

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: HE230 Nutrition and Health

Effective Semester / Session: Spring 2023

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation


Course Alpha and Number: HE230

Course Title: Nutrition and Health

Reason for initiating, revising, or canceling:

This course guide is being modified to make a change in textbook edition and update the course guide in general to meet the required 3-year update: Course Outline, Instructional Goals, SLOs, and Assessment Measures of Student Learning Outcomes.

Lisa Lunde  10/21/22

Proposer  Date

Velma Deleon Guerrero 10/20/2022


Department Chair Date


Adam Walsh 10.13.22

Language & Format Review Specialist Date

Ajani Burrell  10.19.2022

Academic Council Chair Date


Clement R. Bermudes, LTC (USA Ret.) Oct 21, 2022

Dean of Learning & Student Success Date

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Course: HE230 Nutrition and Health

1. Department

Science, Math, Health and Athletics

2. Purpose

HE 230 introduces students to the scientific principles of food and the basic elements of nutrition with the emphasis on food sources and the functions of nutrients for good health. It will provide knowledge on basic human nutrition and nutritional problems common in today's world. Students will be exposed to healthy food choices, diet planning, fitness, nutrients, body composition, as well as different nutritional concerns through the various stages of life.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Whitney, Ellie and Rolfes, Sharon. (2021). *Understanding Nutrition*; 16th edition. Cengage Learning. ISBN# 9780357447512 (hard copy textbook) or ISBN# 9780357709962 (ebook)

Recommended: None

B. Contact Hours

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** None

C. Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

D. Catalog Course Description

This course covers the basic elements and principles of nutrition including nutrients, food sources of nutrients, and the essentials of a balanced diet. Although basic scientific principles of nutrition will be the primary focus of the course, practical applications for nutrition will also be emphasized. In addition to learning how the body handles food, students will learn to analyze personal eating habits, develop a personal nutrition plan, distinguish between nutrition fact and fiction, identify relationships between nutrition and disease, and finally, integrate nutrition information into their daily lives. Prerequisites: EN095 (Offered Fall and Spring)

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E. Degree or Certificate Requirements Met by Course

A passing grade of a “C” or higher will fulfill the health core requirement for all those majoring in Nursing as well as all NMC degrees except BS in Elementary Ed.

F. Course Activities and Design

Course activities include lectures, small-group and class discussions, homework assignments, self-evaluation tests, viewing and discussing relevant recorded programs, listening to and reacting to guest speakers, keeping various charts/logs, periodic quizzes, a health project, and a comprehensive final exam.

Students are required to participate in class discussions, read and discuss the textbook, complete assignments, and all other coursework.

4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: EN095

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN101

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

To the student: Tuition and fees for a 3-credit course and cost of textbook.

To NMC: Instructor’s salary

Instructional resources needed for this course include: projector, library resources, lab supplies, various health/nutrition devices (blood pressure, blood glucose, scale etc.) and photocopying costs for hand-outs.

6. Method of Evaluation

Student learning will be evaluated based on assignments, class labs and projects, unit quizzes and a comprehensive final exam. NMC’s grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Overview of Nutrition
- 2.0 Planning a Healthy Diet
- 3.0 Digestion
- 4.0 6 Essential Nutrients
- 5.0 Metabolism
- 6.0 Body Composition
- 7.0 Weight Management and Eating Disorders
- 8.0 Fitness and Exercise
- 9.0 Life Cycle Nutrition
- 10.0 Diet and Health

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8. Instructional Goals

The course will introduce students to:

- 1.0 The “6” Essential nutrients, their functions in the human body, and their importance to health;
- 2.0 Various diet planning principles, the food pyramid (MyPyramid), and how incorporate them into one’s own life;
- 3.0 Nutritional fact panels, labels on food packages, how they relate to the selecting of nutritional foods;
- 4.0 The benefits associated with physical activity, the components of a sound fitness/health program, and the fuels that are necessary for physical performance and daily activity;
- 5.0 Diseases and the role nutrition plays in delaying and/or preventing them;
- 6.0 How nutrition and lifestyle choices impact the various stages of life; and
- 7.0 Identify reliable nutritional information versus fads, gimmicks, etc.

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9. Student Learning Outcomes

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

- 1.0 Explain the “6” major nutrients, their functions in the human body, dietary sources, and their importance of health;
- 2.0 Plan diets that meet the American Dietary Guidelines using the Food Pyramid (MyPyramid);
- 3.0 Interpret nutritional fact labels on food packages and explain their relevance when selecting foods;
- 4.0 Explain the components associated with a well-rounded physical activity program;
- 5.0 Explain the role nutrition and lifestyle choices have on diseases such as cardiovascular disease, cancer, AIDS, and diabetes;
- 6.0 Explain how nutritional and lifestyle choices impact one’s health during the various stages of life; and
- 7.0 Distinguish between reliable nutritional information versus fads, gimmicks, etc.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Assignments;
- 2.0 Class Labs
- 3.0 Projects;
- 4.0 Unit Quizzes; and
- 5.0 Comprehensive Final Exam.