

Course Outline

Course Code, Number, and Title:

NUTR 2212: Nutrition II

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 designed to study the principles of normal nutrition and the role of adequate nutrition in maintaining good health. Vitamins, minerals, fluids, nutritional assessment, food and drug interactions and specific nutrition concerns during the different life cycle stages will be studied.

Completion of Normal Nutrition I and 2 will enable students to relate nutritional needs to meal planning for optimal health.

At the end of this course, students will have an understanding of food safety and technology issues in Canada, how the body maintains fluid balance and the role of water, vitamins and minerals in maintaining health. Additionally, students will comprehend different methods of nutrition assessment, the differences in nutritional needs at various stages of the lifecycle and interactions between some foods and drugs.

Prerequisite (s)

None. However, students in the Nutrition Management program must have achieved a C in NUTR 2112 and must achieve a C in this course to advance to the second year of the program. Both NUTR 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 food safety and technology issues in Canada
- Comprehends the role of vitamins in maintaining health
- Comprehends the role of selected minerals in maintaining health
- Comprehends the role of fluids in the body
- Understands how fluid balance in the body is maintained
- Knows methods for nutritional assessment
- Comprehends the interaction between some food and drugs
- Knows the differences in nutritional needs at various stages of the life cycle
- Knows issues related to food safety and technology

Instructor(s): TBA

Office: TBA

Phone: 604.323.XXXX

Email: TBA

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: