

**Nutrition Science
TCSU NUTR 110**

A. Description

Scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs.

B. Prerequisites

None

C. Minimum Unit Requirement

3 semester units

D. Course Topics

1. Functions and sources of nutrients
2. Scientific principles to analyze and evaluate nutrition information
3. Dietary guidelines and current recommendations
4. Digestion, absorption and metabolism
5. Health, fitness and disease
6. Nutrition in the lifespan

E. Student Learning Outcomes

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

1. Identify function and sources of nutrients;
2. Demonstrate basic knowledge of digestion absorption and metabolism;
3. Apply dietary guidelines and current nutrition recommendations;
4. Scientifically analyze and evaluate nutrition information;
5. Relate nutrition to health fitness and diseases;
6. Demonstrate basic concepts of nutrition through the life span; and
7. Utilize a computer database to evaluate a personal diet record.

F. Sample Textbooks

1. Wardlaw, G. Contemporary Nutrition. McGraw Hill
2. Whitney, E. N. and Rolfes, S. Understanding Nutrition. Wadsworth/Thomson Learning