

FORM VERSION: 5/95
DATE REVISED: 11/3/99

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: IFS 150 Community Nutrition

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE: Policy and program planning for community nutrition programs. Emphasis will be on principles of public health, epidemiology, legislation and nutrition policy. Focus will also be on skills necessary for the community nutritionist, such as management, leadership, budgeting, social marketing,

evaluation, principles of community needs assessment, and knowledge of consumer behavior.

SPECIFIC COURSE OBJECTIVES:

Upon completion of this course successful students will:

1. Define the role of nutrition in public health.
2. Apply the basic principles of epidemiology.
3. Plan needs assessments.
4. Examine nutrition policy-making process.
5. Analyze the U.S. health care system.
6. Identify the basic functions of management.
7. Compare and contrast the factors that influence consumer behavior.
8. Examine the fundamental principles of marketing.
9. Plan nutrition assessments.
10. Identify global nutrition and health issues.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Role of Nutrition in Public Health
 - A. Entrepreneurship
 - B. Public health services
 - C. Community and public health nutrition
- II. Epidemiology
 - A. Hypothesis testing
 - B. Nutrition assessment methods
- III. Policy-Making
 - A. Process
 1. Laws and regulations
 2. Issues
 - B. Community nutrition issues
- IV. Health Care Industry
 - A. Demographics
 - B. Trends
 - C. Insurance
 - D. Nutrition services
- V. Nutrition Surveys
 - A. Nutrition status

- B. Food consumption
- VI. Program Planning and Management
 - A. Community nutrition assessment
 - B. Program design
- VII. Consumer Behavior
 - A. Food supply and food availability
 - B. Demographics
 - C. Food preferences
 - D. Social learning theory
- VIII. Marketing
 - A. Process
 - B. Strategy
- IX. Program Evaluation
- X. Food Assistance Programs
 - A. Food stamps
 - B. WIC
 - C. Child nutrition
 - D. Commodity distribution
- XI. Global Nutrition Issues

REQUIRED READING:

Boyle, Marie A. and Diane H. Morris. Community Nutrition in Action: An Entrepreneurial Approach. Minneapolis/St. Paul: West Publishing Company, 1994.

SUGGESTED READING:

Instructor-developed handouts

REQUIRED WRITING:

Students will select from various projects such as:

1. Develop a breastfeeding program for pregnant adolescents. Define the problem and develop goals and objectives. This assignment will consist of 5 - 10 typewritten pages.

2. Describe some of the cultural, social, environmental, and individual factors that may affect food consumption patterns. Develop three dietary messages for your target group and identify one strategy for achieving behavior change. This assignment will consist of 5-10 typewritten pages.

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 will also have an opportunity for a service learning project to be developed in an area of interest to the student. Students will study the textbook and prepare for exams. Students will prepare projects.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

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

Yes No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
 mediated instruction
 computer assisted instruction

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

Needs assessment project	30%	90	-	100% =	A
Nutrition assessment	30%	80	-	89% =	B
Exams	30%	70	-	79% =	C
Participation	10%	60	-	69% =	D
		59	-	below =	F

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

Yes _____ No X 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:

CONTACT PERSON: Dr. Margaret Gunther, ext: 2350