

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

NUTR 1100: Introduction to Nutrition

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, Corequisites:

An introduction to the concepts of and some current topics in human nutrition. Students study the principles of normal nutrition and the role of adequate nutrition in maintaining good health. Topics include vitamins, minerals, fluids, nutritional assessment, food and drug interactions, and specific nutrition concerns during the different life cycle stages. The advanced topics of sport nutrition and nutrition in health and disease are introduced. Students develop the ability to discriminate between reliable and unreliable nutrition information.

This course is intended for students who want a general introduction to Nutrition. It is not intended for students in the Nutrition and Food Service Management Program. Students looking for a more comprehensive course in Nutrition should register in NUTR 2112 and 2212.

Prerequisites: None

Corequisites: None

Learning Outcomes:

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

- discuss the scientific nature of nutrition and its application to healthy individuals: defining nutrition, using tools to assess eating habits, and applying food label information to personal health goals
- explain the scientific nature of nutrition and the application to healthy individuals
- describe the physiological processes as they relate to the nutrition process: digestion, absorption, and transport.
- explain the role of macronutrients in the human diet, including the nutritive value and requirements, the food sources and the subcategories of each
- describe the role of vitamins and minerals in maintaining health, summarizing the differences between water and fat soluble vitamins, micro and macro mineral, their functions and food sources
- identify deficiency symptoms resulting from inadequate intake of vitamins and minerals

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

- explain the role of fluids and electrolytes in the body and how balance is achieved and maintained
- summarize differences in nutritional needs at various stages of the life cycle and those based on gender
- list the factors influencing eating behaviour at various stages in the life cycle and specific effects of malnutrition
- identify special nutritional needs of athletes and those involved in sports, articulating their special macronutrient needs and describing the changes to an athlete's micronutrient metabolism
- summarize the role of nutrition in selected disease conditions, specifically relating to impact on cause and treatment
- examine the interaction between some foods and drugs, identifying the effects on absorption and/or utilization of drugs/nutrients
- identify and utilize the strategies to determine the validity of nutritional claims

Instructor(s): TBA Office: TBA Phone: 604 323 XXXX Email: TBA
Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Grosvenor, MB, Smolin LA, and Bedoya, DL. "Visualizing Nutrition, Everyday Choices, Canadian Edition". US. Wiley.

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 25%

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 2 x 15%

Quizzes/Tests: 15%

Assignments: 20%

Participation: 10%

Participation format: Classroom and WWW discussions

Proportion of individual and group work:

Individual: 100%

This generic outline is for planning purposes only.

Grading System: Letter grade

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

Passing grade: D

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Discussion	Topic
1 Lecture	Introduction to nutrition
2 D2L	Canada Food Guide
3 Lecture	Food we Eat
4 D2L	Human digestion
5 Lecture 6 D2L	Carbohydrates
7 Lecture	Midterm
8 D2L	Fats
9 Lecture	Protein
10 D2L	Vegetarianism/Alcohol
11 Lecture	Water
12 D2L	Electrolytes
13 Lecture	Vitamins and Minerals- Antioxidants
14 D2L	Vitamins and Minerals- Energy Metabolism
15 Lecture	Vitamins and Minerals- Bone nutrients
16 D2L	Vitamins and Minerals- Blood nutrients
17 Lecture	Midterm
18 D2L	Nutrition through the life cycle
19 Lecture	Nutrition for life
20 D2L	Sports Nutrition
21 Lecture 22 D2L 23 Lecture 24 D2L	Nutrition in health and disease

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](#)

This generic outline is for planning purposes only.

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

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

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