



Syllabus

NS 115 Introduction to Nutrition

General Information

Date March 3rd, 2023

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Department Health Science and Human Performance

Course Prefix NS

Course Number 115

Course Title Introduction to Nutrition

Course Information

Catalog Description An introduction to the field of human nutrition and food focused on the mutual relationships between humans and their biological and physical environment. This course includes the study of human nutritional needs; problems encountered in providing food to meet nutritional needs; the relationships among human physiological needs, sociocultural systems, and food; and the significance of these relationships to the attainment of health.

Credit Hours 3

Lecture Contact Hours 3

Lab Contact Hours 0

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

None

Co-requisites

None

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

Natural Sciences (and Scientific Reasoning)

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, Perseverance, and Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Summarize the role of micronutrients and macronutrients in maintaining health and good sources of these nutrients.
2. Classify the basic structure and functions of the macronutrients – carbohydrates, fats, and proteins.
3. Identify the structures and functions of the digestive system and its role in human nutrition and health.
4. Explain how nutrition contributes to some disease processes.
5. Apply nutritional guidelines to meet individual dietary needs.

Outline of Topics Covered

- I. Food Choice and Human Health**
- II. Nutrition Tools, Standards, and Guidelines**
- III. The Human Body**
- IV. Carbohydrates**
- V. Lipids**
- VI. Proteins**
- VII. Vitamins,**
- VIII. Water and Minerals**
- IX. Energy and Metabolism**
- X. Nutrients, Physical Activity, and The Body's Responses**
- XI. Diet and Health**
- XII. Food Safety**
- XIII. Life Cycle Nutrition**
- XIV. Hunger and The Global Environment**