

Hagerstown Community College  
Master Syllabus

**Course:** HEA 102 - Nutrition: 3 credits

**Instructor:**

**Semester/Year:**

**Class Hours:**

**Room:**

**Office Hours:**

**Course Description:**

This comprehensive, introductory course is designed to give the student practical information about nutrition. Emphasis will be on the application of nutritional principles to personal eating habits. The course will also focus on preparing the student to deal with the lifelong process of nutrition management as it relates to disease prevention and the promotion of a healthy lifestyle.

**Textbook:** Nutrition Essentials: A Personal Approach by Wendy J. Schiff

**Student Learning Outcomes:**

1. Students will be able to interpret and analyze nutritional data for a personal nutrition assessment.
2. Students will be able to identify various types of diets.
3. Students will become aware of the relationship of diet to individual health.

**Course Workload:**

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute “academic” hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.

	DIRECT Faculty Instruction In-class	Student Work Out of Classroom
Class Instruction	37.5	
Two written assignments amounting to 4-6 pages with documented resource		12 hours for research, writing, and revision
Four unit exams	Included in lecture time	16 hours of studying prep
Personal Nutrition Assessment	Included in lecture time	30 hours of reading, writing, researching nutrition information and tracking quantifiable self-health numbers.
Assigned Readings, Homework, and Labs	Included in lecture time	20 hours
<b>Total Hours</b>	<b>37.5</b>	<b>78</b>

**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](mailto:dss@hagerstowncc.edu) or at 240-500-2530.