pyramid (myramid), and how incorporate them into one's own life;
 - 3.0 Nutritional fact panels, labels on food packages, how they relate to the selecting of nutritional foods;
 - 4.0 The benefits associated with physical activity, the components of a sound fitness/health program, and the fuels that are necessary for physical performance and daily activity;
 - 5.0 Diseases and the role nutrition plays in delaying and/or preventing them;
 - 6.0 How nutrition and lifestyle choices impact the various stages of life;
 - 7.0 How the human body processes and uses what it takes in; and
 - 8.0 Identify reliable nutritional information versus fads, gimmicks, nutritional quackery.
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9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Explain the “6” major nutrients, their functions in the human body, dietary sources, and their importance of health;
- 2.0 Plan diets that meet the American Dietary Guidelines using the Food Pyramid (MyPyramid);
- 3.0 Interpret nutritional fact labels on food packages and explain their relevance when selecting nutritional foods;
- 4.0 Explain the benefits associated with physical activity, the components of a sound fitness and health programs, and the fuels that are necessary for optimal physical performance and daily activity;
- 5.0 Explain the role nutrition and lifestyle choices have on the immune system and on diseases such as cardiovascular disease, cancer, AIDS, and diabetes;
- 6.0 Explain how nutritional and lifestyle choices impact one’s health during the various stages of life;
- 7.0 Explain how the human body processes and uses food; and
- 8.0 Distinguish between reliable nutritional information and fads, gimmicks, nutrition quackery

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Weekly Assignments;
- 2.0 Class Labs and Projects;
- 3.0 Classroom Discussions;
- 4.0 Unit Quizzes; and
- 5.0 Final Exam

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