

UNIVERSITY OF NORTHERN COLORADO
SCHOOL OF HUMAN SERVICES

PREVIEW OF SYLLABUS

Date: Variable, Starting January 2009

Instructor: Judy Stauter, MS, RD
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Course Prefix and Number: FND 250-931

Title: Principles of Nutrition

Category: LAC 6: Life Sciences

Credits: 3

Prerequisites: None

Required Texts:

Wardlaw, Gordon M. (2008). **Contemporary Nutrition** (7th ed.) Boston: McGraw-Hill Companies, Inc. The ISBN is 0077211669. This is the ISBN for the text only. You will also need the software to complete the class project. The NutrCalc Plus 3.0 software comes in the online version (ISBN 0073375527) or the CD version (ISBN 0073507687).

Course Description:

This course is designed to introduce the student to the investigation of the principles of nutrition as applied to humans. It is an introductory nutrition course for nutrition majors as well as non-majors and does not require a prerequisite.

A variety of on-line activities are incorporated to enhance learning. These include PowerPoint presentations, flash cards, self-assessment quizzes, threaded discussions, personal nutrition assessment activities, and an individual dietary analysis project.

Course Objectives:

At the completion of the course, the student will be able to:

1. Note the history of nutrition as a science and how it relates to current nutrient requirements, diet related diseases and disease prevention.
2. Describe the frontiers of nutrition research and the limitations upon that research.
3. Explain the application of the “scientific method” to the solution of nutrition problems.
4. Identify differences between nutrition facts and misinformation based on current research and knowledge.

5. Recognize the significance of the quantity and quality of the essential nutrients in various foods and how they relate to nutritional status and prevention of disease.
6. Discuss the role of nutrition as it interacts with other environmental and genetic factors to impact human health and well-being.
7. Describe the function of the major nutrients in terms of their chemical properties and influence upon biological systems.
8. Apply nutrition knowledge to the selection of appropriate nutrient-dense foods for the maintenance of optimal health.

Method of Grading: Letter Grade

Course Requirements:

Exams: 5 at 25 points each. 125 points

Personal Nutrition Assessment Project: 55 points

Participation Points:

TOTAL POINTS **250 points**

Course Schedule

Unit 1: CH 1 What You Eat and Why
 CH 2 Guidelines for Designing a Healthy Diet
 CH 3 The Human Body: A Nutrition Perspective

Unit 2: CH 4 Carbohydrates
 CH 5 Lipids
 CH 6 Proteins

Unit 3: CH 8 Vitamins
 CH 9 Water and Minerals

Unit 4: CH 7 Energy Balance and Weight Control
 CH 10 Nutrition: Fitness and Sports
 CH 11 Eating Disorders: Anorexia Nervosa, Bulimia, and Other Conditions

Personal Nutrition Assessment Project

Unit 5: CH 14 Pregnancy and Breastfeeding
CH 15 Nutrition from Infancy through Adolescence
CH 16 Nutrition During Adulthood