UNIVERSITY OF THE INCARNATE WORD
School of Mathematics, Science, and Engineering
NUTR 2341
Introduction to Nutrition
Syllabus

Catalog description:
This course examines fundamentals of normal human nutrition, major nutritional problems and the relation of nutrition, major nutritional problems and the relation of nutrition to mental and physical development. Food habits and cultural, social, and psychological influences upon food choices are discussed. In addition the course introduces students to current dietary guidelines and nutrition issues and requires the application of basic nutrition principles to dietary assessment.

Context:
Prerequisite: Three semester hours in chemistry or biology. Introduction to Nutrition meets the basic nutrition course requirement for completion of the Bachelor of Science in Nutrition degree plan. The course also meets the basic nutrition course requirement for students applying to the Bachelor of Science in Nursing program and for students completing the Personal Trainer concentration in Kinesiology. The course also is a requirement for the completion of a minor in nutrition. The audience for this course includes students with an interest in how food and nutrition affect general health and well-being. This course may not be repeated for credit.

Course overview:
The purpose of this course is to introduce students to the role of foods and nutrients in the maintenance of general health. Students will review the types and functions of nutrients and other food components, the needs for these in relation to stage of human life development and common diseases, and basic food safety. As the material is presented from a scientific context, prior coursework in science improves the student’s ability to understand presented concepts. Each student will collect information about personal food and nutrient intake and will use nutrition software to evaluate personal intake in relation to various current standards and guidelines. Blackboard and additional technologies may be used in the presentation and development of the course.

Course outcomes:
Upon completion of the course, students will be able to

Integrate basic concepts and principles of chemistry and physiology into an understanding of normal nutrition.

Describe factors related to food choices and their impact on health.

Apply basic principles of nutrition assessment.

Identify the role, sources and classification of the major nutrients.

Describe the impact of nutrition on developmental changes throughout the lifecycle and in common diseases.

Recognize current guidelines and issues related to nutrition.

Assessment:
The objectives will be assessed

By reviewing current popular press writings about nutrition and examination

By participating in class discussion, conducting personal diet analysis, and examination

By participating in class discussion, conducting personal diet analysis, and examination

By conducting personal diet analysis and examination

By examination.

By reviewing current popular press writings about nutrition and examination
Disability statement
The university is committed to providing a supportive and challenging environment for all students. In accordance with the American Disabilities Act (ADA), the university offers a variety of services to assist students with physical and learning disabilities. For more information contact the Student disability Support Services.

Academic honesty statement
The highest standards of academic honesty are expected in the course. Forms of academic dishonesty include, but are not limited to cheating, plagiarism, counterfeit work, falsification of academic record, unauthorized reuse of work, theft, collusion. See the student handbook for definitions and procedures for investigation of claims of academic dishonesty.

Approval date: September 2007