

Course Outline

Course Code, Number, and Title:

NUTR 2112: Nutrition 1

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 4 h + Seminar 0 h + Lab 0 h

Credits: 3

Transfer Credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, and Corequisites:

This course is an introduction to the science of nutrition. Study areas include an overview of the nutrients and their function, nutritional processes and the evaluation of nutrition related information. The energy producing nutrients are studied in depth.

Prerequisite (s)

None. However, students in the Nutrition Management program must have achieved a C in this course to be used as a prerequisite for FSRV 2322. Both 2112 and 2212 must be taken for transfer credit to UBC and SFU.

Corequisite(s)

N/A

Objectives/Additional Information

N/A

Learning Outcomes:

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

- Comprehends the concepts of normal nutrition and nutrition balance
- Discusses factors that influence an individual's food habits
- Comprehends which nutrients are essential for the preservation of health
- Understands the following processes as they relate to the nutrition process: digestion, absorption, and transport
- Comprehends the nature and function of the energy nutrients
- Understands how to assess the validity of nutrition information in the community

Instructor(s): TBA

Office: TBA

Phone: 604.323.XXXX

Email: TBA

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Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor.]

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam %

Other Assessments %

(An example of other assessments might be:) %

Information currently unavailable, please consult Department for details.

Grading:

Specific grading schemes will be detailed in each course section outline.

Information currently unavailable, please consult Department for details.

Detailed Course Schedule:

Information currently unavailable, please consult Department for details

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies: