



Contra Costa College Course Outline

Department & Number	Health Education 115	Number of Weeks	18
Course Title	Applied Nutrition	Lecture Hours	54
Prerequisite	None	Lab Hours	
Co-requisite	None	Hours By Arrangement	
		Activity Hours	
		Units	3

COURSE/CATALOG

This course is designed as an introduction to nutrition. The focus of this course is the application of basic nutrition concepts to personal life skills. The interface of culture, socioeconomic conditions and personal behaviors with nutritional health will be examined. Practical application of the course content includes, but is not limited to, personal nutrition assessments and diet planning.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

1. Describe the dimensions of health and how they relate to nutrition
2. Describe the relationship between food choice, eating behavior and health status
3. Analyze and critically assess the reliability and safety of nutritional and dietary advice, recommendations, resources, services and products
4. Apply basic nutritional principles to everyday life skills
5. Analyze an diet for nutritional adequacy
6. Plan and construct a healthy diet
7. Identify food and nutrition related high risk health behaviors
8. Develop life skills which decrease risk of disease

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

25	%	Dimensions of Health
25	%	Human physiology and utilization of food Dietary tools used to improve the body's nutritional health Fitness, Sports and Nutrition
25	%	Psychological aspects of food
25	%	Environmental, Food Safety, Cultural, and Societal Impacts on food consumption

METHODS OF INSTRUCTION

Online Readings 30min/wk
 Instructor led on-line lecture/discussion
 Individual Health Polls 30min/wk
 Dietary Analysis 15min/wk
 Critical thinking questions 45min/wk
 Discussion Board 30 min/week
 Multimedia Presentations

Course Outline Continued

INSTRUCTIONAL

Textbook Title: *Nutrition: An Applied Approach*
Author: Thompson, Janice and Melinda Manore
Publisher: Benjamin Cummings
Edition/Date: 3rd Ed. 2012

COURSE EXPECTATIONS (List estimated average number of hours per week)

Performance activity	2 hour
Reading	2 hour
Writing	2 hour

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

25	%	Research Project (5-7 page research paper)
25	%	Assignments (diet analysis, discussion board posts and responses, etc)
50	%	Exam (objective chapter exams)

Each chapter has an assignment and exam.

GRADING POLICY (LG)

90% - 100% = A
80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F

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