

Course Outline of Record

1. Course Code: HS-013
2. a. Long Course Title: General Nutrition
 b. Short Course Title: GENERAL NUTRITION
3. a. Catalog Course Description:
 This course is a study of the chemical composition of foods and their utilization by the body. Students study the roles, functions, and interactions of proteins, fats, carbohydrates, vitamins, minerals, and water. Practical problems of nutrition and relationship of adequate diet to physical and mental health are covered.
 b. Class Schedule Course Description:
 This course is a study of the chemical composition of foods and their utilization by the body. Practical problems of nutrition and relationship of adequate diet to physical and mental health are covered.
 c. Semester Cycle (if applicable): N/A
 d. Name of Approved Program(s):
 • VOCATIONAL NURSING AS Degree for Employment Preparation
4. Total Units: 3.00 Total Semester Hrs: 54.00
 Lecture Units: 3 Semester Lecture Hrs: 54.00
 Lab Units: 0 Semester Lab Hrs: 0
 Class Size Maximum: 45 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
 Advisory: ENG 061
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 a. Colson, J.,(editor 2014) (2014). Annual Editions Nutrition (26e/e). Dubuque, IA McGraw-Hill Co.. ISBN: 9781259168048
 College Level: Yes
 Flesch-Kincaid reading level: 12.6
 b. Cengage learning 2015 (2014). Diet and Wellness Plus, 1 term (6 months) Instant Access 1st edition (1st/e). Wadsworth/Cengage. ISBN: 978-1-285-856
 College Level: Yes
 Flesch-Kincaid reading level: N/A
 c. Whitney/Rolfes (2014). ePack: Understanding Nutrition, 14th + Diet and Wellness Plus, 1 term (looseleaf) Instant Access (14th/e). St.Paul, MN: West Publishing Co.,2014. ISBN: 978-1-305-623
 College Level: Yes
 Flesch-Kincaid reading level: 13.6
7. Entrance Skills: *Before entering the course students must be able:*
Advisory Skills:

a.
 Identify and employ prewriting activities.

- ENG 061 - Use theses to organize paragraphs into coherent analyses.
- ENG 061 - Recognize features of style such as purpose, audience and tone integrate these elements into academic and professional writing.

b. Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using two or three paragraphs.

- ENG 061 - Use theses to organize paragraphs into coherent analyses.

c. Participate thoughtfully and critically in peer review, as well as self-evaluate, edit and revise

- ENG 061 - Demonstrate the ability to think critically and express ideas using various patterns of development.

d.

Read and identify main ideas and supporting details.

- ENG 061 - Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

8. Course Content and Scope:

Lecture:

1. An Overview of Nutrition
2. Planning a Healthy Diet
3. Digestion, Absorption, and Transport
4. The Carbohydrates: Sugars, Starch, and Fibers
5. The Lipids: Triglycerides, Phospholipids and Sterols
6. Protein: Amino Acids
7. Metabolism: Transformation and Interactions
8. Energy Balance and Body Composition
9. Weight Control: Overweight and Underweight
10. The Water-soluble Vitamins: B Vitamins and Vitamin C
11. The Fat-Soluble Vitamins: A, D, E, and K
12. Water and the Major Minerals
13. The Trace Minerals
14. Fitness: Physical Activity, Nutrients, and Body Adaptations
15. Life Cycle Nutrition: Pregnancy and Lactation
16. Life Cycle Nutrition: Infancy, Childhood, and Adolescence
17. Life Cycle Nutrition: Adulthood and the Later Years
18. Diet and Health
19. Consumer Concerns about Foods and Water
20. Hunger and Global Environmental Problems

Lab: (if the "Lab Hours" is greater than zero this is required)

9. Course Student Learning Outcomes:

1.

Analyze and evaluate the nutrients in food with relationship to functions, sources, and requirements to explain the interrelationships.

2.

Demonstrate individual eating patterns throughout the lifespan and discuss the importance of nutrition to health and well being.

3.

Analyze the relationship of food and nutrition in local, National and world economies, politics and ecology.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Identify major nutrients, their sources and functions in the body.
- b. Understand the roles of vitamins and minerals in the human body.
- c. Comprehend the relationships between nutrients and metabolic processes.

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- d. Critically evaluate nutrition claims.
- e. Appreciate the influence of nutrition on human performance.
- f. Recognize the changing nutritional need in all phases of the life cycle.
- g. Identify the functions, sources, requirements and interrelationships of food nutrients.
- h. Identify the principles of selection, preparation and storage of food retention of nutri-life and aesthetic properties.
- i. Identify the public and private consumer protection agencies on the federal, state and local levels.
- j. Trace the digestion, absorption and metabolism of the nutrients.
- k. Identify and plan diets meeting the needs of an individual at any stage of the life cycle and physical condition.
- l. Explain changes in eating patterns as a result of becoming aware of understanding the importance of nutrition to the health and well-being of the individual.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Activity
- b. Clinical
- c. Collaborative/Team
- d. Demonstration, Repetition/Practice
- e. Discussion
- f. Distance Education
- g. Individualized Study
- h. Journal
- i. Laboratory
- j. Lecture
- k. Participation
- l. Self-exploration
- m. Technology-based instruction
- n. Tutorial

Other Methods:

Optional: Community Nutrition Lectures via PowerPoint presentation, Prezi etc.

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 54.00

Outside Class Hours: 108.00

a. In-class Assignments

1. Lecture
2. PowerPoint presentation with question and answer segments involving students
3. Group essay assignment and presentation on current topic
4. Assessment of current topics using a variety of methods, including chapter quizzes and gamification (ex. Kahoot, Quizlet, and Poll everywhere)
5. Study guide notes

b. Out-of-class Assignments

1. Keep food diary for one to seven consecutive days
2. Analyze and evaluate their diet using the Diet and Wellness+ software
3. Portfolio
4. Research study article with abstract analysis and report or class presentation
5. Essay: read current nutrition articles from supplemental resources

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
Essay: read current nutrition articles from supplemental textbook compose short essays
- Critiques
Research study article with abstract analysis and write-up

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- Portfolios
- Group activity participation/observation
Group Essay: read current nutrition articles from supplemental resources
- True/false/multiple choice examinations
Chapter quizzes, Online Assessments
- Mid-term and final evaluations
mid-term and final exam
- Student participation/contribution
Success Group Activity self and group evaluations
- Organizational/timelines assessment

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

CSU GE Area E: Lifelong Understanding and Self-Development

E - Lifelong Understanding and Self-Development

PO - Career and Technical Education

Fulfill the requirements for an entry- level position in their field.

Apply critical thinking skills to execute daily duties in their area of employment.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

Develop realistic goals.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Update SLO's

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000513215
b. T.O.P. Code [CB03]: 129900.00 - Other Health Occupations
c. Credit Status [CB04]: D - Credit - Degree Applicable
d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
e. Basic Skills Status [CB08]: 2N = Not basic skills course
f. Vocational Status [CB09]: Clearly Occupational
g. Course Classification [CB11]: Y - Credit Course
h. Special Class Status [CB13]: N - Not Special
i. Course CAN Code [CB14]: *N/A*
j. Course Prior to College Level [CB21]: Y = Not Applicable

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k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): VOCATIONAL NURSING

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 40

Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Sarah Gaete Origination Date 09/21/17