NUTR110

Introductory Nutrition

3 Credits

Instructor: Tina Johnson  
Phone: 780 871 5403  
Original Developer: Lindsay Tumback  
Current Developer: Tina Johnson  
Reviewer: Mark Cryderman  
Created: 07/12/2010  
Revised: 01/08/2018  
Approval: 13/09/2018

The Implementation Date for this Outline is 01/09/2018
Calendar Description

This course provides an introduction to human nutrition. The macronutrients and major micronutrients and their functions in the body are introduced. Recommended nutrient intakes and guidelines are described. Nutrition issues facing the general public throughout the lifecycle are discussed.

Rationale

This course is designed to provide students with information about the science of nutrition and the relationship between foods consumed and human health.

Prerequisites

English 30-1 or Equivalent

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. describe the nutrients in the human diet in regards to function, toxicity, deficiency and food sources.
2. describe and interpret Eating Well with Canada’s Food Guide.
3. identify healthy eating patterns through a practical assignment.
4. define and explain the Dietary Reference Intakes.
5. describe energy balance and body composition.
6. list and describe weight management techniques.
7. interpret Canadian food labels through a practical assignment.
8. identify reliable sources of nutrition information versus “quackery”.
9. discuss lifestyle nutrition issues and guidelines.
10. identify associations between dietary intake and chronic diseases.
Resource Materials


Conduct of Course

This is a 3-credit course with 3 hours of lecture per week.

This course uses lectures, activities, assigned readings, discussions and two written assignments.

Evaluation Procedures

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<td>Assignment(s)</td>
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No supplemental assignments or examination re-writes are permitted in this course.

Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

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Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Poor attendance may result in the termination of a student from a course(s).

If you do not meet the established attendance requirements, your instructor will recommend that the Registrar withdraw you from the course. A failing grade of RW (Required to Withdraw) will appear on your transcript.
In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

**Instructors have the authority to require attendance at classes.**

**Course Units/Topics**

1. Nutrition Overview
2. Food Guides and Diet Planning
3. Dietary Reference Intakes (DRIs)
4. Digestion, Absorption, and Transport (DAT)
5. Carbohydrates
6. Lipids
7. Protein
8. Judging Nutrition Information
9. Nutrition Labeling
10. Energy Balance, Body Composition, and Weight Management
11. Eating Disorders
12. Vitamins – Water Soluble
13. Vitamins – Fat Soluble
14. Minerals
15. Life Cycle Nutrition
16. Nutrition and Chronic Disease