

## 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