

Master Syllabus

DIT 1111 - Nutrition for Health & Fitness

Division: Health Sciences

Department: Dietetics and Nutrition

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Date Revised: September 2016

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:

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

Course Outcomes:

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.

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.

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