

NUTR-2130 NUTRITION IN THE LIFECYCLE 3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

This course is a presentation and explanation of the specific nutritional recommendations, needs, and physiology for all phases of the human life cycle. The special nutritional needs for the life stages of pregnancy, infancy, childhood, adolescence, adulthood, and older adulthood will be examined as they relate to optimal growth and development, maturation, aging, and overall health and well-being.

Prerequisites: NUTR 2110

Recommended: BIOL 1210 & 1320

Semester Offered: Spring

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. Distinguish the physiological, behavioral, and psychosocial changes that affect nutrition status within each stage of the lifecycle.
2. Examine nutritional needs, risks, and recommendations of each stage of the lifecycle.
3. Categorize the nutrition-related public programs and health care system provision by stage of the lifecycle.
4. Develop culturally competent nutrition intervention materials by applying age-appropriate nutrition information.
5. Apply scientific evidence, obtained from current research literature, to recommendations for specific stages of the lifecycle.
6. Assess the ethical considerations incorporated in the nutrition care process for each stage of the life cycle.
7. Present up-to-date nutrition guidance information designed for an individual within a stage of the lifecycle.