



- B. Absorption and transportation of nutrients
- C. Chemistry
- III. The Nutrients
  - A. Carbohydrates
    - 1. Monosaccharides
    - 2. Disaccharides
    - 3. Polysaccharides
  - B. Lipids
    - 1. Fats
    - 2. Oils
    - 3. Sterols
  - C. Proteins
    - 1. Amino acids
    - 2. Vegetarians
  - D. Vitamins
    - 1. Fat soluble
    - 2. Water soluble.
  - E. Minerals
    - 1. Macrominerals
    - 2. Microminerals
  - F. Water
    - 1. Electrolytes
    - 2. Fluid balance
- IV. Energy Balance and Healthy Body Weight
  - A. Malnutrition
  - B.. Bulimia and anorexia nervosa
  - C. Fitness and Training
- V. Diet and Health
  - A. Heart disease
    - 1. Hypertension
    - 2. Atherosclerosis
    - 3. Risk factors
  - B. Cancer
  - C. Food safety
  - D. Alternative and herbal medicine
  - E. World hunger
- VI. Life Cycle Nutrition
  - A. Pregnancy
  - B. Infant and child nutrition
  - C. Adolescent nutrition
  - D. The middle years
  - E. Aging

**REQUIRED READING:** Typical examples of textbooks:

Sizer, Frances and Eleanor Whitney. Nutrition: Concepts and Controversies. 8<sup>th</sup> Edition. Belmont, CA Wadsworth/Thomson Learning, 2000.

Wardlaw, Gordon. Contemporary Nutrition Issues and Insights. 4<sup>th</sup> Edition. Dubuque: McGraw Hill, 2000.

Whitney, Eleanor and Sharon Rolfes. Understanding Nutrition. 9<sup>th</sup> Edition. Belmont, CA Wadsworth/Thomson Learning, 2002.

**SUGGESTED READING:**

Articles of interest from three or more scientific journals may be read during the semester.

**REQUIRED WRITING:**

Four examinations are given during the semester that include essay questions. Essay questions are at least two paragraphs in length and apply critical thinking skills to nutrition knowledge learned. Students prepare an analysis of their diet that is one – two typewritten pages in length.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Students are expected to read and study handouts, lecture notes, and the textbook. Students will also prepare written assignments, practice skills, and study for exams.

Students will analyze their personal diet utilizing a computer program.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Completion of objective, short answer, and essay examinations	50%
Computer nutrient analysis	20%
Journal article reports	10%
Class projects	10%
Participation	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

SIGNATURES ON FILE