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

Master Syllabus

DIT 1525 - Human Nutrition

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:

This is an in-depth study of the principles of nutrition with emphasis on the functions of the nutrients, their digestion, absorption, metabolism, inter-relationships and nutrition requirements. Incorporates assessment of nutritional health risks, health promotion and disease prevention theories. Explores the influence of socioeconomic, cultural, psychological and environmental factors on food and nutritional behavior.

General Education Outcomes:

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

Course Outcomes:

Health promotion and disease prevention
Explain how food intake has a significant relationship to health and the role of diet in health promotion and prevention of chronic diseases.

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

Assessment Method: Simulations
Performance Criteria: 80% of students will score 85% or higher on weight management diet analysis.

Assessment Method: Standardized national examinations
Performance Criteria: 80% of students will pass the national DTR exam.

Nutrient needs for stages of the life cycle
Develop an awareness of the nutrient needs for various stages of the life cycle.

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

Assessment Method: Standardized national examinations
Performance Criteria: 80% of students will pass the national DTR exam

Fundamentals of Nutrition and Metabolism
Identify basic physiology, dietary requirements and major food sources of carbohydrates, proteins, fats, vitamins, and minerals.

Assessment Method: Locally developed exams
Performance Criteria: 85% of students will score 75% or higher on course exams

Assessment Method: Simulations
Performance Criteria: 100% of students will score 85% or higher on Vitamin-Mineral Sing A Long assignment

Assessment Method: Standardized national examinations
Performance Criteria: 80% of students will pass the national DTR exam

Assessment of nutritional health risks
Evaluate diet patterns and common health risks associated with inadequate/excessive nutrition intake.

Assessment Method: Simulations
Performance Criteria: 90% of students will score 80% or higher on 3-day diet analysis assignment

Assessment Method: Standardized national examinations
Performance Criteria: 80% of students will pass the national DTR exam

Influencing factors on food and eating behavior
Discuss the influences of socioeconomic, cultural, psychological, and environmental factors on food intake and eating behavior.

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

Assessment Method: Simulations
Performance Criteria: 90% of students will complete a nutrition exploration assignment identifying factors that most influence their food choices.

Assessment Method: Standardized national examinations
Performance Criteria: 80% of students will pass the national DTR exam.

Outline:

Fundamentals of nutrition and metabolism
Dietary requirements and major food sources of nutrients
Assessment of nutritional health risks
Socioeconomic, cultural, psychological and environmental factors on food and nutritional behavior
Health promotion and disease prevention theories
Nutrient needs for various stages of the life cycle