Sinclair Community College
444 E. Third St.
Dayton, OH 45402

Master Syllabus

DIT 1111 - Nutrition for Health & Fitness

Division: Health Sciences

Department: Dietetics and Nutrition

Credit Hour Total: 3.0 **Lecture Hrs:** 3.0

Prerequisite(s): DEV 0025OR DEV 0075AND DEV 0035

Date Revised: April 2015

Course Description:

Overview of general nutrition principles focusing on healthy food choices, disease prevention and sports nutrition. Explores fad diets, herb/supplements and use of ergogenic aids. Incorporates effective use of nutrition information from reliable sources as well as personal responsibility in a professional setting.

General Education Outcomes:

- Values/Citizenship/Community
- Information Literacy
- Computer Literacy
- Oral Communication
- Written Communication
- Critical Thinking/Problem Solving

Course Outcomes:

Proper Interpretation of Nutrition Information & Professional Responsibility
Identify nutrition experts and professional organizations. Define legal responsibility for professional practice.

Assessment Method: Locally developed exams
Performance Criteria: 80% of students will score 75% or higher on course exams.

Assessment Method: Simulations
Performance Criteria: 80% of students will score 75% or higher on nutrition website assignment.

Dietary Guidelines, Recommendations & Food Labels
Assess nutrient content of personal diet through food guide pyramid recommendations and food labels.

Assessment Method: Locally developed exams
Performance Criteria: 80% of students will score 75% or higher on course exams.

Assessment Method: Simulations
Performance Criteria: 80% of students will score 75% or higher on food guide pyramid and food label assignments.

Use of Nutritional Supplements & Ergogenic Aids
Identify various nutritional supplements and ergogenic aids. Evaluate their safety and effectiveness while listing indications/contraindications for use.

Assessment Method: Locally developed exams
Performance Criteria: 80% students will score 75% or higher on course exams.

Assessment Method: Simulations
Performance Criteria: 80% of students will score 75% or higher on nutritional supplement and ergogenic aid research assignments.

Essential Nutrients & Basic Nutrition
Identify the essential nutrients, their functions and food sources to assess nutrient content of personal diet.

Assessment Method: Locally developed exams
Performance Criteria: 80% of students will score 75% or higher on course exams.

Assessment Method: Simulations
Performance Criteria: 80% of students will score 75% or higher on nutrient intake analysis assignment.

Exploration of Fad Diets
State dangers of fad diets. Evaluate various fad diets for safety.

Assessment Method: Locally developed exams
Performance Criteria: 80% of students will score 75% or higher on course exams.

Assessment Method: Simulations
Performance Criteria: 80% of students will score 75% or higher on fad diet assignment.

Outline:

Essential nutrients and basic nutrition
Dietary guidelines, recommendations and food labels
Nutrients, physical activity and the body's response
Exploration of fad diets
Use of nutritional supplements and ergogenic aids

Proper interpretation of nutrition information
Professional organizations and responsibility