

LAST REVIEW: 2009- 10

(i.e. 2003-2004)

NEXT REVIEW: 2014-15

(i.e. 2008-2009)

STATUS: A

(A, I, D)

COURSE TITLE: HUN 1202

COMMON COURSE NUMBER: Essentials of Nutrition and Diet Therapy

CREDIT HOURS: 3

CONTACT HOUR BREAKDOWN

(per 16 week term)

CLOCK HOURS:

(Voc. Course ONLY)

Lecture: 48.0 Lab:

Clinic: Other:

PREREQUISITE(S): NONE

COREQUISITE(S): NONE

PRE/COREQUISITE(S): NONE

COURSE DESCRIPTION *(750 characters, maximum):*

Study of nutritional science, the nutrient interrelationships and the nutrition needs of persons at each stage of life cycle. Particular emphasis will be placed on diet therapy in the modification of disease process. This Course is open to allied health students or with permission of the instructor.

UNIT TITLES

1. Introduction
2. Dietary Guidelines
3. Carbohydrates, Proteins, Lipids
4. Vitamins & Minerals
5. Assessment of the Hospital Patient
6. Weight Management
7. Disease States Diabetes
8. Gastrointestinal System
9. Liver, Gallbladder & Pancreas
10. Cardiovascular
11. Renal
12. Cancer
13. Pregnancy & Growth
14. Growth & Aged

Common Course Number: HUN 1202

UNITS

Unit 1 Introduction

General Outcome: This course is aimed at Nurses, Nursing Students, and other health professionals who are interested in an update of nutritional practices which affect persons at each stage of life.

1.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 1.1** Discuss the Recommended Dietary Allowances and Diet Planning Guides.

Unit 2 Dietary Guidelines

General Outcome:

2.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 2.1** Evaluate the nutrient content of food products using food labels.

Common Course Number: HUN 1202

Unit 3 Carbohydrates, Protein, Lipids

General Outcome:

3.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

3.1 Plan a personal diet in accord with the recommended dietary Allowances.

Unit 4 Vitamins & Minerals

General Outcome:

4.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

4.1 State the functions and sources of major nutrients.

Unit 5 Assessment of the hospital patient

General Outcome:

5.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

5.1 Identify the differences in digestion of carbohydrates, proteins and fats.

Common Course Number: HUN 1202

Unit 6 Weight Management

General Outcome:

6.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 6.1** Identify nutritional changes appropriate for the following:
- (a). weight control
 - (b). pregnancy
 - (c). infancy, childhood and adolescence
 - (d). adults and the elderly

Unit 7 Disease States Diabetes

General Outcome:

7.0 The student shall:

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 7.1** Identify nutritional changes appropriate for various diseases states

Diabetes

Gastrointestinal System

Liver, Gallbladder & Pancreas

Cardiovascular

Renal

Cancer

Pregnancy & Growth

Growth & Aged