

Virginia Western Community College

HLT 230

Principles of Nutrition and Human Development

Prerequisites

None

Course Description

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

Semester Credits: 3 Lecture Hours: 3 Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

Human Nutrition by the University of Hawai'i at Mānoa Food Science and Human Nutrition Program.
Download this book for free at: <http://pressbooks.oer.hawaii.edu/humannutrition/>

Other Required Materials:

Calculator

Course Outcomes

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

- Demonstrate a basic understanding of nutritional foundations including behavioral and instinctive food choices, role of macronutrients, micronutrients and water in dietary planning
- Develop a basic knowledge of the various human body systems
- Demonstrate an aptitude for discerning relevant nutritional materials including books, websites, articles, and agencies that provide appropriate nutritional guidelines
- Learn to promote healthy methods of weight control and understand how current trends in weight loss have negative health consequences
- Learn to think more analytically, critically and logically apply nutritional principles
- Develop an understanding of nutrition as it relates to human performance
- Demonstrate the ability to understand food safety and techniques to improve food safety
- Learn basic health concerns and how nutrition is related to those concerns

Topical Description

<u>Chapter</u>	<u>Title/Topic</u>
1	Basic Concepts in Nutrition
2	The Human Body
3	Water and Electrolytes
4	Carbohydrates
5	Lipids
6	Protein
8	Energy
9	Vitamins
10	Major Minerals
11	Trace Minerals
12	Nutrition Applications
16	Performance Nutrition
17	Food Safety
18	Nutritional Issues

Notes to Instructors

1. Departmental policy dictates that instructors do not allow students to keep tests.
2. A comprehensive final exam counting 15%-20% of the total grade will be given at the end of the semester.
3. The syllabus should state what the course grade will be based on, such as tests, quizzes, a comprehensive final exam, and any other assignments made by the instructor.
4. It will be at the discretion of the instructor if they want to include any of the other chapters within the text, but they cannot exclude any of the material detailed above.