

HLT 230

Principles of Nutrition and Human Development

COURSE OUTLINE

Prerequisites:

None

Course Description:

Teaches the relationship between nutrition and human development. Emphasizes nutrients, balanced diet, weight control, disease prevention and the nutritional needs of an individual.

Semester Credits: 3

Lecture Hours: 3

HLT 230

Course Outcomes:

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At the completion of this course, the student should be able to:

1. Demonstrate a basic understanding of nutritional foundations including behavioral and instinctive food choices, role of macronutrients, micronutrients and water in dietary planning for all life stages
2. Demonstrate an aptitude for discerning relevant nutritional materials including books, websites, articles, and agencies that provide appropriate nutritional guidelines.
3. Learn to promote healthy methods of weight control and understand how current trends in weight loss have negative health consequences.
4. Learn to think more analytically, critically and logically apply nutritional principles.
5. Develop an understanding of nutrition as it relates to human performance.
6. Demonstrate the ability to understand nutrition as it relates to gender and various lifestages.
7. Learn basic chronic diseases and how nutrition is related to them.
8. Learn nutritional counseling techniques.

Textbook:

Loose Leaf Edition Bundle: 9781305235915Sizer/Whitney Nutrition: Concepts and Controversies
13th ed loose leaf text with MindTap

Topics covered:

Food Choices and Human Health

Nutrition Tools - Standards and Guidelines

The Remarkable Body

Carbohydrates: Sugar, Starch, Glycogen and Fiber

The Lipids: Fats, Oils, Phospholipids and Sterols

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The Proteins and Amino Acids

The Vitamins

Water and Minerals

Energy Balance and Healthy Body Weight

Nutrients, Physical Activity, and the Body's Responses

Diet and Health

Food Safety and Food Technology

Life Cycle Nutrition: Mother and infant

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