

Hagerstown Community College
OFFICIAL MASTER SYLLABUS DOCUMENT

BIO 206, Nutrition for Health Sciences

Fall 2017

Class Hours: **Room:**

Required Text: *Perspectives in Nutrition, 10th edition*, Byrd-Bredbenner/Moe/Berning/Kelley with access code for Connect Diet Analysis Tool (*NutritionCalc Plus*); Publisher: McGraw-Hill

Instructor: **Phone:**

Office: **Email:**

Office Hours:

Course Description

This course is an in-depth study of the chemical composition and utilization of macro and micronutrients including the physiological and anatomical principles of homeostasis involved in digestion, absorption, and metabolism. Nutritional guidelines, diet analysis and planning, and the role of nutrition in health and disease are emphasized. It is designed for students who are preparing for a career in nursing or any of the other health sciences. Total of 45 hours of lecture. Prerequisite: CHM 101 or CHM 103; HEA 102 or BIO 101 or BIO 203 or BIO 106 or BIO 113. 3 Credits

Lecture and Exam Attendance

You are expected to attend all lectures. If you have perfect attendance for lecture your two lowest in-class quizzes will be dropped. (There should be approximately 10-15 quizzes). For each absence (or two late arrivals or two early departures) one less quiz will be dropped.

Four unit (not cumulative) exams will be given. Do not miss the exam date! If an emergency situation develops you must contact your instructor *prior* to the exam. Five % points are deducted from your exam score for each day after the due date.

STUDENT LEARNING OUTCOMES

At the completion of Nutrition for Health Professionals, students will:

1. Have the ability to apply physiological and anatomical principles of homeostasis to nutrition, digestion, and related disease states.
2. Have the ability to analyze food labels and information accessed through technology, to modify nutritional intake, maintain a healthy body weight, and minimize the risk of disease.
3. Exhibit the ability to use the core content of the course by an appropriate score on the comprehensive final examination.
4. General Education: Demonstrate the ability to access, process, analyze and synthesize scientific information.
 - a. Relate a basic core of scientific principles to an open-ended framework
 - b. Demonstrate observational and analytic skills in a structured situation.
 - c. Formulate conclusions based on observations and information.
 - d. Use technology to access scientific information, generate and analyze empirical data, and solve problems.

COURSE CONTENT OBJECTIVES

1. To understand the reasons for personal food choices and the effect of these choices on one's health.
2. To be able to describe the types of research studies and methods used in acquiring nutrition information.
3. To understand the nutrition recommendations and guidelines for health.
4. To use food values and nutrition information to evaluate nutrient intake.
5. To understand the physiology and function of the gastrointestinal tract in the use of food for the provision of nutrients to the body.
6. To be able to explain the functions, needs and food sources of the six classes of nutrients.
7. To be able to describe the major sources of food borne illness and the techniques for control.
8. To understand the dietary recommendations for various medical concerns such as diabetes, hypertension, and digestive disorders.
9. To identify the major nutritional risks during the various stages of the lifecycle.
10. To understand the importance of energy balance in body weight.

ASSESSMENT and MINIMUM TIME REQUIRED FOR THIS COURSE

Assessment

Exam # 1.....	150 points
Exam # 2.....	150 points
Exam # 3	150 points
Exam # 4.....	150 points
Cumulative Exam.....	100 points
Connect Assignments and Credo Assignment.....	100 points
Nutrition Calc Plus Assignments.....	50 points
My Healthy Lifestyle Plan.....	100 points
Class Presentation.....	50 points

1000 points

A = 900-1000 points B = 800-899 points C = 700-799 points D = 600-699 points F = Below 600

Minimum Clock Hours Required for this Course

Component of Course	Hours In Class	Hours Outside of Class
Lecture/Activity	37.5 hours	20 hours reading and studying textbook
3 Lecture Exams in Testing Center		6 hrs. in testing center (2 hrs. each) 18 hours prep
1 Lecture Exam in Class		6 hours prep
Final Exam in Class		6 hours prep
Connect and Quizzes		20 hours
MyDietAnalysis		6 hours
MyHealthyLifestyle Plan Research Paper		8 hours
Total	37.5 hours	90 hours

Services for Students with Disabilities: Students may receive reasonable accommodations if they have a diagnosed disability and present appropriate documentation. Students seeking accommodations are required to contact the Disability Support Services (DSS) office as early as possible. Students may contact a DSS staff member for an appointment at dss@hagerstowncc.edu or at 240-500-2530.