# 8/11/2020

# brcc keystone logo

Baton Rouge Community College

*Academic Affairs Master Syllabus*

Date Approved: 11 September 2020

Term and Year of Implementation: Fall 2020

**Course Title:** Introduction to Nutrition and Wellness

**BRCC Course Rubric:** BIOL 2703

**Previous Course Rubric**: BIOL 221

**Lecture Hours per week-Lab Hours per week-Credit Hours**: 3-0-3

**Per semester: Lecture Hours-Lab Hours-Instructional Contact Hours**: 45-0-45

**Louisiana Common Course Number:** CBIO 2703

**CIP Code:** 19.0501

**Course Description:** Covers the principles of human nutrition and focuses upon the physiology and biochemistry of nutrients and the application of nutritional principles in health and wellness. Appropriate for students pursuing careers in dietetics, food sciences, nursing, or other health-related professions.

**Prerequisites:**  BIOL 1033 (or BIOL 120) with grade of ‘C’ or better

**Co-requisites:** None

**Suggested Enrollment Cap:** 30 (25 online)

**Learning Outcomes.** *Upon successful completion of this course, the students will be able to:*

1. Analyze the biochemical basis of the six food groups.

2. Relate the basic principles of nutrition to health and wellness throughout the human life cycle.

3. Discuss the effects of common nutritional excesses and deficiencies.

4. Compute a daily calorie count and determine percentages of kilocalories contributed by energy-yielding macronutrients.

**Assessment Measures.** Assessment of all learning outcomes will be measured using the following methods:

1. Administration of unit exams during the semester and a comprehensive final exam at the end of the semester.

2. Instructor-designed assignments including, but not limited to, individual and/or group assignments, projects, homework, and quizzes. All assignments will be graded using an instructor-designed rubric.

**Information to be included on the Instructor’s Course Syllabi:**

* ***Disability Statement*:** Baton Rouge Community College seeks to meet the needs of its students in many ways. See the Office of Disability Services to receive suggestions for disability statements that should be included in each syllabus.
* ***Grading:*** The College grading policy should be included in the course syllabus. Any special practices should also go here. This should include the instructor’s and/or the department’s policy for make-up work. For example in a speech course, “Speeches not given on due date will receive no grade higher than a sixty” or “Make-up work will not be accepted after the last day of class”.
* ***Attendance Policy*:** Include the overall attendance policy of the college. Instructors may want to add additional information in individual syllabi to meet the needs of their courses.
* ***General Policies*:** Instructors’ policy on the use of things such as beepers and cell phones and/or hand held programmable calculators should be covered in this section.
* ***Cheating and Plagiarism*:** This must be included in all syllabi and should include the penalties for incidents in a given class. Students should have a clear idea of what constitutes cheating in a given course.
* ***Safety Concerns:*** In some courses, this may be a major issue. For example, “No student will be allowed in the lab without safety glasses”. General statements such as, “Items that may be harmful to one’s self or others should not be brought to class”.
* ***Library/ Learning Resources:*** Since the development of the total person is part of our mission, assignments in the library and/or the Learning Resources Center should be included to assist students in enhancing skills and in using resources. Students should be encouraged to use the library for reading enjoyment as part of lifelong learning.

**Expanded Course Outline:**

I. Nutrition: Food for Health

II. Nutrition Guidelines: Applying the Science of Nutrition .

III. Digestion, Absorption, and Metabolism

IV. Carbohydrates: Sugar, Starches, and Fiber

V. Lipids & Alcohol

VI. Proteins and Amino Acids

VII. Energy Balance, Weight Management, Eating Disorders

VIII. Diet Assessment part (includes personal food log)

IX. The Water-Soluble Vitamins

X. The Fat-Soluble Vitamins

XI. Phytochemicals

XII. Water and the Electrolytes

XIII. Major Minerals and Bone Health

XIV. The Trace Elements

XV. Nutrition & Physical Activity

XVI. Nutrition During the Life Cycles of Humans

A. Nutrition during Pregnancy & Lactation

B. Nutrition from Infancy to Adolescence

C. Nutrition and Aging: The Adult

XVII. Food Safety

XVIII. World Hunger and Malnutrition