



HLTH 118 Introduction to Nutrition--3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

Nutrition includes the biochemistry of the essential nutrients, nutritional needs within the life cycle, nutritional status assessment of individuals and populations, food policies and regulatory agencies, nutritional aspects of disease, and current nutritional issues. This course prepares students to become sophisticated consumers of nutrients and nutrition information.

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.

Prerequisites:

None

Semesters Offered:

Fall, Spring, Summer

Course Learning Outcomes

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

- Demonstrate through examination the six nutrients and what they do
- Demonstrate through examination how to design a nutritious diet
- Demonstrate through examination digestion and absorption
- Demonstrate through examination how nutrition is important for overall health
- Demonstrate through examination how to decipher nutritional facts from fiction
- Demonstrate through examination about disease, and how nutrition fits