

Master Syllabus

DIT 1630 - Nutrition in the Lifecycle

Division: Health Sciences

Department: Dietetics and Nutrition

Credit Hour Total: 3.0

Lecture Hrs: 2.0 **Clinic:** 2.0

Prerequisite(s): DIT 1525

Date Revised: February 2014

Course Description:

Nutritional needs of individuals from conception to maturity, including physiological, psychological, environmental and sociological factors affecting nutrition. The Nutrition Care Process is introduced. Incorporates weekly sessions on weight management strategies with a client. Examines nutrition concerns for special health conditions. Two classroom, two clinical hours per week.

General Education Outcomes:

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

Course Outcomes:

Nutrition Care Process: Assessment, Diagnosis and Intervention

Complete nutritional assessments on individuals from various stages of the lifecycle.

Assessment Method: Locally developed exams

Performance Criteria: 90% of students will score 75% or higher on written exams.

Assessment Method: Simulations

Performance Criteria: 80% of students will score 82% or higher on client nutrition calculations and identification of appropriate nutrition diagnosis.

Assessment Method: Standardized national examinations

Performance Criteria: 80% of students will pass national credentialing exam.

Physiological changes and nutritional needs

Identify and explain the physiological changes that occur throughout the lifecycle and the impact of nutrition on these changes.

Assessment Method: Locally developed exams

Performance Criteria: 90% of students will score 75% or higher on written exams.

Assessment Method: Portfolios

Performance Criteria: 90% of students will highlight a completed nutrition assessment and weight management assessment in student portfolio.

Assessment Method: Simulations

Performance Criteria: 80% of students will score an average of 82% or higher on nutritional assessments.

Assessment Method: Standardized national examinations

Performance Criteria: 80% of students will pass national credentialing exam.

Nutrition-related calculations

Accurately calculate energy, protein and fluid needs of individuals at various stages of the lifecycle.

Assessment Method: Locally developed exams

Performance Criteria: 90% of students will score 75% or higher on written exams.

Assessment Method: Simulations

Performance Criteria: 80% of students will score 82% or higher on client nutritional calculations.

Assessment Method: Standardized national examinations

Performance Criteria: 80% of students will pass national credentialing exam.

Weight management strategies

Conduct coaching sessions with client on strategies for weight management.

Assessment Method: Locally developed exams

Performance Criteria: 90% of students will score 75% or higher on written exams.

Assessment Method: Simulations

Performance Criteria: 80% of students will score 82% or higher on client weight management assignment.

Assessment Method: Standardized national examinations

Performance Criteria: 80% of students will pass national credentialing exam.

Nutrition needs during altered health conditions

Identify the nutritional impact and recommendations associated with vegetarianism, eating disorders, osteoporosis and alcoholism.

Assessment Method: Locally developed exams

Performance Criteria: 90% of students will score 75% or higher on written exams.

Assessment Method: Standardized national examinations

Performance Criteria: 80% of students will pass national credentialing exam.

Outline:

Physiological & psychological changes throughout lifecycle

Determining/meeting nutritional needs at various stages of the lifecycle

Nutrition care process

Strategies for weight management

Nutritional concerns with vegetarianism, eating disorders, osteoporosis and alcoholism