

Course Syllabus

Wayne County Community College District

DT 130 Fundamentals of Nutrition

CREDIT HOURS: 3.00

CONTACT HOURS: 45.00

COURSE DESCRIPTION:

Prereq: BIO 155

This course provides a sound and concise introduction to the science of human nutrition, including discussions of the essential nutrients and their functions in the body. These functions are developed around three fundamental systems involved in sustaining human life: energy, tissue building and regulation or control.

EXPECTED COMPETENCIES

Upon successful completion of this course, the follow student will:

1. Acquire an objective attitude and convictions regarding the importance of nutrition in regulating one's own health; and that of individuals in the community
2. Identify the role and functions of food in the body
3. Discern the role of food as the sole contributor of various nutrients essential to sustaining life and maintaining good health
4. Know the nutrient contribution of various foods
5. Apply principles of anatomy and physiology, biology, and chemistry to nutrition
6. Recognize the functions, digestion, absorption, and metabolism of protein, fat, carbohydrate, minerals, vitamins, and water in the body; and the way in which these nutrients are interrelated
7. Identify agencies which set policy for nutrition and health
8. Demonstrate knowledge of basic concepts of nutrition by applying those concepts to a personal nutrition analysis
9. Demonstrate measurement of height and weight
10. Use computer technology
11. Recognize appropriate resources for nutrition information
12. Work as a team
13. Utilize acceptable written communication skills
14. Develop critical thinking skills
15. Compare the different methods/calculations of energy expenditure/requirements

ASSESSMENT METHODS

Student performance may be assessed by examination, quizzes, case studies, oral reports, group discussion, written reports or presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

GRADING SCALE

90%-100% = A

80%-89.9%= B

70%-79.9%= C

60%-69.9%= D

<60% = E