

**Fond du Lac Tribal and Community College
COURSE OUTLINE FORM**

Updated 9/25/14

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. Prepared by: _____

2. Date submitted: _____

3. Date approved: _____ Date revised 09/23/14

4. Department/discipline: Biology

5. Department(s) endorsement(s): _____
(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Fundamentals of Nutrition
Abbreviated course title (25 characters or less): _____

7. Course Designator: BIOL 8. Course Level: 1XXX 9. 2005

10. Number of Credits: Lecture 3 Lab _____

11. Control Number (on site) 40 Control Number (online) 20

12. Catalog/Course description:

This course is a comprehensive study of the role of carbohydrates, proteins, fats, vitamins, minerals, and water in the human body and their impact on human health. Students will assess their own diet compared to nutritional guidelines for key nutrients and health. Chemical and biological aspects of nutrition will be discussed. (Meets MnTC goal area 3).

13. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s): None

Co-requisite:

14. **Course Materials** (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

Course materials including a textbook will be selected by faculty based on relevance to the study of Nutrition and course objectives.

15. **Course Content** (Provide an outline of major topics covered in course)

Lecture topics:

Food Choices & Human Health
Nutrition Tools: Standards & Guidelines
Carbohydrates
Lipids
Proteins
Vitamins
Water Minerals
Energy Balance & Healthy Body Weight

Nutrients, Physical Activity & The Body's Responses
Life Cycle Nutrition: Mother & Infant
Child, Teen & Older Adult
Food safety & Food Technology
Hunger and The Global Environment

16. Learning Goals, Outcomes, and Assessment

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)
- D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one's own traditions and culture, knowledge of others' traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Course learning outcomes will fulfill the identified competencies.

Course Learning Outcomes:

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

- 1. Explain the structure and function of the human digestive system. (A, B, C)
- 2. Identify dietary sources of and how the human body uses carbohydrates, proteins, fats, vitamins, and minerals. (A, B, C)
- 3. Explain nutritional guidelines recommended by the USDA and other sources. (A, B)
- 4. Analyze all aspects of their own diet as well as general nutritional information. (A, B, C, D)
- 5. Develop a healthy nutritional and exercise plan for themselves and others. (A, B, C, D)
- 6. Demonstrate knowledge of nutritional needs at all stages of life, from prenatal to geriatric nutrition. (A, B, C, D)
- 7. Explain how diet effects society and how different cultures have different dietary traditions. (A, B, D)

17. Minnesota Transfer Curriculum (MnTC): If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): 3

Goal and Outcomes:

Goal 3: Natural Sciences

Demonstrate understanding of scientific theories:

Students will be able to explain and present examples of the importance of nutrition information and nutritional guidelines as published by the USDA and other sources.

Formulate and test hypotheses by performing laboratory, simulation, or field experiments in at least two of the natural science disciplines:

Students will have the ability to develop a healthy nutritional plan for themselves and others.

Evaluate societal issues from a natural science perspective, ask questions about the evidence presented, and make informed judgments about science-related topics and policies:

Students will be able to discuss the role of nutrition in today's society.