

University of Arkansas - Fort Smith
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General Syllabus

NUTR 25243 Nutrition

Credit Hours: 3

Lecture Hours: 3

Laboratory Hours: 0

Prerequisites: High school chemistry or equivalent

Effective Catalog: 2018-2019

I. Course Information

A. Catalog Description

A nutrition course based on the principles of normal nutrition through the life cycle. In addition to learning about basic nutrients, the ingestion, digestion, absorption, and metabolism of foods is studied. Emphasis is placed on the social economic, cultural, and psychological implications of food and eating. The student determines the nutritional status of individuals and populations using nutritional assessment techniques, and devises plans for the maintenance or restoration of nutritional health.

B. Additional Information

This course provides a model of nutrition as it relates to both lifestyle and health care. Ways to identify major health and lifestyle problems and their relationship to food are discussed. The goal of nutrition in prevention of illness, maintenance and promotion of health is stressed. Global and current issues that may impact nutrition are also addressed.

II. Student Learning Outcomes

A. Subject Matter

Upon completion of this course, the student will:

1. Demonstrate knowledge of the role of nutrients in the human body.
2. Demonstrate knowledge of normal nutrient needs throughout the lifecycle and examine the role of diet in disease prevention.
3. Develop an awareness of the cultural, economic and psychological factors involved in food selection.
4. Recognize common terms related to food composition and safety.
5. Demonstrate knowledge and application of USDA dietary guidelines.

6. Discuss the signs involved with vitamin and mineral deficiencies.
7. Recognize the major nutritional needs throughout the life cycle.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills

Critical Thinking Skills: Students will use critical thinking skills to identify nutritional problems/issues and to develop solutions.

Communication Skills (written and oral)

Students will communicate their ideas proficiently during discussion.

Ethical Decision Making

Students will model ethical-decision making processes when recommending dietary adjustments to clients.

Global and Cultural Perspectives

Students will reflect upon cultural differences in dietary intake and their implications for interacting with people from cultures other than their own.

III. Major Course Topics

- A. Macronutrients
- B. Micronutrients
- C. The importance of healthful weight, as well as physical activity
- D. Nutrition through the lifecycle