

## Master Syllabus

### DIT 1525 - Human Nutrition

**Division:** Health Sciences

**Department:** Dietetics and Nutrition

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

**Date Revised:** September 2016

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

### Course Outcomes:

#### **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.

#### **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

**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