

## FLORIDA STATE COLLEGE AT JACKSONVILLE

## COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER:	HUN 1201
COURSE TITLE:	Human Nutrition
PREREQUISITE(S):	None
COREQUISITE(S):	None
CREDIT HOURS:	3
CONTACT HOURS/WEEK:	3
CONTACT HOUR BREAKDOWN:	
Lecture/Discussion:	3
Laboratory:	
Other _____:	
FACULTY WORKLOAD POINTS:	3
STANDARDIZED CLASS SIZE ALLOCATION:	30
CATALOG COURSE DESCRIPTION:	
<p>Students will acquire the basic principles of nutrition and develop skill in applying the recommended dietary allowances to all age groups. The course emphasizes key food nutrients, consumer information regarding food economy, quality food purchasing, and maximum nutrition for the life cycle.</p>	
SUGGESTED TEXT(S):	Hamilton, Whitney, andSizer, <u>Nutrition Concepts and Controversies</u> , 6 <sup>th</sup> (or latest) edition, West Publishers.(0-314-55243-3)
IMPLEMENTATION DATE:	November 14, 1987
REVIEW OR MODIFICATION DATE:	Fall Term, 1996 (971) Fall Term, 2002 (20031)

COURSE TOPICS		<u>CONTACT HOURS PER TOPIC</u>
I.	Food in the Life of Man	9
	A. Influences on Eating Patterns	(1)
	B. Dietary Standards	(1)
	C. Food Group Plans	(2)
	D. Myths and Fads	(2)
	E. Food Additives	(1)
	F. Consumer Protection	(2)
II.	Nutrients, Digestion and Energy	3
	A. Classes of Nutrients	(1)
	B. Process of Digestion	(2)
III.	Energy Nutrients	9
	A. Carbohydrates	(3)
	B. Fats and Lipids	(3)
	C. Amino Acids and Protein	(3)
IV.	Energy Requirements	5
	A. Energy Needs	(1)
	B. Obesity	(3)
	C. Undernourishment	(1)
V.	Vitamins and Minerals	13
	A. Vitamin Classification	(1)
	B. Functions of Vitamins	(4)
	C. Vitamin Intake	(1)
	D. Commercial Vitamins	(1)
	E. Functions of Minerals	(4)
	F. Mineral Intake	(1)
	G. Water and Electrolytes	(1)
VI.	Food and Nutrition in Life Cycle	6
	A. Pregnancy and Fetal Growth	(1)
	B. Infant	(1)
	C. Preschool	(1)
	D. School Lunch Menus	(1)
	E. Adolescent	(1)
	F. Middle and Old Age	(1)

**STUDENT COMPETENCIES:**

Students who successfully complete Principles of Nutrition will be able to:

Assess basic nutritional needs and implement a plan for nutritional care of pregnant, infant, preschool, childhood, school age adolescent, adulthood, and aging individuals.

PROGRAM TITLE: Dietetic Technician

COURSE TITLE: Human Nutrition

CIP NUMBER: 0420.040401

LIST PERFORMANCE STANDARD ADDRESSED:

NUMBER(S): TITLES(S):

03.0 SELECT NUTRITION CARE OPTIONS--The student will be able to:

- 03.01 Demonstrate a knowledge of food and nutritional needs throughout the life cycle in health and disease.
- 03.02 Apply principles of bio-chemistry, anatomy and physiology in relation to health and disease.
- 03.03 Identify resources availability, and functions of the food and nutrition programs in the community.
- 03.04 Demonstrate knowledge of "problem oriented medical records"(P.O.M.R.).
- 03.05 Assist clinical or consultant dietitian in development of nutritional care plans.
- 03.06 Assist in implementation, documentation and monitoring of nutritional care plans.
- 03.07 Demonstrate skills in articulation, methods of teaching, and counseling.
- 03.08 Assist in nutrition education planning and implementation of programs in the facility.
- 03.09 Identify extraneous influences upon nutritional care.
- 03.10 Participate in health team functions.
- 03.11 Coordinate clinical activities with administrative activities.
- 03.12 Demonstrate ability to computerize nutrition care activities.
- 03.13 Assist in implementation and maintenance of a cost-effective nutrition-care system.
- 03.14 Participate in department and institution activities.
- 03.15 Demonstrate employability skills.