

I. COURSE INFORMATION

- A. Health and Physical Education 115 Basic Nutrition
- B. 3 credit hours
- C.Sizer, Frances and Eleanor Whitney. *Nutrition Concepts and Controversies*. 15th ed. Kentucky: Cengage, 2020
- D. Prerequisites: None
- E. KRSN: HSC 1010 Nutrition

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

II. COURSE DESCRIPTION

Basic Nutrition is a lecture course designed for both biology and non-biology majors. This course covers the relationship of nutrition as related to food and the ability of the body to utilize it. Students will learn about nutrition at various life stages including pregnancy, infancy, adulthood, and geriatric aging.

III. LEARNING OUTCOMES

- A. Identify the six classes of nutrients and their sources
- B. Demonstrate an understanding of the processes of digestion, absorption, and metabolism of nutrients
- C. Employ available resources to make sound nutritional choices
- D. Explain energy balance and weight control as it relates to nutrition and wellness
- E. Distinguish differences in nutritional needs throughout the lifespan
- F. Recognize global food safety, security, and sustainability issues

IV. MAJOR CONTENT AREAS

- A. Nutrition tools – standards and guidelines
- B. Nutrients: fat, protein, carbohydrates, vitamins and minerals
- C. Energy balance and healthy body weight
- D. Nutrients, physical activity and the body's response
- E. Food safety and food technology
- F. Life cycle nutrition
- G. Hunger and global environment

V. ASSIGNMENTS (may include but are not limited to)

- A. Chapter quizzes and exams
- B. Dietary analysis project
- C. Nutrition application assignments

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Assignments
- C. Quizzes and exams