

**NUTR-2110 HUMAN NUTRITION      3 CREDITS**

**SYLLABUS**

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**CATALOG DESCRIPTION**

This course provides an overview of nutrients, including requirements, digestion, absorption, transport, function in the body and food sources. Dietary guidelines intended to promote long-term health are stressed.

Formerly HLTH 118 Intro to Nutrition

Prerequisites: None

Semester Offered: Fall, Spring, Summer

***COMMON STUDENT LEARNING OUTCOMES***

*Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...*

**BROAD AND SPECIALIZED LEARNING**

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

**CRITICAL THINKING**

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

**CULTURAL AND CIVIC ENGAGEMENT**

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

**EFFECTIVE COMMUNICATION**

Students will exchange ideas and information with clarity in multiple contexts.

**INFORMATION LITERACY**

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

**INTEGRATING TECHNOLOGIES**

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

**COURSE LEARNING OUTCOMES**

*Upon successful completion of the course, the student will be able to...*

1. Demonstrate through examination the six nutrients and what they do

2. Demonstrate through examination how to design a nutritious diet
3. Demonstrate through examination digestion and absorption
4. Demonstrate through examination how nutrition is important for overall health
5. Demonstrate through examination how to decipher nutritional facts from fiction
6. Demonstrate through examination about disease, and how nutrition fits